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Plant Protein

SNAP - Supplemental Nutrition Assistance Program



Try and get your protein from plant sources when you can!



What is a Protein?

A macronutrient made from building blocks called amino acids.

Protein is found all throughout the body, in our muscles, bones, skin, and more!

9 of the 20+ amino acids we need to survive come solely from food.

Not all protein is created equal! When you can't find plant protein, lean meats are next

Source: <https://www.hsph.harvard.edu>

Main sources of Plant

Legumes (lentils, beans, peas, edamame, etc.)

Nuts and Seeds (almonds, cashews, walnuts, etc.)

Whole Grains (rice, quinoa, oats, wheat, millet, etc.)





Why Plant Protein?

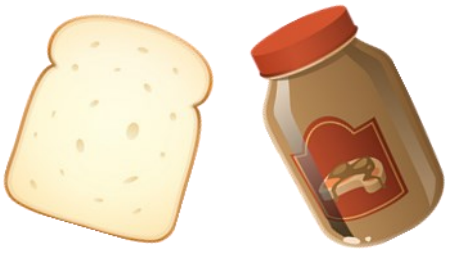
- **Less calories**
- **Contains fiber**
- **May decrease the risk of some chronic diseases compared to animal protein**
- **No cholesterol**
- **Low saturated fat**

<https://www.heart.org>

Protein Q & A

Do plant sources provide enough protein?

Yes! By combining complementary proteins (which are grains such as rice or bread) and plant-based protein sources (peanut butter, beans, etc.), you make a complete protein!



What is an example of a complete protein?

Peanut butter on whole grain bread!
Rice and beans!
Pita and hummus!

How much protein do you need per day?

0.8 g/kg per day
100 lb (46 kg) = 36g PRO/day
150 lb (68 kg) = 55g PRO/day
200 lb (91 kg) = 73 g PRO/day
250 lb (114 kg) = 91 g PRO/day

Source: <http://nationalpeanutboard.org>

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www.fbd.org



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