

PLANTS ON THE PLATE

THE POWER OF PLANT PROTEINS: A GUIDE TO HEALTHIER EATING AND A HEALTHIER PLANET

Why Choose Plant Proteins? Plant proteins such as beans, legumes, nuts, seeds, tofu, tempeh, and whole grains are nutrient-rich foods that benefit personal health and the environment.

By replacing meat, dairy, and eggs with plant foods, you can significantly reduce your carbon footprint—equivalent to avoiding driving a gas-powered car for 4.3 miles every day. Over time, this adds up to more sustainable living.

BENEFITS OF PLANT-BASED PROTEINS:

1. Support heart health, gut health, and long-term disease prevention
2. Offer fiber, vitamins, minerals, and antioxidants
3. Require fewer natural resources and generate fewer emissions than animal proteins
4. Contribute to a more sustainable food system



TIPS TO ADD MORE PLANT-BASED MEALS:

Make Gradual, Sustainable Changes: Start small and ease into plant-forward eating by trying new recipes. Try following plant-based cookbooks or food blogs and look for recipes that match your cultural tastes or favorite cuisines.

Stock a Plant-Forward Pantry: Keep your kitchen ready for success. Fill it with whole grains, beans, lentils, nuts, seeds, spices, and sauces you enjoy.

Make It Social: Food tastes better when shared. Invite friends or family to join you for plant-based meals.

Reduce Food Waste & Grow What You Can: Sustainability extends beyond what you eat. Try gardening or growing herbs and veggies in containers. Compost food when you can't upcycle scraps.