



## PLANTS ON THE PLATE

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### 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 uprecycle scraps.