

10 TASTY FOODS FEATURING PLANT-BASED PROTEIN

When you think of protein, you may think of meat, seafood and dairy first—but those aren't your only choices. There are lots of delicious, nourishing plant-based options, too.

How Much Protein Do You Need?

On average, for sedentary adults between the ages of 19 and 70, the recommended daily intake is:

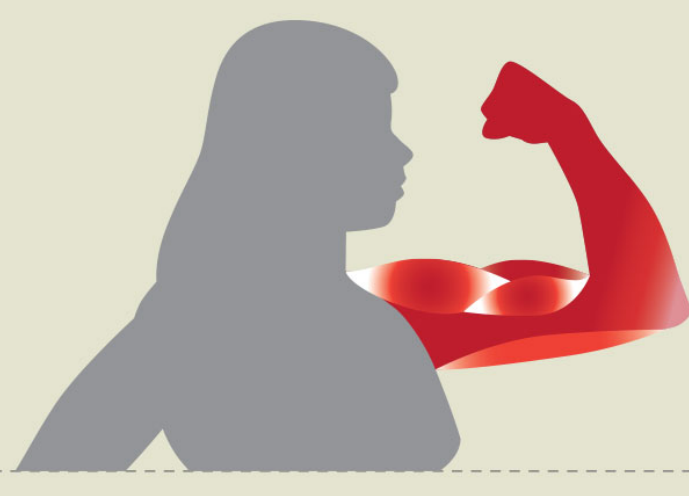
46 g/DAY*
for women
(body weight: 57.5 kg/127 lb)

56 g/DAY*
for men
(body weight: 70 kg/154 lb)

*SOURCE: HEALTH CANADA, "DIETARY REFERENCE INTAKES, REFERENCE VALUES FOR MACRONUTRIENTS"

"Your protein needs vary based on factors like weight, activity level, body composition and individual health. Speak with your doctor or a registered dietitian to determine the amount of protein that's right for you."

—KRISTY HOGGER, RD



Protein is...

A macronutrient your body uses for many things, including helping to build strong muscles and building antibodies.

PLANT-BASED PROTEINS TO TRY



	Serving	Protein
 <p>Tempeh TRY IN: Stir-fries and sandwiches; crumble it into pasta sauce</p>	3 oz (85 g) 	15 g

 <p>Navy Beans TRY IN: Soups, such as Tuscan Bean and Kale Soup; stews; savoury spreads</p>	1 cup (250 mL) canned 	21 g
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HAVE YOU TRIED?

Serve store-bought **BAKED BEANS** on toast for a British-style comfort-food dinner.

1 cup/250 mL = 13 g protein

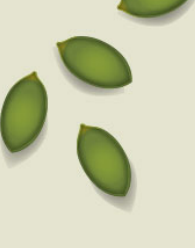

 <p>Lentils TRY IN: Soups, such as Cumin-Spiced Lentil and Cauliflower Soup; stews; salads</p>	1 cup (250 mL) 	19 g
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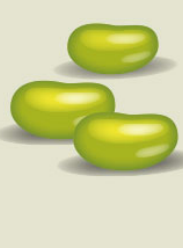

 <p>Tofu TRY IN: Soups and stir-fries, bake or pan-fry with your favourite bold seasonings as a main dish</p>	3 oz (85 g) 	7 g
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HAVE YOU TRIED?

SILKEN TOFU makes a creamy addition to breakfast smoothies.

3 oz/85 g = 4 g protein

 <p>Pumpkin seeds, hulled TRY IN: Baked treats, such as Zucchini Loaf with Walnuts and Pumpkin Seeds; granola; salads; pesto</p>	2 tbsp (30mL) 	5 g
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 <p>Edamame, frozen, shelled TRY IN: Stir-fries, salads, stews; lightly salted as a snack</p>	1 cup (250 mL) cooked 	18 g
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 <p>Wheat germ, toasted TRY IN: Cereal, porridge and muffins; as a topping for loaves and baked treats</p>	1 tbsp (15 mL) 	2 g
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HAVE YOU TRIED?

Equal parts of **SESAME SEEDS** and **FLAXSEED** also make yummy garnishes for spreads and breads.


2 tbsp (30 mL) = 4 g protein

 <p>Chickpeas, canned TRY IN: Salads, curries, soups, stews; roasted and seasoned as a snack</p>	1 cup (250 mL) 	12 g
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HAVE YOU TRIED?

HUMMUS paired with veggies or crackers makes an easy-to-pack lunch or snack.

2 tbsp (30 mL) = 2 g protein

 <p>Peanut butter, natural TRY IN: Peanut Butter & Almond Overnight Oats, smoothies, sauces, baked treats</p>	2 tbsp (30 mL) 	7 g
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 <p>Almonds, natural, roasted TRY IN: Salads, baked treats, breads; as a simple snack on their own</p>	¼ cup (60 mL) 	7 g
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NUTRITIONAL INFORMATION IS BASED ON DATA FROM THE HEALTH CANADA CANADIAN NUTRIENT FILE.

REFERENCES AND SOURCES:
HEALTH CANADA RECOMMENDATION FOR MACRONUTRIENTS:
[HTTP://WWW.HC-SC.GC.CA/FN-AN/NUTRITION/REFERENCE/TABLE/REF_MACRONUTR_TBL-ENG.PHP](http://www.hc-sc.gc.ca/fn-an/nutrition/reference/table/ref_macronutr_tbl-eng.php)

HEALTH CANADA CANADIAN NUTRIENT FILE - SEARCH BY FOOD - NUTRIENT CONTENT REPORTS:
[HTTPS://FOOD-NUTRITION.CANADA.CA/CNF-FCE/INDEX-ENG.JSP](https://food-nutrition.canada.ca/cnf-fce/index-eng.jsp)