

WHY PLANT-BASED?

FREQUENTLY ASKED QUESTIONS

HOW DO I GET MY PROTEIN?

A diet of meals and snacks made from fruits, vegetables, whole grains, beans, nuts, seeds, herbs, and spices. NO animal products are used – no red meat, poultry, fish, eggs, or dairy products. It is important to make sure that you are consuming enough calories to meet increased energy requirements for activities, especially if you are active.

WHAT ARE SOME PLANT-BASED FOODS YOU CAN GET PROTEIN FROM?

Peanut Butter 7g per tablespoon	Green Peas 8g per cup	Chickpeas 15g per cup	Nuts 24g per cup	Tempeh 14g per 3 oz	Tofu 9g per 3 oz
Black Beans 15g per cup	Lentils 18g per cup	Hemp Seeds 10g per 3 tablespoons	Nutritional Yeast 8g per ¼ cup	Quinoa 8g per cup	Oats 10g per 100g

HOW DO I GET ENOUGH IRON?

Iron is a critical nutrient throughout life and especially for growing children, people who are pregnant, breastfeeding, or menstruating, and athletes. Iron deficiency is the most common nutrient deficiency worldwide and deficiency can cause anemia, fatigue, impaired cognitive and immune function, and learning difficulties.

While plant foods such as lentils, beans, nuts, seeds, and fortified cereals contain ample iron, the absorption of iron from plant foods is less than the absorption from meat. Those eating a plant-based diet can increase the absorption of iron from plant foods by pairing iron-rich foods with vitamin C (citrus, peppers, strawberries).

Some delicious combinations include:

hummus with chickpeas and lemon / lentil sloppy joes / 3-bean chili / chickpea tuna sandwich

HOW DO I GET ENOUGH CALCIUM?

Dark leafy greens, almonds, broccoli, chia seeds, soy, nuts, are all great sources of calcium.

**WHEREVER YOU ARE ON YOUR JOURNEY,
INCORPORATING PLANTS INTO YOUR DIET IS AWESOME!**

