

PLANT-BASED PROTEIN

Legumes, nuts & seeds, and whole grains are plant-based protein sources. These foods provide a variety of good-for-you nutrients like fiber and healthy fats.



LEGUMES

black beans
pinto beans
kidney beans
chickpeas

lima beans
adzuki beans
lentils
miso

butter beans
black-eyed peas
fava beans
mung beans

edamame
soy milk
tofu
tempeh

NUTS & SEEDS

walnuts
pepitas
cashews
pecans

almonds
sunflower seeds
chia seeds
flax seeds

Brazil nuts
hazelnuts
macadmas
pistachios

peanuts
sesame seeds
nut butters
seed butters

WHOLE GRAINS

brown rice
barley
buckwheat
millet

quinoa
corn/maize
soba noodles
wild rice

oats/oatmeal
amaranth
bulgur
popcorn

whole grain:
bread, crackers,
pita, pasta,
cereal