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
- almonds
- sunflower seeds
- chia seeds
- cashews
- flax seeds
- Brazil nuts
- hazelnuts
- macadamias
- 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

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