

How To Add More Plant-Based Protein To Your Diet



Importance of Protein

Protein is crucial for energy, tissue repair, immune function, and hormone production.

Benefits of Plant-Based Proteins

Plant proteins offer fiber, healthy fats, and antioxidants, aiding in weight management and boosting immunity.



Combining Plant Proteins

Vary plant proteins to ensure a diverse nutrient intake. Combine beans, peas, lentils, nuts, or seeds with whole grains for complete profiles.

Protein Intake Recommendations

Aim for 0.8 grams of protein per kilogram of body weight daily, with adjustments for specific needs such as age or pregnancy.



Health Considerations

Be cautious of excessive protein intake, and consult healthcare providers for personalized advice, especially in certain health conditions.



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