



PLANT-BASED PROTEINS on the menu



At every meal of the day, protein foods should have a prominent place on your plate. Find out how vegetables can fill that role, even at breakfast.

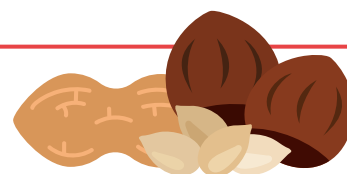


WHERE CAN I FIND PLANT-BASED PROTEIN?

Most foods that are derived from plants contain protein, some more than others. **Nuts, seeds and legumes are the big winners** in this category. These include **sunflower seeds, beans, chickpeas, lentils and soy derivatives such as tofu**. Whole grains such as wheat, quinoa and buckwheat also contain protein, but in smaller quantities.

HOW DO YOU INCORPORATE PLANT-BASED PROTEINS INTO YOUR BREAKFAST?

- ▶ Replace scrambled eggs with scrambled tofu.
- ▶ Add soft (silken) tofu to your *smoothies*.
- ▶ Dip your fruit in a chickpea-cocoa dip or your vegetables in *hummus*.
- ▶ Replace your oatmeal with buckwheat *porridge*.
- ▶ Make your own breakfast *bars* with a variety of nuts and seeds.
- ▶ Add chia seeds to your oatmeal or try *chia puddings*!
- ▶ Incorporate chickpeas or lentils into your muffin, waffle or pancake recipes.
- ▶ Spread roasted chickpeas on toasted bread or crackers.
- ▶ Add black beans to your *tacos* and burritos or try our *Gallo Pinto* recipe.



WHY EAT PLANT PROTEINS?

Proteins contribute to the **growth and development of body tissues**, but they also help **provide a feeling of fullness** that allows you to regulate your hunger between meals.

As part of a balanced diet, Canada's Food Guide recommends **choosing plant-based protein foods every day**. They are **higher in fibre and contain less saturated fat** than other protein choices!

By opting for plant-based protein foods, you are also being **environmentally responsible** and doing your part to promote sustainable eating.

You may also want to explore peanut-free spreads like soy-based Wowbutter! Check out our information sheet on the subject for more tips on how to work these protein-packed alternatives into your menu:

https://www.breakfastclubcanada.org/wp-content/uploads/2023/02/creative-ideas-soynut-butter_ang-2.pdf.

HAVE FUN EXPERIMENTING!