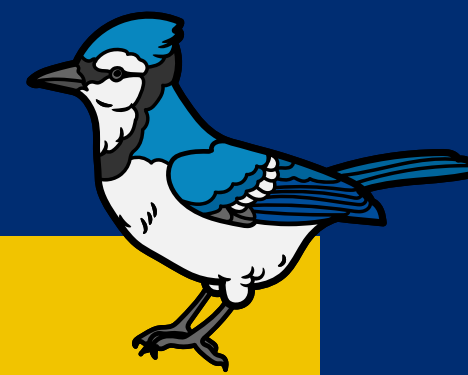


Vary Your



PROTEIN FOODS

Protein is essential for building and maintaining muscle, skin and bones. Many people associate meat as a protein food but there are many vegan and vegetarian protein sources as well.

Plant- vs Animal-Based Proteins

- Animal-based proteins have higher greenhouse gas emissions than plant-based proteins, especially red meats and dairy
- Plant proteins are associated with lower risk of heart disease since they contain less saturated and more unsaturated fats
- Red meats are associated with higher risk of type 2 diabetes
- Positive associations between processed meats and stomach cancer, and red meat and pancreatic and prostate cancer have been found
- Protein is an important component of a healthy diet, but make sure to rely on plant-based sources more frequently than animal-based sources to positively impact your health and the environment's health

Choose Healthier Protein Sources

- Plant-based protein sources include legumes (lentils, beans, peas), nuts & seeds, and whole grains
- Healthy animal proteins include poultry, seafood, egg and low fat dairy
- Limit intake of red meats and processed meats since they contain greater amounts of unhealthy fats and sodium, respectively
- Reduce meat consumption by using meats as a "condiment" to add flavor to your plate

Tips to increase plant-based proteins

- Add beans or quinoa to your salad at Fresh or Charles Street Market
- Try plant-based proteins at Levering Taco Kitchen or the Wok
- Try wheat and soy proteins offered at the Root station

Proteins

Fill this portion of your plate with various protein foods

