

# Plant Proteins



Factsheet for Persons Living with Dementia and Care Partners

In this factsheet, you will learn about:



Plant vs. Animal  
Proteins



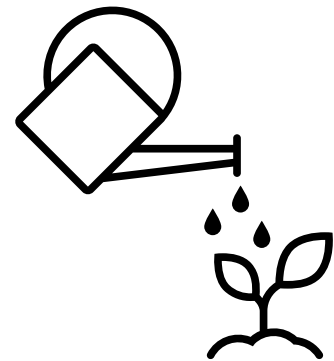
Benefits



High-quality Plant  
Proteins

## Key ideas:

- Not all protein foods are created equal.
- Gram for gram, animal products have more protein than all plant-based proteins.
- Plant-based proteins offer health benefits, such as fibre, healthy fats, and antioxidants.
- Eat a variety of protein foods throughout the day to attain the nutrition you need.

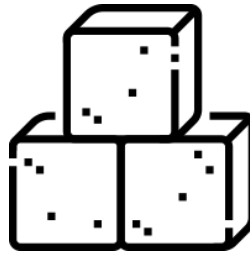
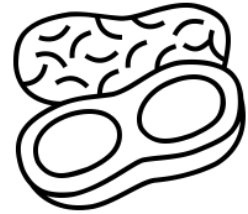


Plant-based proteins include nuts, legumes, beans, lentils, soy products, and grains. They have fibre, healthy fats, and antioxidants. Vegetables and fruit have very little protein. Vegetarian diets reduce the risk of cardiovascular disease, diabetes, and obesity.

Plant-based proteins contain less protein than animal proteins. Eat enough to meet protein recommendations.

# Plant-based proteins to try

- Chickpeas
- Peanuts
- Almonds
- Quinoa
- Chia seeds
- Hemp seeds
- Lentils
- Spirulina (blue-green algae)
- Tofu
- Tempeh
- Edamame
- Seitan
- Green peas



## How can I get started?

- Rather than focusing on a single type of protein, focus on eating a wide variety of foods.
- This will ensure that you get a healthful balance of amino acids and other important nutrients.

## My notes, reflections, and goals:

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