

# Vegetarian Proteins

Protein is an important part of your diet. Protein helps to build and repair muscles, organs, hair, skin, and nails. Older adults need more protein to protect their muscles and bones and maintain their strength. You can meet your protein needs with vegetarian proteins if you follow these tips below.

## Benefits of Vegetarian Proteins

Replacing meat with plant-based protein can help protect against heart disease, high blood pressure, high cholesterol, some cancers and diabetes.



✓ Prevent diseases   ✓ Help grow good gut bacteria   ✓ Better for the environment

## Protein Options



- Beans



- Peas

- Tofu

- Tempeh



- Edamame

- Lentils

- Seitan



- Nuts and Seeds

- Soy milk

- Quinoa



Dairy and eggs are good source of protein. However, they are high in sodium and saturated fat. This means they don't have the same health benefits as plant-based proteins.



Plant-based meats like hamburger patties, sausages, and "chicken" nuggets are high in sodium and saturated fat. Try to eat more beans, legumes, and nuts.

## How to Replace Animal Protein with Plant-based one?

Each MOW meal contains 3 oz of protein.

3 oz  
animal protein:



1 cup of tofu  
1 + 1/3 cup of beans  
1 + 1/3 cup of chickpeas  
1 + 1/4 cup of lentils

# Vegetarian Snacks

Try to include protein in every snack. Combining carbohydrates and protein helps lower blood sugar and prevents bone and muscle loss. Mix and match from the options below to build a delicious high protein snack.

## Choose 1 carbohydrate



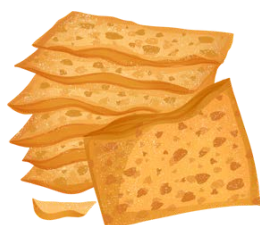
carrots



apples



berries



crackers



banana

## Choose 1 protein



hummus

→ 2g of protein  
per 2 tablespoons

10g of protein  
per 2 tablespoons



peanut butter



almonds

→ 6g of protein  
per 1/4 cup

8g of protein  
per 1 cup



soy milk



edamame

→ 9g of protein  
per 1/2 cup