

# Protein & Plant Pairings

A PLANT-BASED DIET DOESN'T MEAN ONLY PLANTS

## Following a plant-based diet can be good for you and the planet<sup>1</sup>

While there's no strict definition for what constitutes "a plant-based diet," unprocessed fruits and vegetables, legumes, nuts, seeds and whole grains serve as the basic foundation.<sup>1,2</sup> But "plant-based" does not mean *only* plants.

In fact, at each meal, pairing plants with 20-30 grams of high-quality protein such as eggs, fish, chicken, lean meat, and low-fat dairy can help meet daily protein needs to support healthy muscles and strong bones and satisfy the appetite.<sup>3,4</sup>

## Plant-based diets that pair plants with lean proteins

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What does the science say?

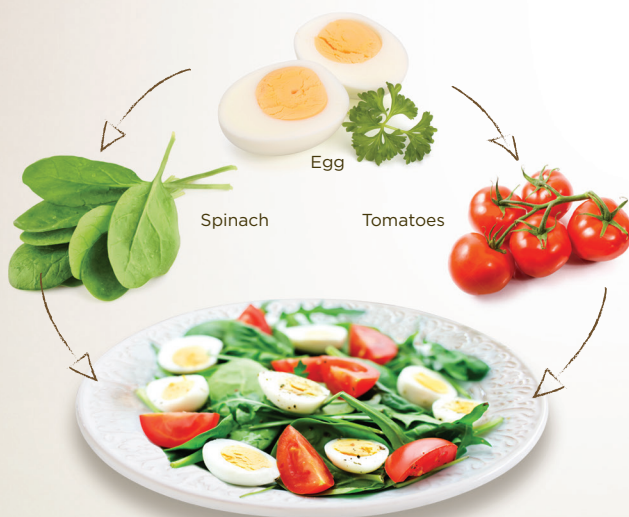
### A plant-based diet can reduce the risk of:<sup>1,2,5-7</sup>

- Heart disease and stroke
- Type 2 diabetes
- Obesity
- Bone abnormalities
- Some types of cancers, such as colon and breast
- Age-related cognitive impairment, dementia and Alzheimer's disease

## Proteins & Plants: Powerhouse Pairings

Plants can be combined with high-quality protein sources in nearly endless varieties to help create a stronger you. Many healthy eating patterns supported by public health experts and health organizations include both plants and lean proteins. Which option is best for you? It's the eating pattern that fits your lifestyle and you can stick with!

Here are some protein and plant pairings to help inspire you.



Spinach Salad



Fish Tacos

How do you pair proteins and plants in your own diet? Let us know! @EggNutrition #plantandprotein

For more on egg nutrition visit [EggNutritionCenter.org](http://EggNutritionCenter.org) and for recipes with 20–30 grams of protein visit [IncredibleEgg.org](http://IncredibleEgg.org)

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