TALKING POINTS & SOCIAL MEDIA

5 PLANT PROTEIN NUTRITION FACTS TO SHARE WITH YOUR GUESTS

1. Plant proteins are a powerhouse of good nutrition, loaded with phytoneutrients, fiber, and naturally low in saturated fat (the unhealthy kind) and sodium—and yes, they can provide you with your daily protein needs!

2. Many food habits and choices that are good for the environment are also healthy such as choosing plant-based protein in place of some (or all) of your protein intake.

3. Protein plays a critical role in the body from building and maintaining muscles to keeping your hair, nails, and skin healthy.

4. You don’t have to be vegan to reap the benefits of a plant-based diet—even small adjustments to your diet can make a difference.

5. Eating a diet that is mostly plant-based is not boring—in fact, the world of plant-based foods is large and exciting to explore.

This information is provided to help support the health and well-being of our guests and is not intended to substitute for medical advice. While running FFYWB programs, please refer any nutrition questions not covered in this material to a Bon Appétit registered dietitian using the “Ask the Expert” tab on www.cafebonappetit.com.

SOCIAL MEDIA

Does your unit have a Facebook or Twitter account? Follow this link for theme-specific FFYWB social media posts: http://bit.ly/ffywbsocialmedia

Questions? Contact Jasmine.Chan@cafebonappetit.com.
DELICIOUS & FULL OF PROTEIN

THESE PLANT-BASED PORTIONS MEET ABOUT 1/3 OF YOUR DAILY PROTEIN NEEDS.

LENTILS
Raw: 1/3 cup
Cooked: 1 cup

QUINOA
Raw: 2/3 cup
Cooked: 1 - 3/4 cup

BLACK BEANS
Raw: 1/3 cup
Cooked: 2/3 cup

TOFU, FIRM
Raw or Cooked: 1 cup

NUT BUTTER SANDWICH
Wheat Bread: 2 slices
Nut Butter: 2.5 Tbsp.

TEMPEH
Raw or Cooked: 4 oz.

Based on one-third of the Recommended Daily Allowance for the average adult.
Protein amounts obtained from the USDA Nutrient Database at www.nal.usda.gov.

To learn more, visit cafebonappetit.com
Vary Your Protein Routine.
Plant Proteins Pack a Powerful Punch.

Did you know?

- Protein works to build and maintain muscles as well as keep your hair, skin, and nails healthy and strong.
- Eating animal proteins isn't always necessary to reap these benefits — plant proteins are a source as well! Plus, they are beneficial in a variety of ecologic, economic, and health-related ways.

Take advantage of this connection by eating a diet rich in plant-based proteins. Use this chart to design protein-rich meals sourced from plant proteins.

<table>
<thead>
<tr>
<th>Plant Source</th>
<th>Serving Size</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans (e.g. kidney, black, pinto)</td>
<td>1/2 cup cooked</td>
<td>7-10</td>
</tr>
<tr>
<td>Pulses (e.g. lentil, chickpea, peas)</td>
<td>1/2 cup cooked</td>
<td>8-9</td>
</tr>
<tr>
<td>Nuts</td>
<td>1 oz. kernels</td>
<td>6-8</td>
</tr>
<tr>
<td>Peanut butter</td>
<td>2 tablespoons</td>
<td>8</td>
</tr>
<tr>
<td>Quinoa</td>
<td>1/2 cup cooked</td>
<td>4-5</td>
</tr>
<tr>
<td>Seeds</td>
<td>1 oz. kernels</td>
<td>6-9</td>
</tr>
<tr>
<td>Tofu, firm</td>
<td>4 oz. raw</td>
<td>10</td>
</tr>
<tr>
<td>Dark green vegetables</td>
<td>1/2 cup cooked</td>
<td>2-4</td>
</tr>
<tr>
<td>Whole grains (e.g. farro, barley,</td>
<td>½ cup cooked;</td>
<td>2-4</td>
</tr>
<tr>
<td>kamut, wheat berries, bulgur,</td>
<td>1 oz. dry</td>
<td></td>
</tr>
<tr>
<td>quinoa, brown rice)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Curious how much protein you need? Use this formula.

For Adults:
Weight in lbs × 0.37 = grams of protein needed per day

For example, a 150-lb person requires about 55 grams per day.

www.cafebonappetit.com