

Can I get enough protein  
without eating meat?

Yes!

Edamame



18g per 1 cup

Tofu



8-15g per 3 oz.

Lentils



18g per 1 cup

Quinoa



8g per 1 cup

Peanut Butter



7g per 2 Tbsp

Hemp seeds



10g per 2 Tbsp

These are just some plant foods with protein. By eating **combinations** of plant-based proteins each day, you can easily meet all of your protein needs and get all of the **essential amino acids** (protein building blocks) you need to stay healthy.

**Women** need about **46g protein** per day.  
**Men** need about **56g of protein** per day.