American Heart Association.

Plant Sources of Protein

Getting most of our protein from plants is good for heart, kidney and metabolic health. Plant sources of protein also tend to be high in fiber, vitamins, minerals and other important nutrients. Choose options that are low in added sugar, sodium and saturated fat.



½ cup black beans



2 tablespoons nut butter



3 ounces tofu



3 ounces tempeh



1 cup soy milk



½ cup red lentils



½ cup garbanzo beans

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