



American Heart Association.

Healthy for Good™

Plant-based Protein Sources

It's easy to find plant-based sources of protein at the grocery store. Just look at all these options! These foods also tend to be high in fiber, vitamins, minerals and other important nutrients.

			
Beans and legumes	Broccoli	Chickpeas	Edamame
			
Lentils	Nut butter	Nuts and seeds	Oats
			
Peas	Quinoa	Sorghum	Soy milk
			
Spinach	Tempeh	Tofu	Veggie patties