

# Vary your protein

Eating more plant protein can be healthy for you and save money.

Try these simple ideas to include more plant-based sources of protein in your diet!



Did you know...



## Breakfast

Add nuts or seeds to porridge or cereal, or have peanut butter on toast



Plant-based sources of protein like beans, lentils or chickpeas are high in fibre and naturally low in fat.

## Snacks



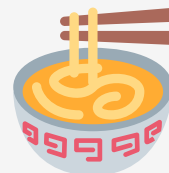
Choose a handful of plain, unsalted mixed nuts

Growing pulses can help the planet by improving soil health and reducing the need for fertilisers.



## Main meals

Swap half the meat in meals for beans and lentils or try a new lentil or bean-based dish



Beans and pulses make a cheaper alternative to meat in most dishes - canned chickpeas or red kidney beans make a great cupboard staple!



## Light meals



Have beans on toast or add chickpeas and beans to salads

We need to eat more beans and pulses but you don't have to cut out animal proteins altogether. Lean meat, fish and eggs are also good sources of protein and vitamins and minerals - remember to have sustainable fish at least twice a week including 1 of oily fish!

