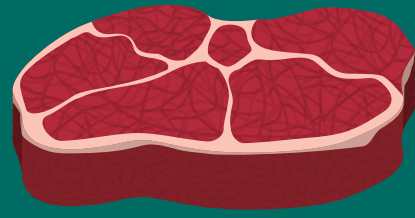


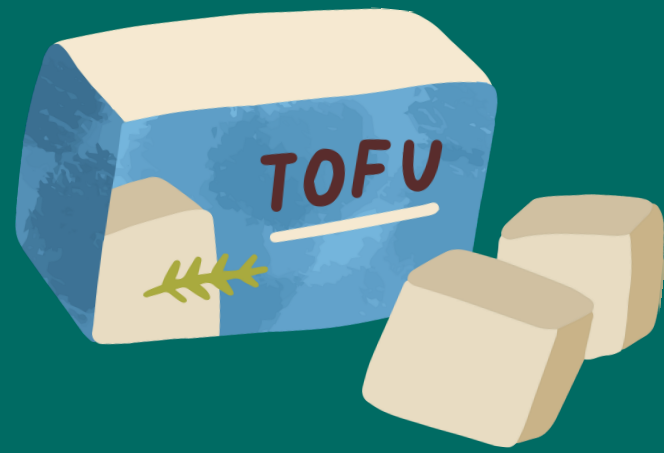
1 ounce of
cooked meat
\$0.60-\$1.62



≡ 7 grams of
protein

budget-friendly plant protein alternatives:

1/4 cup
firm tofu
\$0.26



1/2 cup soft
tofu \$0.75

≡ 7 grams of
protein
each



1/2 cup beans
\$0.44 (canned)
\$0.21 (dried)

1/2 cup lentils
\$0.30 (canned)
\$0.15 (dried)



1 cup soy
milk
\$0.55



2 tablespoons
nut butter
\$0.25

Why consider plant protein?

✦ Research has linked plant-based eating with lower risks of certain chronic conditions such as heart disease and diabetes.



✦ Plant proteins offer a source of dietary fiber, vitamins, minerals, and phytochemicals that aid health.



✦ Plant based eating can also help in treading lighter on our planet.



✦ As an added bonus, often plant-based proteins are inexpensive and can be very versatile in cooking too!



You can talk to a Dietitian
for FREE at Heathlink BC
8-1-1

**Research by Tanya Choy, Registered Dietitian,
sproutednutritionconsulting@gmail.com**

- Source of protein amounts from Canadian Nutrient File
- Price comparisons taken from Real Canadian Superstore