



# Switch up your protein & save: Eat more plant foods!



The average adult needs about **6 ounces of foods from the protein group** each day.

What is the healthiest, cheapest way to get it?

## Choose more of these low-cost, high-protein plant foods each day



Beans (pinto, black, kidney)



Sunflower seeds



Almonds & other nuts



Peanut butter



Soup & chili made with beans



Chickpeas (garbanzos)



Lentils & lentil soup



Tofu & soybeans

### 6 ounces of plant protein

1 cup bean chili  
1 Tbsp peanut butter  
A handful of almonds  
= \$0.76

or

### 6 ounces of animal protein

3 ounce strip steak  
6 chicken nuggets  
= \$2.90

The winner

### Plant proteins:

- ✓ **Cost less**
- ✓ **Have more fiber**
- ✓ **Have healthy fats**