Did you know that eating more plant protein can be healthy for you and the planet?

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

Be more creative

Top Tips!

Swap half the meat in meals for pulses like beans and lentils

Try a new lentil or bean-based dish

Suggested portion size:

120g (about 6 tablespoons or half a drained can) of pulses

Add pulses to your meals

Top Tips!

Go for a chickpea salad with lots of vegetables

Try reduced salt and sugar baked beans on wholemeal toast

Suggested portion size:

Half a 400g can (200g) of baked beans

Snack on nuts and seeds

Top Tips!

Choose a handful of plain, unsalted mixed nuts

Add plain, unsalted nuts and seeds to wholegrain breakfast cereal

Suggested portion size:

One small handful (20g) of nuts

Eat well for you and the planet!

Plant protein tends to be lower in saturated fat and growing pulses can help the planet by improving soil health and reducing the need for fertilisers.