



HEALTHY MONDAY
SYRACUSE
Lerner Center for Public Health Promotion
at Syracuse University

CHOOSING PLANT BASED PROTEINS

Fill in the blanks below with the plant-based protein examples and your personal knowledge.

1. When I eat salad, I usually chose to eat _____ (type of meat) with them, but now I may try _____ (type of plant-based protein) instead.
2. When I eat tacos, I usually choose ones filled with _____ (type of meat), but now I will try _____ (type of plant-based protein) instead.
3. Instead of eating chili with _____ (type of meat), I would love to try _____ (type of plant-based protein) in my chili next!
4. My favorite plant-based protein is _____.



Kidney Beans



Tofu



Black Beans



Almonds



Chickpeas



Quinoa