

PLANT BASED SOURCES OF PROTEIN AND CALCIUM

Protein

- Soy/Tofu/Edamame
- Nuts (almonds, cashews, walnuts, pinenuts, pistachios, peanuts, etc) and nut butter
- Seeds (sesame, sunflower, pumpkin)
- Legumes (beans, chickpeas, lentils)
- Quinoa
- Buckwheat
- Sprouted grains
- Nutritional Yeast

Calcium

- Kale/collard greens
- Almonds
- Tofu
- Amaranth
- Broccoli

