

# PLANTS PROVIDE PLENTIFUL PROTEIN

Are you getting 50g  
of protein each day?

Nuts, seeds, and legumes  
can help meet your needs in  
a satisfying and tasty way.

Protein Per Serving\*



\*Legumes = ½ cup, Nuts = ¼ cup

Power your day  
with plant protein.

BROUGHT TO YOU BY



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