

# Plant-Based Proteins



It is important for children to have a diet rich in protein to ensure good nutrition, growth & development. Many schools and settings are starting to cut down on meat being served on school meal menus due to increased costs & supply issues.

To ensure children are getting good nutrition there are various ways of incorporating rich protein sources in the form of plant-based proteins into their diet.

Plant based proteins include:

- Peas
- Beans
- Lentils
- Chickpeas
- Edamame
- Seeds
- Quinoa

With the cost-of-living crisis hitting individuals hard, the likes of these plant-based proteins will be making an appearance on menus more and more.

Plant based proteins are flavoursome, palatable, cheap, and easy to work with and have the following health benefits:

- Increase fibre in the diet
- Lowers the risk of cardiovascular disease & some types of cancers
- Benefits weight management – gives the feeling of fullness for longer
- Plant based proteins do not contain some of the less healthy compounds found in meat, including fat and cholesterol
- Provide plenty nutrients & antioxidants which improves health by supporting the immune system