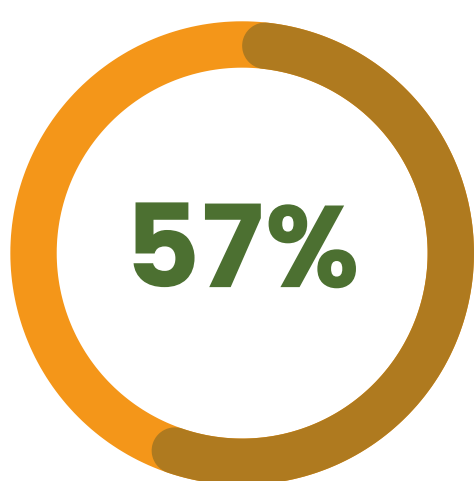
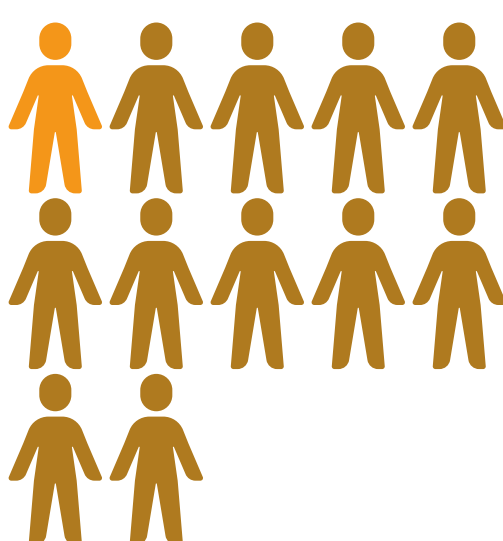


PLANT PROTEINS FOR A POWERFUL HEART



More than half of Canadians report that meat and chicken are their main source of protein.¹



One in 12 adults in Canada live with heart disease.²

Did You Know?

Protein does not just come from animals! Many plants are also a great source of protein



What are Plant Proteins?

Plant proteins, also known as plant-based proteins, are proteins that are found in plants



Why Choose Plant Proteins?

Plant proteins lead to a healthier, stronger heart because they are:

- Low in "bad" fats and can be a source of "good" fats
- High in fiber
- Rich in nutrients like vitamins and minerals²



Research shows that replacing animal proteins like meat and chicken with plant proteins can reduce the risk of heart disease by up to

54%²



Examples of Plant Proteins³



Chickpeas and Chickpea dips (hummus)



Nuts and Seeds



Tofu and other soy products



Beans, lentils and dry peas

Click [here](#) for more examples of plant proteins

1. Wunsch, N.-G. (2022, May 19). Protein: Preferred sources Canada 2019. Statista. Retrieved November 1, 2022, from <https://www.statista.com/statistics/748542/protein-preferences-canada/>

2. Plant-based protein lowers risk for cardiovascular disease. Physicians Committee for Responsible Medicine. (2021, August 4). Retrieved November 1, 2022, from <https://www.pcrm.org/news/health-nutrition/plant-based-protein-lowers-risk-cardiovascular-disease>

3. Plant-based protein infographic. www.heart.org. (2020). Retrieved November 1, 2022, from <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/plant-based-protein-infographic>

Wondering how to add more plant proteins into your diet?

Check out this delicious

CRISPY CHICKPEAS SNACK RECIPE

Yield: 1 1/2 cups

Preparation Time: 10 minutes

Cooking Time: 35 minutes

15g Protein in 1 cup of cooked chickpeas



You will need:

Ingredients:

- 1 can (540mL) of chickpeas, unsalted
- 1 Tablespoon (15 ml) of olive oil (or canola or avocado)
- 1/4 teaspoon (1 ml) salt
- Black pepper to taste
- ½ teaspoon (2 ml) smoked paprika
- A pinch (1/16 teaspoon) ground coriander
- 1/4 teaspoon (1 ml) ground cumin
- 1/4 teaspoon (1 ml) garlic powder
- 1/4 teaspoon (1ml) red chili powder, such as Kashmiri or cayenne (optional)

Equipment:

- Colander or sieve
- Baking sheet pan
- Paper towels
- Parchment paper
- Small bowl
- Measuring spoons
- Glass jar

Instructions:

- Preheat oven to 400 degrees Fahrenheit (205 degrees Celcius) .
- Drain chickpeas and rinse in colander using cold tap water.
- Dry chickpeas on paper towels and rub gently, removing any loose skins.
- Line baking sheet with parchment paper.
- Toss chickpeas with oil on the parchment paper.
- Bake chickpeas for 30-40 minutes, tossing occasionally so they bake evenly.
- While chickpeas are baking, mix spices and salt in a small bowl.
- Remove chickpeas from the oven (but do NOT turn oven off) and sprinkle spice mixture over chickpeas, mix until coated.
- Return chickpeas to oven and bake for 5 minutes or until golden brown.
- Remove pan from oven. Chickpeas will get crispy as they cool to room temperature. Store in a glass jar (not airtight) at room temperature for 5 days.