

# plant power

## Fun Facts



**1.** People often think that animal foods provide the best source of protein, but there's plenty of plants packed with protein as well. A cup of edamame or lentils contain more protein than a glass of milk or a serving of chicken.

**2.** Hold please! If you chose a veggie burger instead of a beef burger once a week for a year, it would save the equivalent greenhouse gas emissions of charging 10 BILLION smartphones!

**3.** A diet high in plants is associated with a healthy weight and longer life. With over 2000 different types of edible plants to choose from, you're sure to find many that you enjoy!

**4.** Many people wonder how vegans get enough protein, but studies show that the average person following a plant-based diet actually gets 70% more protein than they need.

**5.** Certain plants are loaded with so much nutritional power they're referred to as superfoods! Some examples of foods bursting with health benefits include blueberries, walnuts, and spinach.



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**6.** Many people incorrectly think that athletes need to eat animal foods to compete at the highest level—on the contrary, there's plenty of award-winning plant-powered athletes across all kind of sports including cycling, swimming, weightlifting, and even football.

**7.** Plant foods like fruits, veggies, and grains come in a rainbow of colors, which provide you with different vitamins and minerals that your body and brain need to perform your best throughout the day. Try to paint your plate with as many colors as you can find.

**8.** On average, plant foods contain 64 times the antioxidant levels of animal foods. This protective effect is one benefit of eating a diet rich in plants! Examples of high-antioxidant foods include berries, nuts, beans, and dark leafy greens.

**9.** When people think of power, they often think of protein, but most of our energy actually comes from carbohydrates. Certain plant foods like beans, lentils, and peanuts are high in both.

**10.** Quinoa (pronounced "keen-wah") is a whole grain that dates back to ancient Incan civilizations. Despite being eaten for thousands of years, it has only recently become a trending superfood in the United States.

