

Complementary Plant Proteins

Proteins are the building blocks for every cell in your body.

Complete protein foods have all of the essential amino acids that your body needs. Certain vegetarian foods have incomplete proteins, but can be combined to create complementary proteins. Complementary proteins ensure that you get the essential amino acids you need when eating plant-based meals.

Legumes + Grains, Nuts, or Seeds = Complete Protein

Legumes

- Beans
 - Black
 - Kidney
 - Chickpeas
- Peas
- Lentils
- Peanuts
- Soy

Nuts

- Almonds
- Cashews
- Pistachios
- Pecans
- Walnuts
- Brazil Nuts

Grains

- Rice
- Oats
- Corn
- Barley
- Whole Wheat products

Seeds

- Pumpkin
- Sunflower
- Sesame
- Flax
- Chia

Complementary Protein Combinations

- Peanut butter on whole wheat bread
- Red beans and brown rice
- Hummus sandwich on whole wheat bread
- Almond butter and oatmeal
- Soy milk with whole grain cereal



QUICK TIP:

Complementary proteins do not have to be eaten together at the same meal – you can mix and match throughout the day to get the benefits!

