

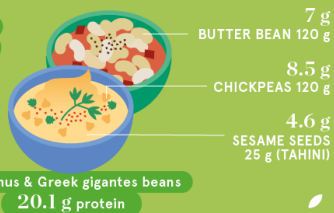
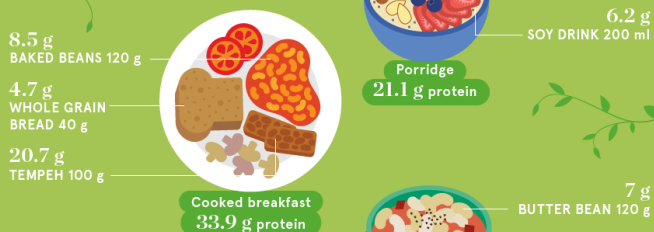
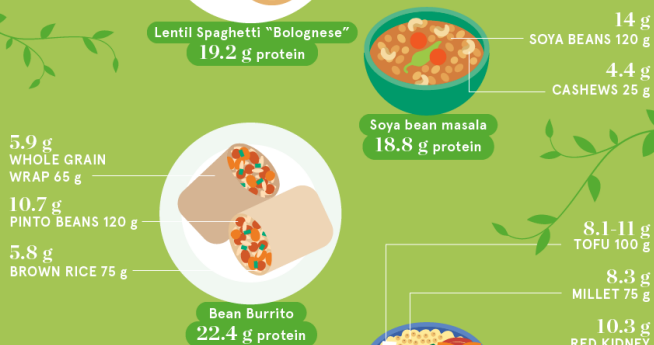
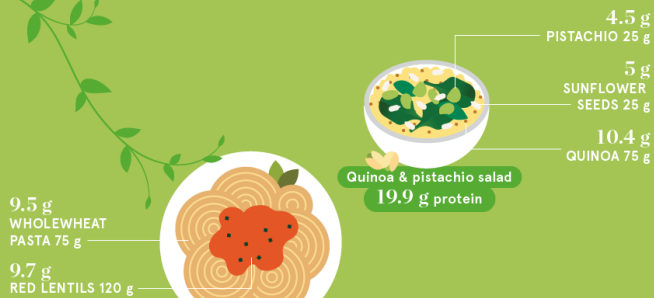
Plant-based protein sources for vegans and vegetarians (infographic)

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[Protein](#) is essential for the growth and repair of our cells and tissues. Although protein is often associated with animal products, many plant foods are also good sources. As long as protein comes from a variety of plant sources, [vegans and vegetarians](#) can easily meet their protein needs. In this infographic we show the protein content of different vegan and vegetarian dishes rich in plant-based protein.

PLANT-BASED PROTEIN

How many grams of protein **per portion** of different plant-based proteins?



Source: Values calculated using data from the UK and Dutch food composition databases