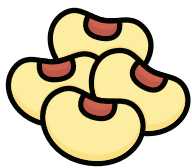




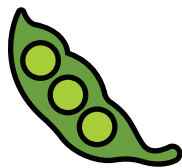
THE ROLE OF PLANT PROTEIN IN FOOD

Protein is needed in the diet to support everyday life. Proteins are invaluable as enablers of many technical functions in the body, helping to maintain muscles and bones. It is essential to consume enough high-quality protein each day to meet the body's demands.

MAIN SOURCES OF PLANT PROTEIN



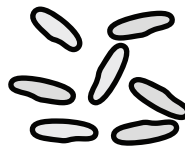
SOY



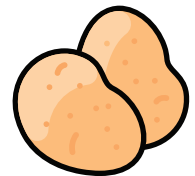
PEA



WHEAT



RICE



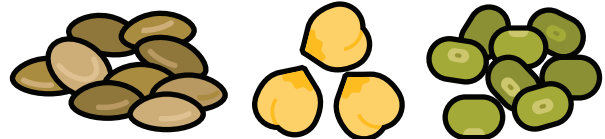
POTATO

An important amount of protein in food we consume originates from a variety of plant sources. Each plant-based protein has different properties, and when combined in a balanced diet they can bring optimal nutrition. Protein sources from plants play an increasing role in human nutrition due to changing dietary habits that are more focused on plant-based foods.

DID YOU KNOW?

14.5% OF

the entire world's greenhouse gas is produced from animal agriculture. The introduction of plant-based meat alternatives are helping to significantly reduce these figures



OTHER SOURCES

Lentil, chickpea, faba bean and many more, are also sources of valuable plant protein and are increasingly used as ingredients in foods

THE BENEFITS OF PROTEINS



MUSCLE MAINTENANCE & REPAIR

Protein contributes to the growth and maintenance of muscle mass.



VITAL FOR ADULTS AND CHILDREN

Protein-rich foods contribute to the normal growth and development of bones in children and maintenance of normal bones in adults.



NUTRITIONAL CONTRIBUTION

Proteins provide beneficial amino acids and can be combined to achieve enhanced nutritional effectiveness.