Protein is an essential part of all healthy diets and *plant-based proteins* offer unique benefits, while supporting health and wellbeing.

- Naturally low in saturated fat
- Easily digestible and a good source of fiber
- More environmentally sustainable (less resource intensive to produce)

**Looking for more information on plant-based protein, including ideas on how to include them in your diet?**

- Cafe Bon Appetit: [Protein](#)
- Advancing Your Health Blog posts on [hummus](#) & [quinoa](#)
- Food & You Recipes: [Asbury Court’s Southwest Stuffed Bell Peppers](#)
- Recipes for Wellness: [No Bake Breakfast Bar recipe video](#) with board-certified Emory bariatric surgeon Jahnavi Srinivasan, MD, and New York Times best-selling author Carolyn O'Neil

*Source: Registered Dietician Interns from Emory Healthcare*