

PROTEIN SOURCES



BIOAVAILABLE ANIMAL PROTEIN SOURCES



MEAT

POULTRY

GAME

EGGS

ANIMAL DAIRY
PRODUCTS
(MILK/ CHEESE/ COTTAGE
CHEESE/ YOGHURT)

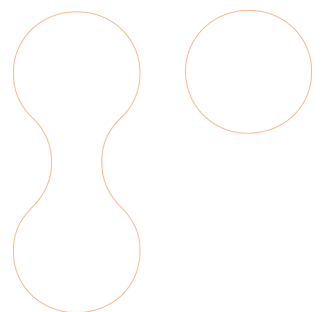
NON-BIOAVAILABLE PLANT PROTEIN SOURCES



TOFU

SOYBEANS

TEMPEH





COMBINATION OF VEGETABLE PROTEINS & CARBOHYDRATES

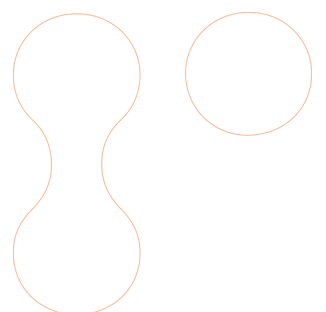
LEGUMES

BEANS

LENTILS

CHICKPEAS

...



COMBINATION OF VEGETABLE PROTEINS & FATS

NUTS

SEEDS

NUT BUTTERS

peanut butter, hazelnut
butter, almond butter,
pistachio butter,...

SEED BUTTERS

Tahini (sesame paste)
pumpkinseed paste
sunflower paste

