

All about B.C.

Plant-Based Protein

Did you know? Plant-based products that are made to mimic animal meat are often made from three plants – **peas, lentils, and beans.**



Beans and other legumes are high in **protein** and **fibre**. Protein helps you grow and heal. Fibre is important for your digestion.

Grains and **legumes** are grown across Canada and are often imported into B.C. where they are turned into plant-based products.

Common foods with plant based sources of protein include **hummus, tofu, falafel, chili, dal, tempeh, and lentil-based** soups, stews, and curries.



Gina cooks, marinates, and packages her 100% **soybean protein curls** here in B.C. The soybeans are grown in Ontario and processed into curls in Saskatchewan, using a machine similar to ones used to make pasta noodles.

She produces around **5000 kg** of protein curls per year.



"I set out to create something that was delicious, healthy, and easy to make. My family is Greek, so **joyful food** was a big, big deal in my household growing up. You can create **whatever flavor you want** with protein curls."
– Gina, food processor, Vancouver B.C.



Gina processes in Vancouver, where the Stz'uminus, Tsleil-Waututh, Stó:lō, Squamish, Musqueam, and Cayuse, Umatilla, and Walla Walla people speak **Hul'q'umi'num' / Halq'eméylem / hə́ŋqəmiṇə́.**

The word for bean in Halq'eméylem is **tl'íkw'el**.

Vancouver rests upon the homelands and unceded territory of Stz'uminus, sə́lilwətaʔt təməxʷ (Tsleil-Waututh), S'ólh Téméxw (Stó:lō), Skwxwú7mesh-ulh Temíxw (Squamish), šxʷməθkʷəy̓əməʔt təməxʷ (Musqueam), Cayuse, Umatilla, and Walla Walla people