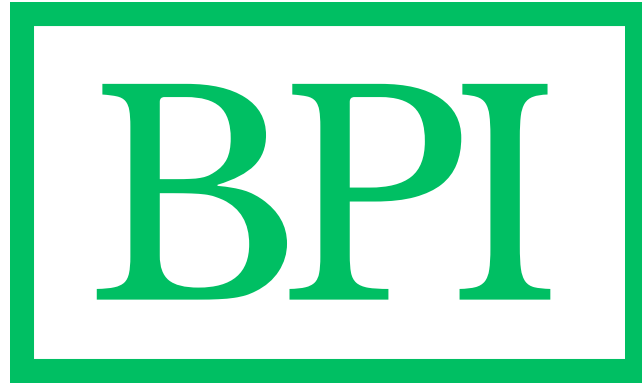




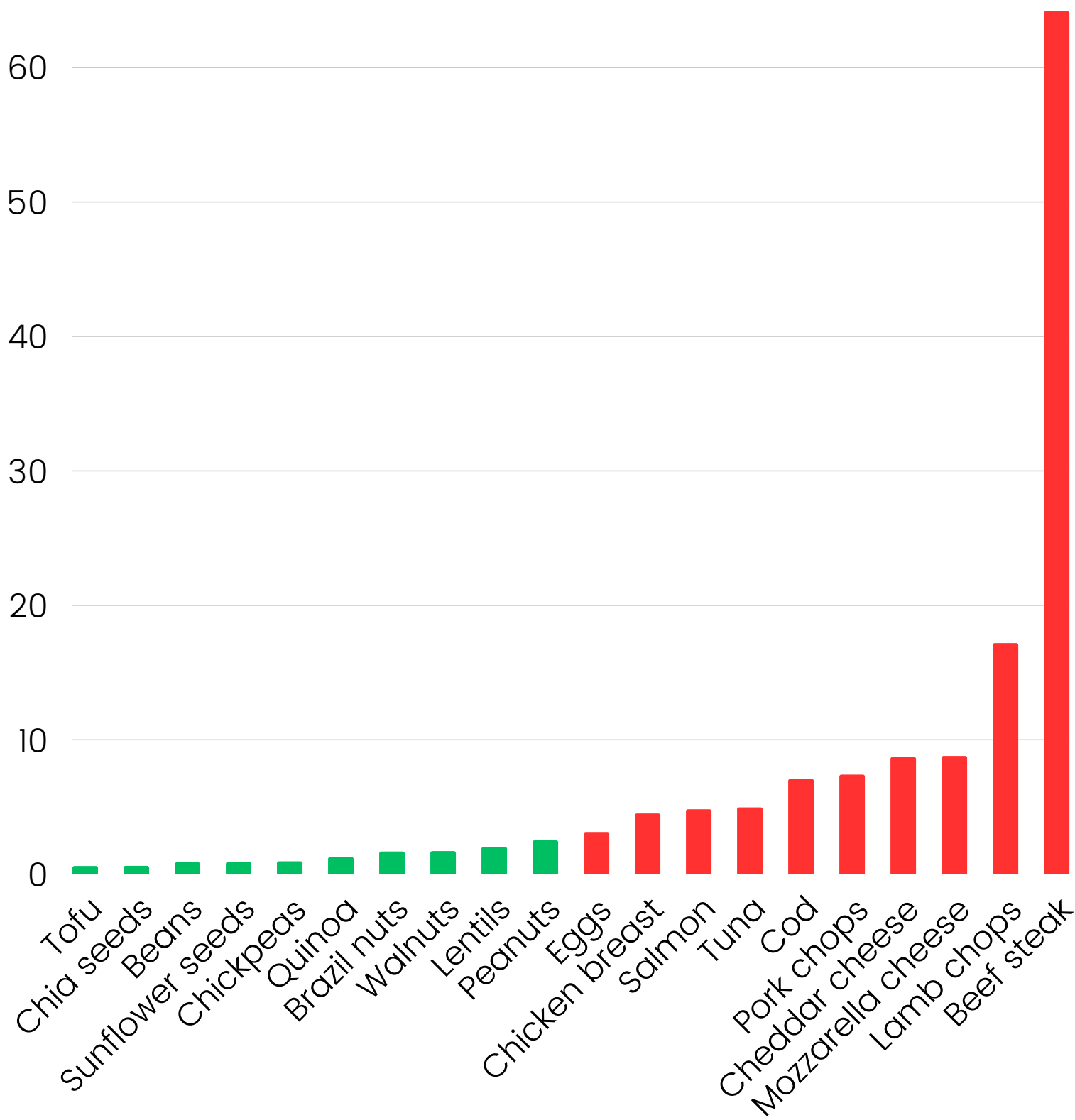
Better Protein Institute

What are the best sources of protein currently available?

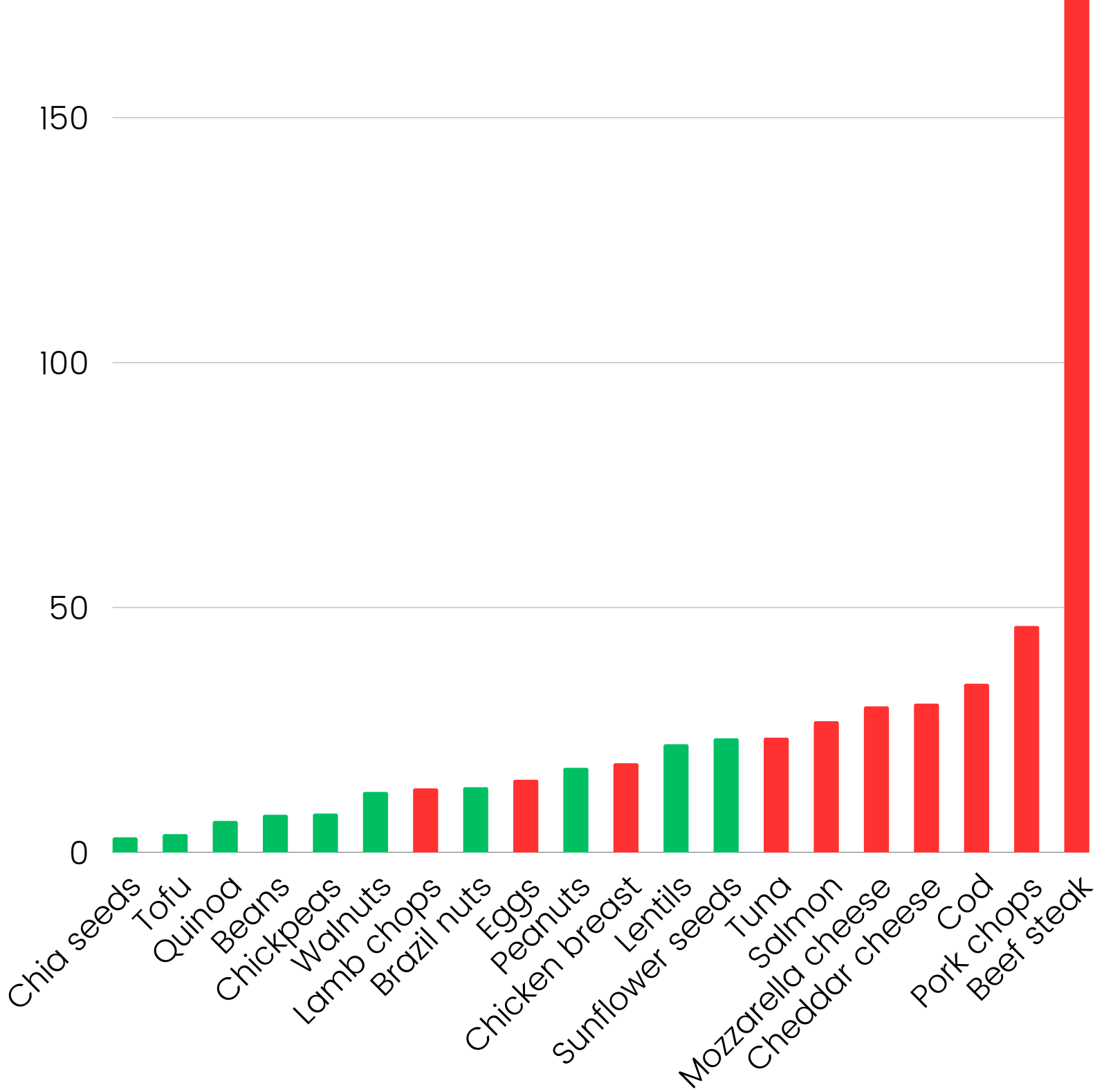
To understand what is 'best', we developed the BPI Score, which considers multiple factors. For a fair comparison, we use "per 100 grams of protein" as the standard unit of measurement. You can see the results for each factor, and the overall winner, in this summary slideshow.

Pollution (Plant-based vs Animal-based)

GHG emissions per 100g of protein

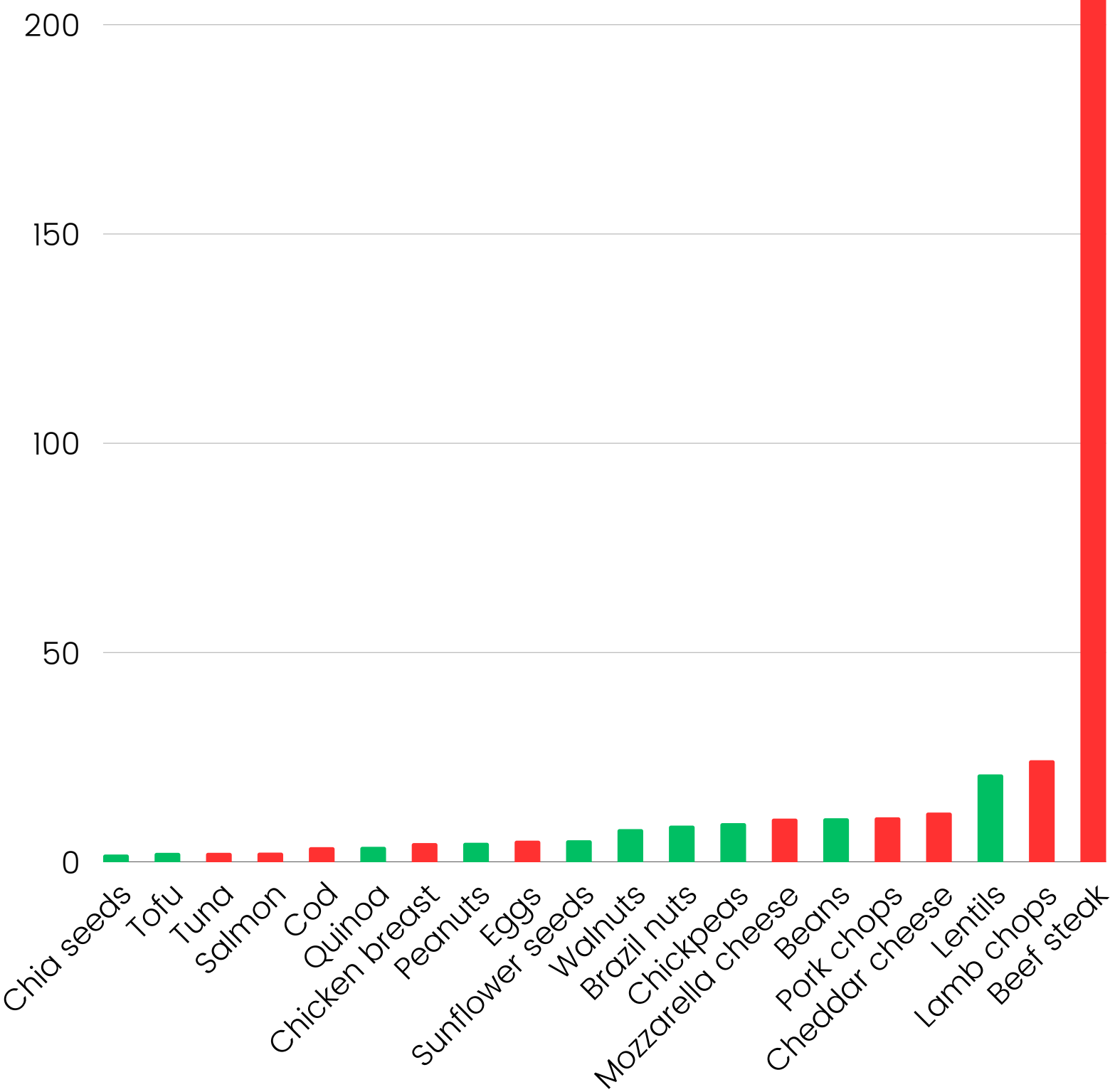


Water pollution per 100g of protein

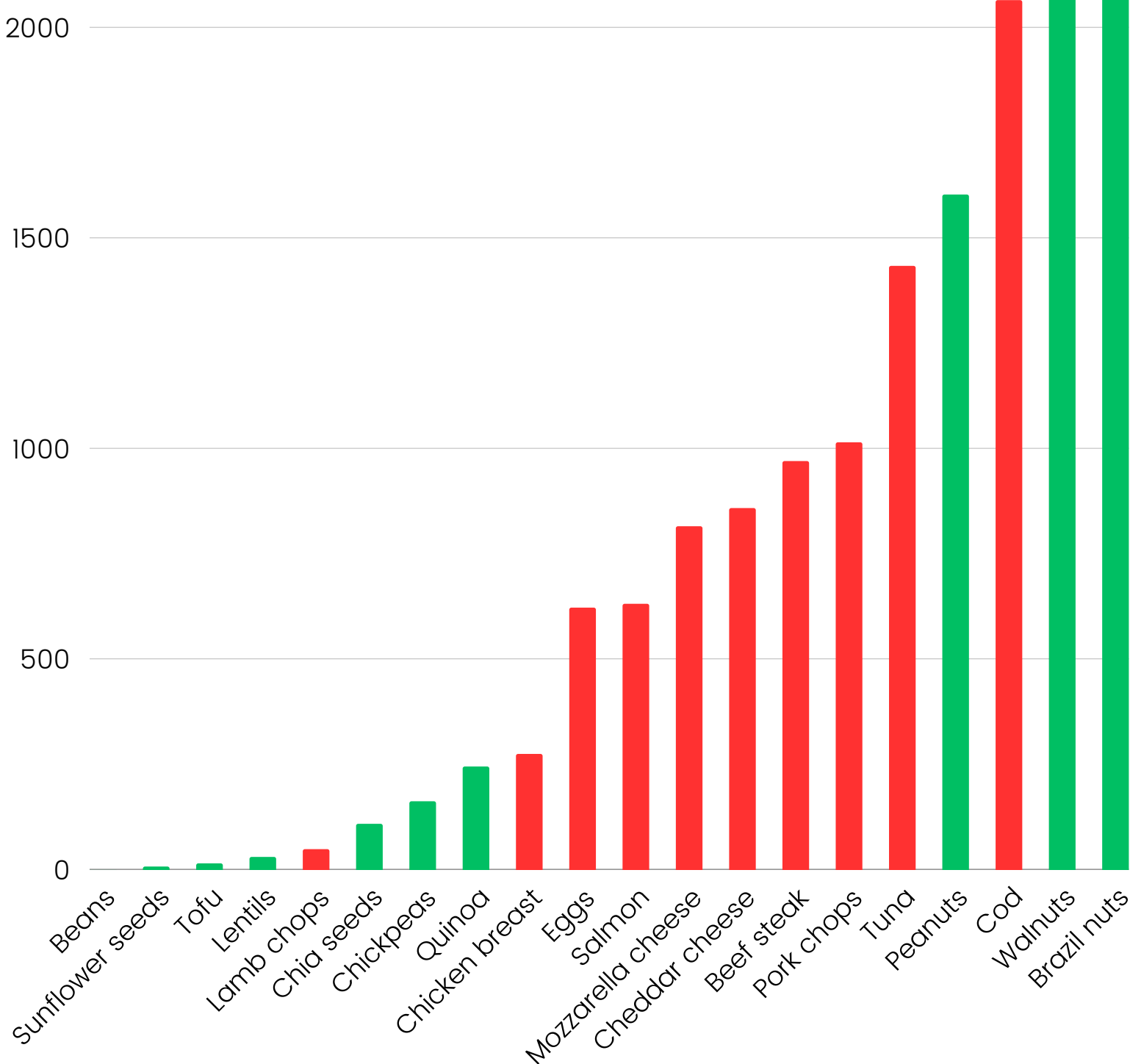


Resource Use

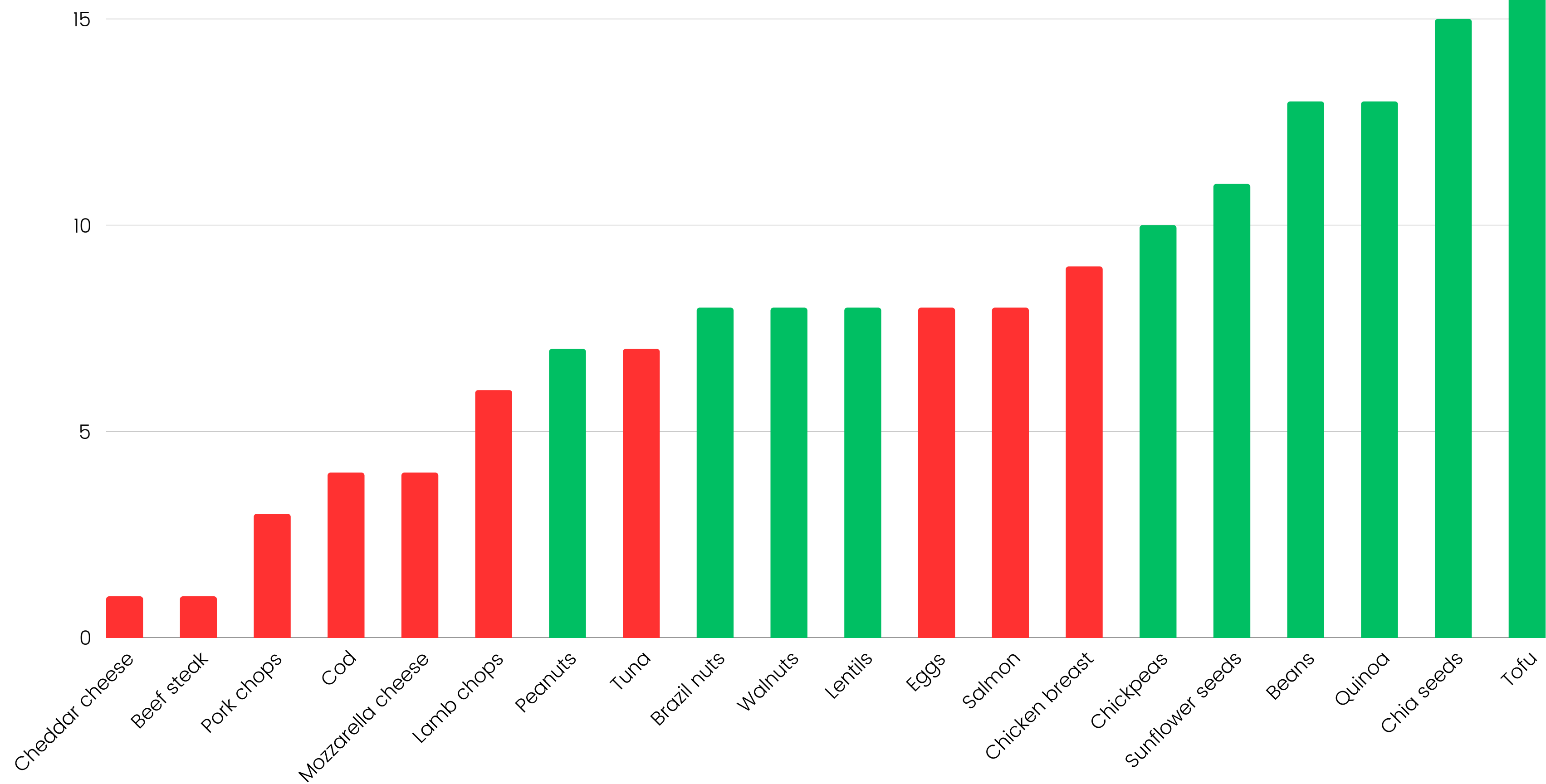
Land use per 100g of protein



Water use per 100g of protein

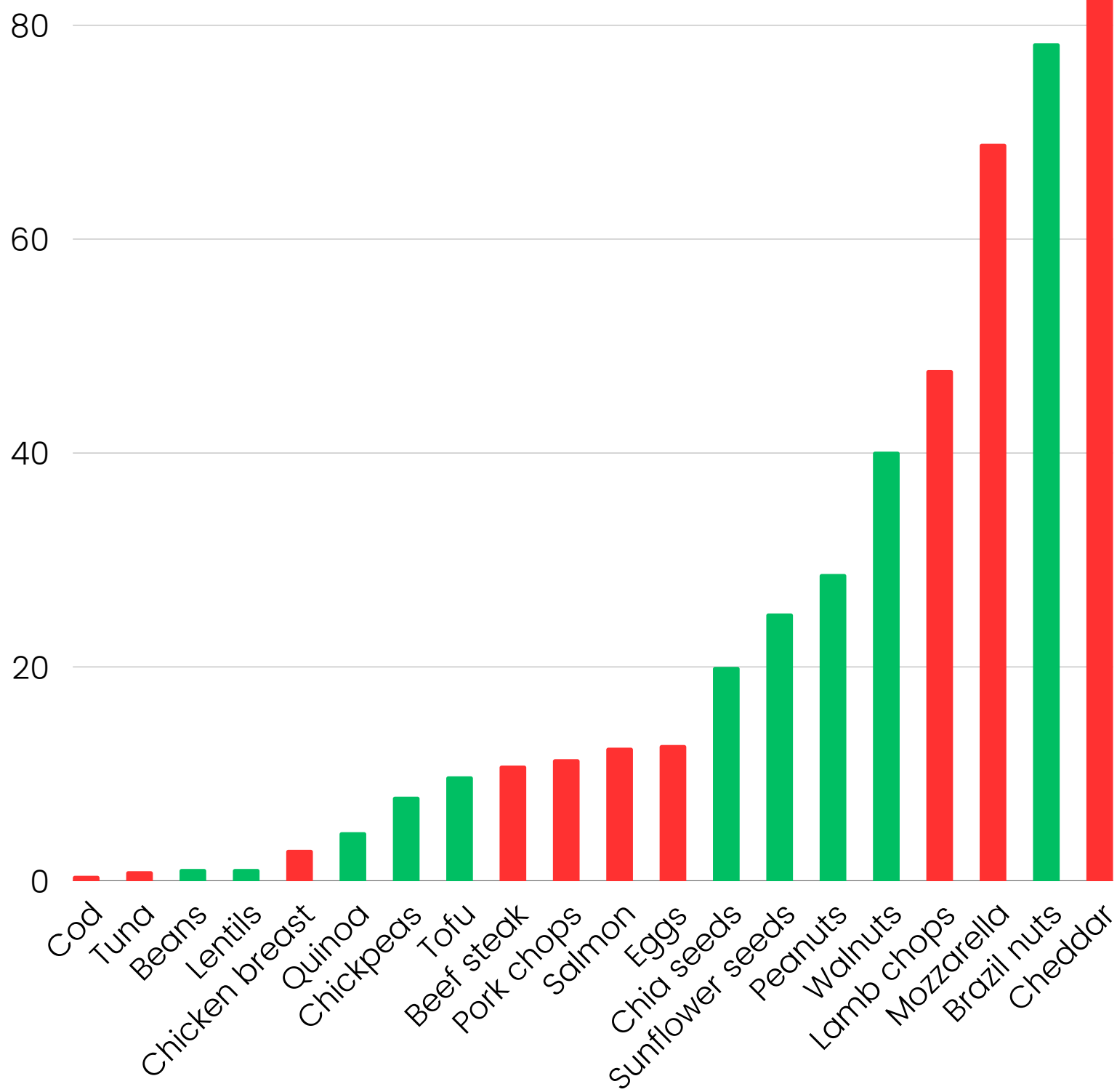


Planet Score (Pollution + Resource Use)

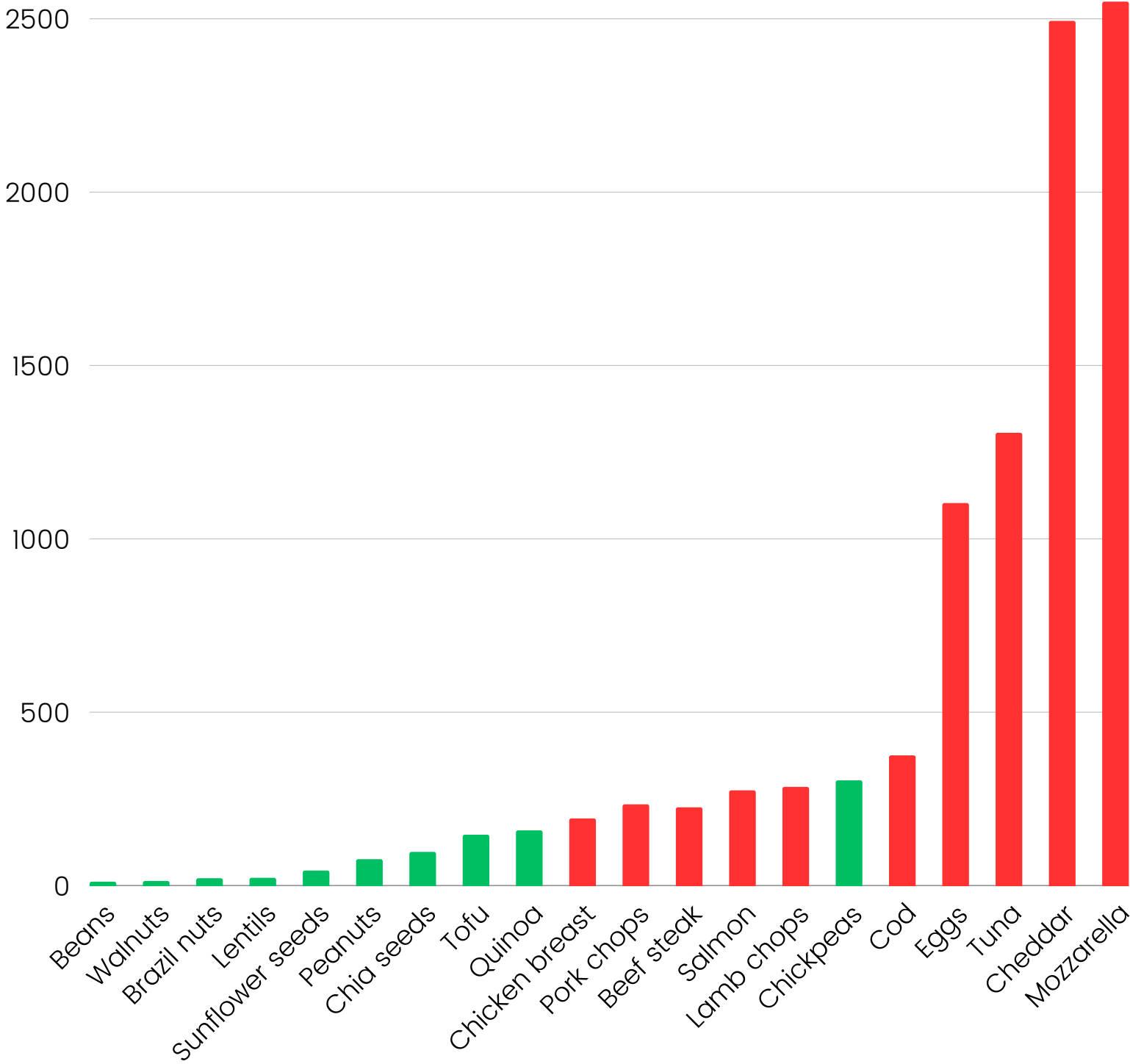


Health 1/2

Saturated fat per 100g of protein

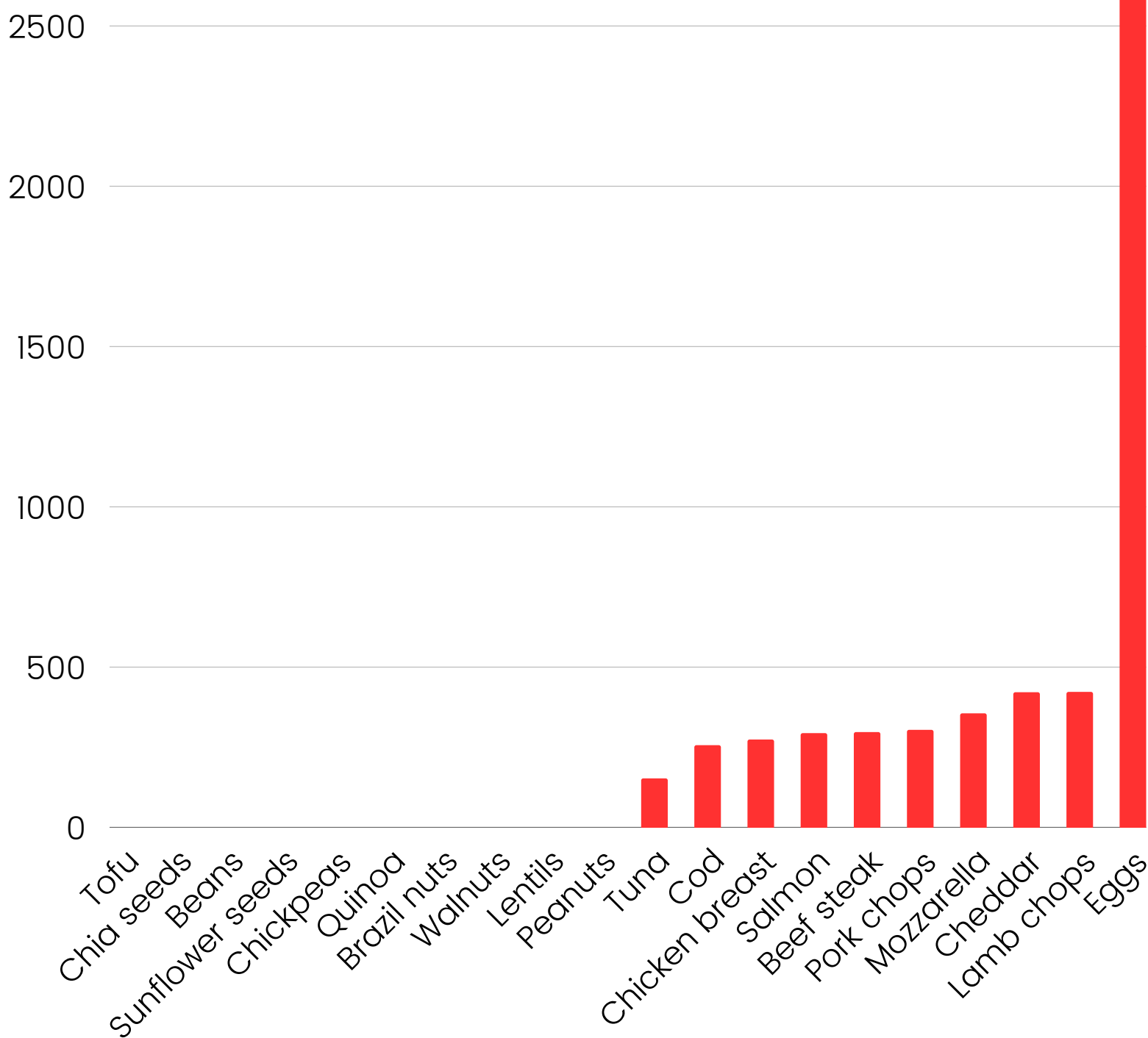


Sodium per 100g of protein

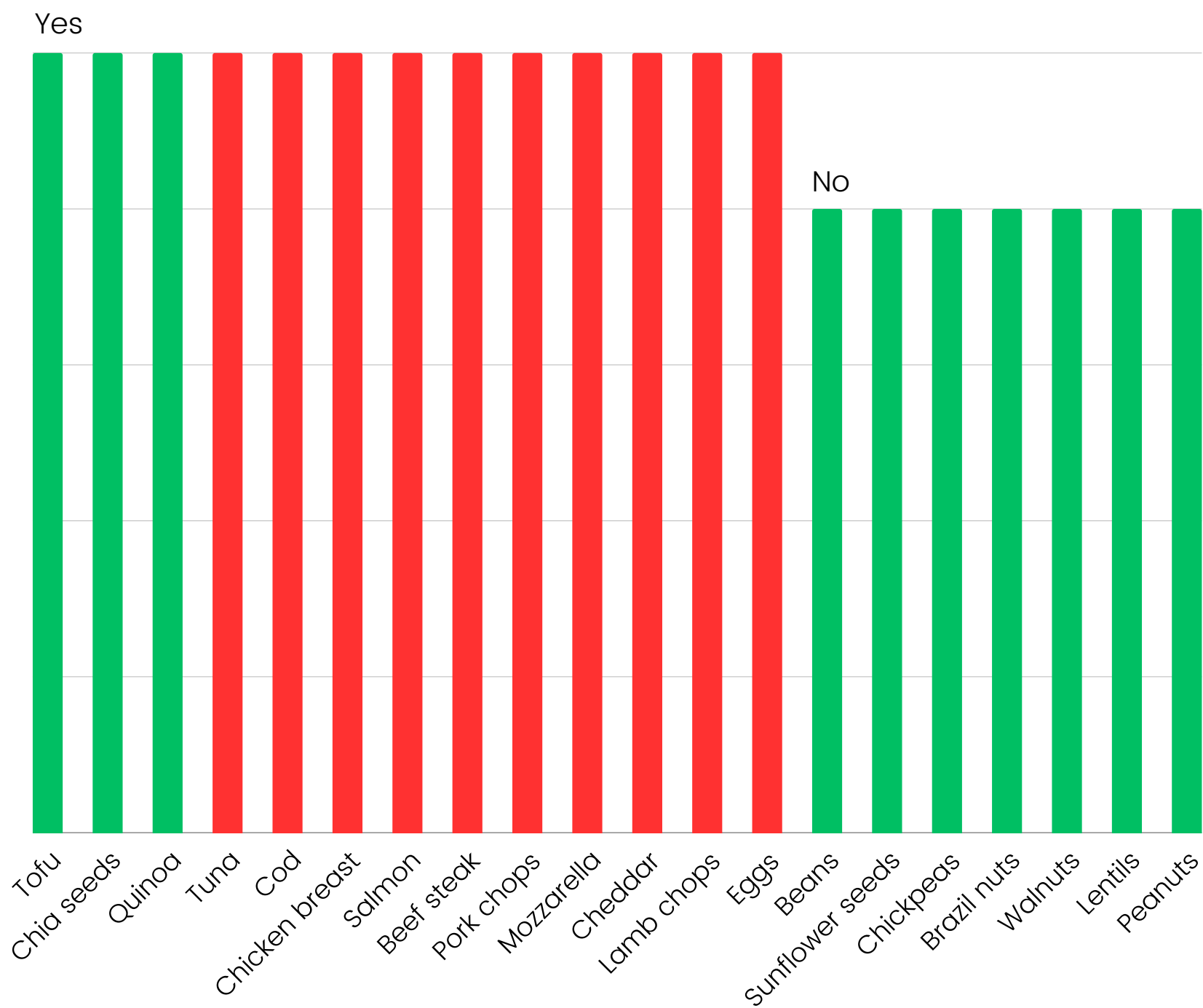


Health 2/2

Cholesterol per 100g of protein

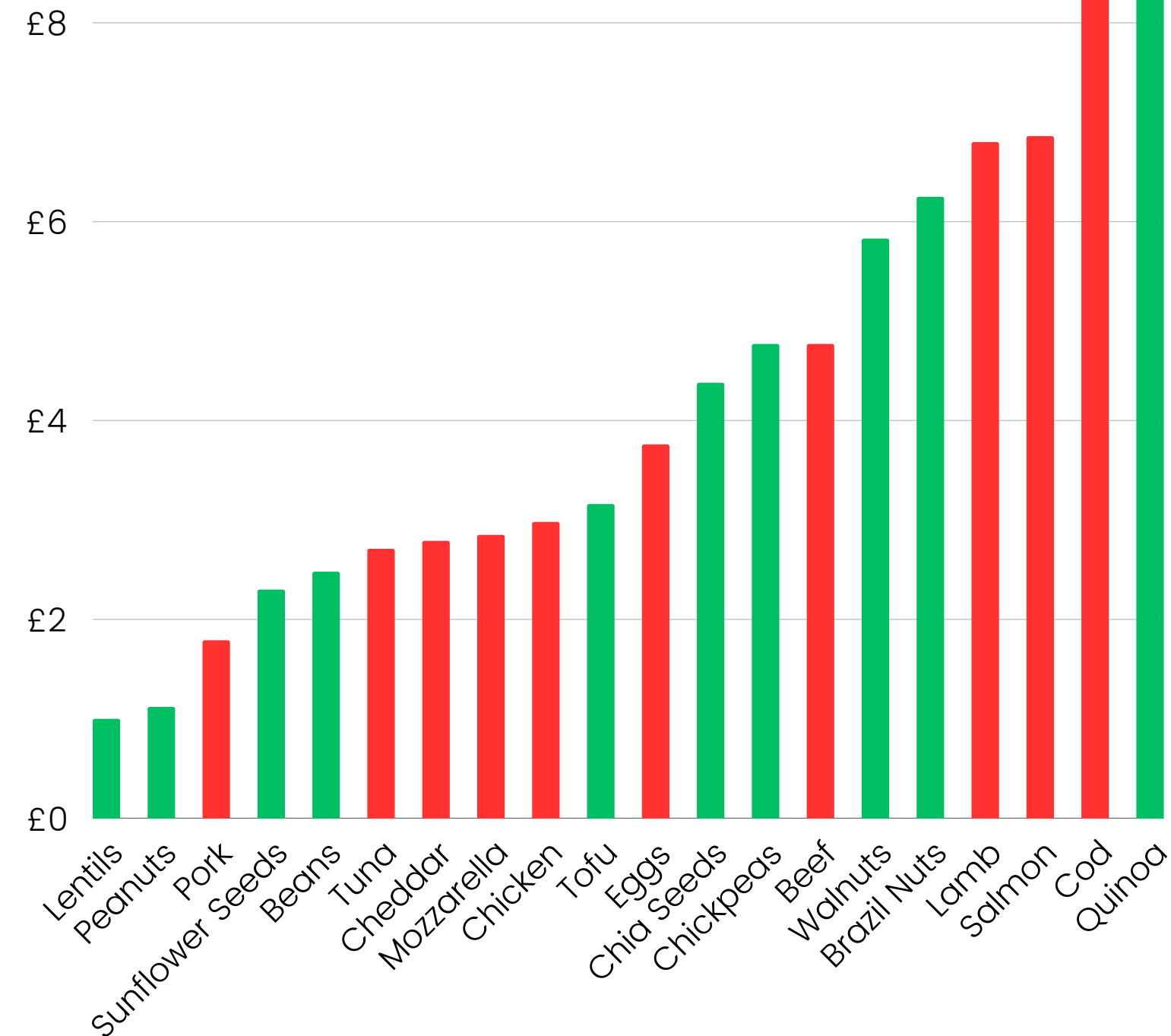


Complete proteins



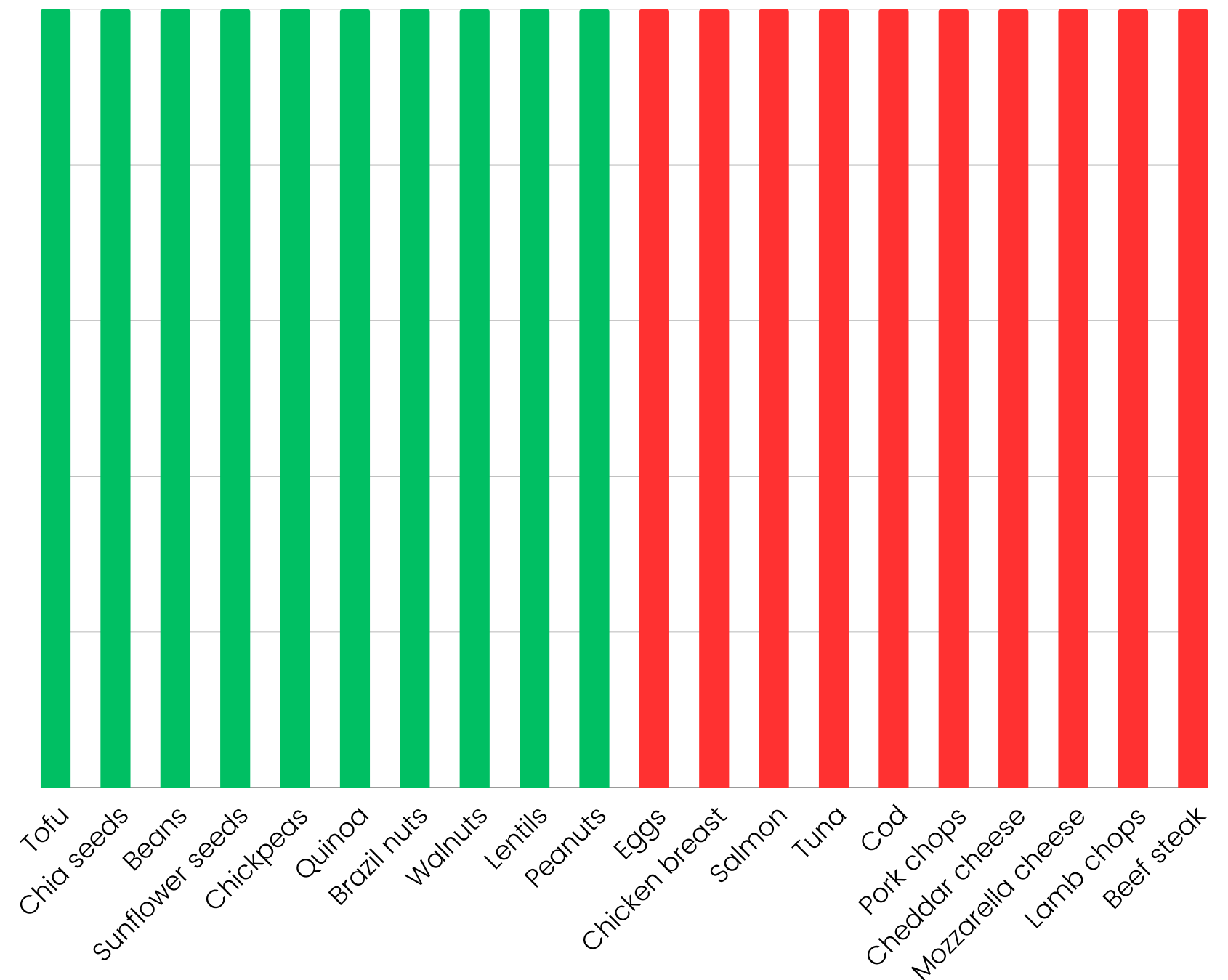
Accessibility

Cost per 100g of protein

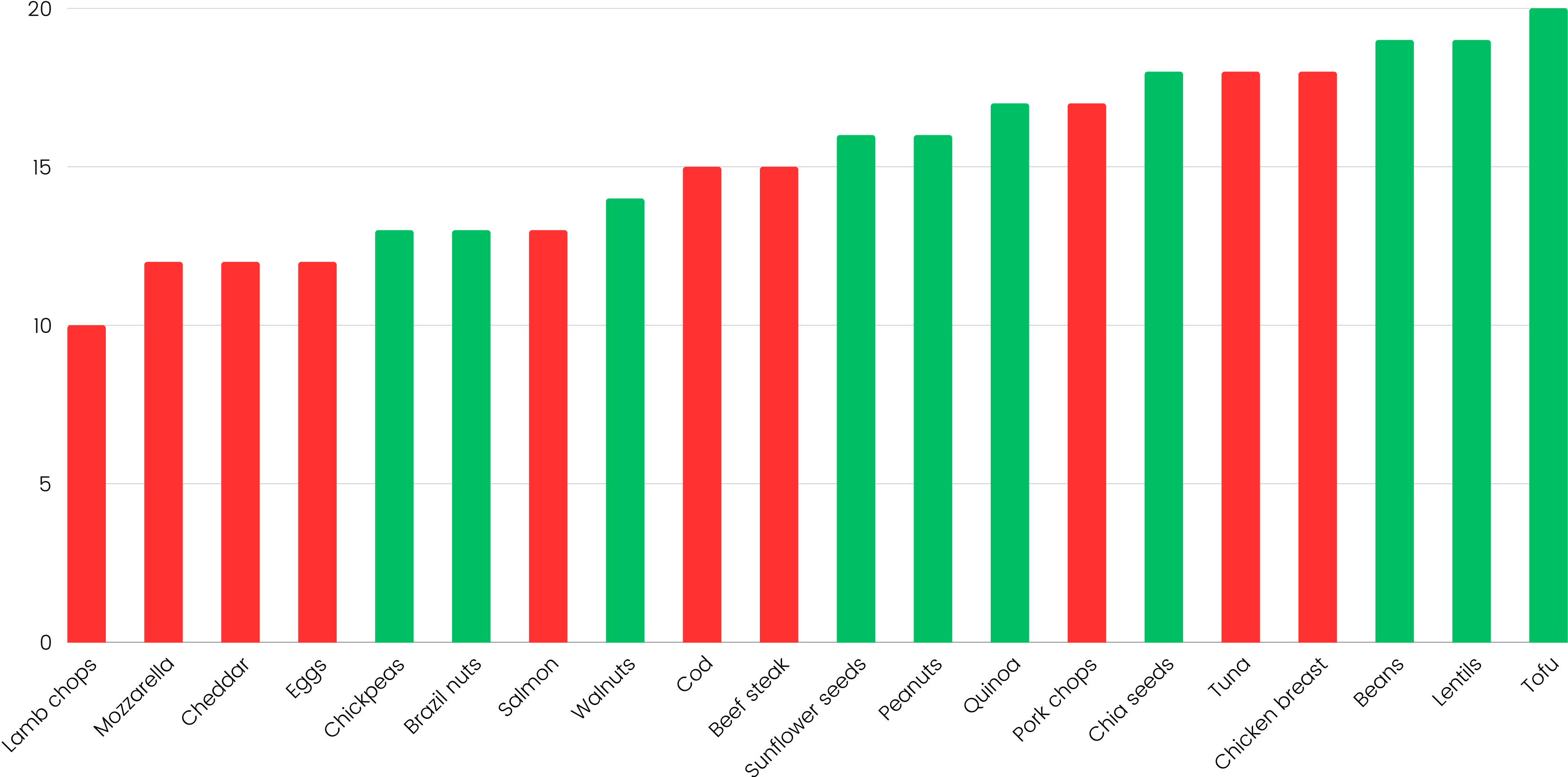


Available in supermarkets

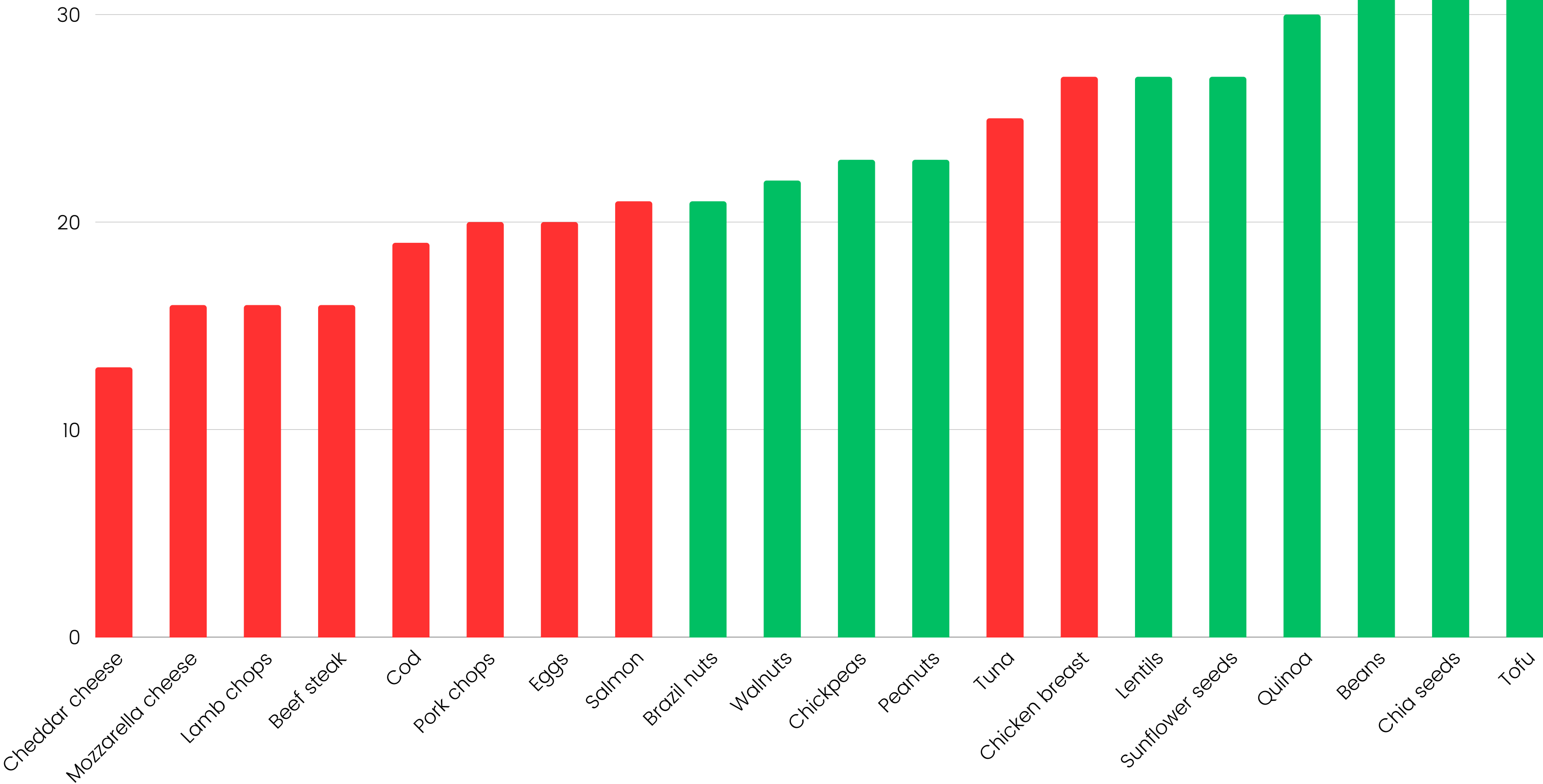
Yes

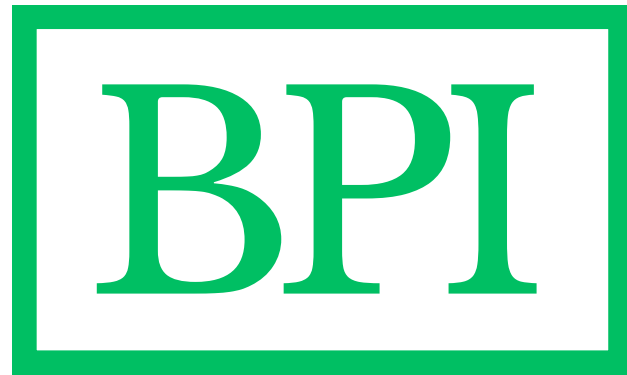


People Score (Health + Accessibility)



BPI Score (Planet + People)





Better Protein Institute

What are the best sources of protein currently available?

Best product: Tofu

Best category: Plant-based

*Results based on V1 of the BPI Score (2025)