

# Discover the most exciting proteins shaping the future of food!

## Fermentation protein: Made by friendly microbes

Microorganisms can create proteins that taste like milk, eggs, or meat... but without animals! Fermentation is already used in foods you know, like yogurt and bread, but now it's powering the next generation of sustainable protein.

- ✓ Low land and water use
- ✓ Can be made in local factories
- ✓ Already in real foods like dairy-free cheese and meatless nuggets



### Did You Know?

Microbial fermentation is how we make chocolate, kimchi, and even soy sauce!



## Fungi protein (mycoprotein): Protein from mushrooms and moulds

Fungi can be turned into a meaty, nutritious protein in special tanks, no farmland needed! Mycoprotein is rich in protein and fibre and already used in foods like veggie burgers and meat-free sausages.

- ✓ Super sustainable
- ✓ Naturally low in fat
- ✓ Great for digestion

### Did You Know?

Research into mycoprotein began in response to predictions of a global protein shortage and the need for sustainable food sources.



## Insect protein: Tiny critters, big nutrition!

Crickets, mealworms, and other insects are already eaten in many parts of the world. They're packed with protein, iron, and B12 and they need way less land, water, and food than cows or chickens.

- ✓ Super sustainable
- ✓ High in protein and nutrients
- ✓ Can be made into flour, bars, or snacks

### Did You Know?

Insects are part of the traditional diet of over 2 billion people, and the EU has approved several insect-based foods for sale!



## Why it matters

By 2050, the world population will reach 10 billion. These proteins could help us feed everyone sustainably with less land, water, and pollution. What would you invent next?