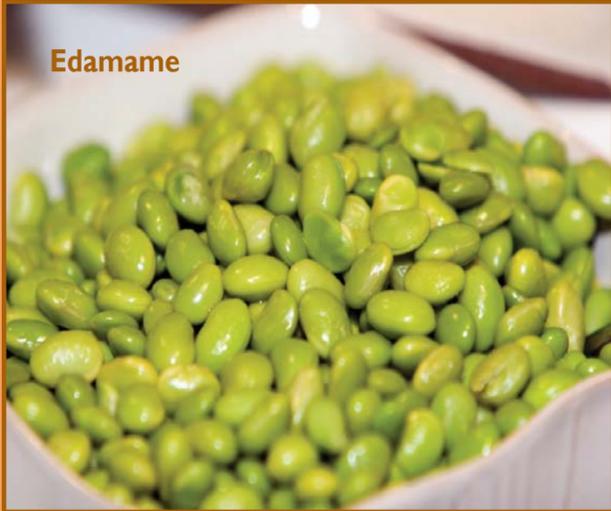


Try Me!

Meatless Monday



General Information

- ▶ Meatless Monday is a national campaign, that encourages people to eat a plant-based diet and limit their meat consumption one day each week for their health and the health of the planet.
- ▶ There are many health benefits associated with reduced meat consumption. Meat contains saturated fat (unhealthy fat) which has been linked to illnesses like stroke, heart disease and some types of cancer. Eating too much meat is also linked to the development of Type 2 diabetes, obesity, and a greater risk of early death.
- ▶ When you limit the amount of meat you eat, you leave more room in your diet for veggies and fruits, whole grains and other protein sources such as beans, nuts and seeds. These foods are packed with essential vitamins and fiber.
- ▶ By going meatless one day each week, you can reduce your carbon footprint in a big way by reducing greenhouse gas emissions, water waste and fossil fuel use.

Look for this logo to help identify healthy meatless options:



Try Meatless Monday to set your intentions for the rest of the week. SU Food Services has a robust menu of healthy, meatless options to support your nutrition goals all week long!

History

- ▶ Meatless Monday, an initiative of the Monday Campaigns was started by SU Alum Sid Lerner '53, retired advertising executive and creative director of the "Don't Squeeze the Charmin" campaign to encourage people to reduce their saturated fat intake and decrease their risk of heart disease, stroke and diabetes.
- ▶ Research conducted by Johns Hopkins shows that Monday is a great day to start a new health behavior and set our intentions for the week.
- ▶ Meatless Mondays were popular during war times when families reduced their meat consumption to help aid the war effort.

Eating/Cooking

- ▶ Going meatless is easy. Beans, nuts, soy, whole grains and vegetables can easily replace the meat in your favorite dishes. Dishes like chili with beans, stir fry with tofu and grilled Portobello mushrooms instead of steak are as hearty, healthy and filling
- ▶ Not all meatless foods are created equally. Foods rich in vitamins, minerals and fiber provide greater health benefits than processed and refined foods or foods high in saturated fats.