



Meatless Monday

Dining Services is concerned about your health and wellness. Eating meatless on Monday can be the beginning of a lifestyle change which includes more fruits, vegetables and whole grains.

Benefits

1. Beans, peas, lentils, nuts and seeds contain little to no saturated fats. Reducing your intake of saturated fats may help keep your cholesterol low and reduce your risk of heart disease.
2. A plant– base diet is a great source of fiber, which is absent in animal products. Foods rich in fiber make you feel full with fewer calories, resulting in lower calorie intake and less overeating.
3. Eating more than 18oz. of red meat a week increases your risk of cancer.
4. Increasing your intake of whole grains, fruits and vegetables ensures a diverse source of protein. Meat is not the only source of protein.

