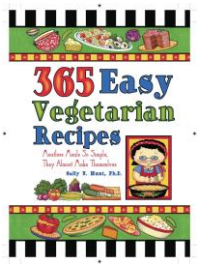
Try a Meatless Meal Once a Week

More plants, less meat best for your health and the planet's health

Lower rates of heart disease, obesity, osteoporosis, diabetes, and cancers among people who eat a low-fat, plant-based diet.

For good nutrition and variety, Plan meals around whole grains, vegetables, fruits and beans.

Cook with heart-healthy fats such as canola and olive oil. Add avocado, nuts and seeds, to salads and other dishes.



Pick up a vegetarian cookbook or search the internet for recipes and meal ideas

Substitute beans for meat in casseroles, stews and soups

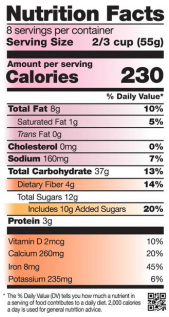
Vegetarians can meet their protein needs with variety of plant proteins including whole grains, beans, lentils and nuts

Try soy proteins, and vegetarian versions of hamburger, sausage, chicken or bacon.

Try a vegetarian kabob at your next cookout

If you're eliminating animal foods, look for dairy substitutes including calcium-fortified soy milk and yogurt

Try tempeh and tofu as meat substitutes



Nutrition Facts
8 servings per container
Serving Size 2/3 cup (55g)
Amount per serving
Calories 230

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Become a Label Reader
Some foods that seem meat-free foods may contain lard, chicken fat or gelatin. Avoid foods that list sugar, corn syrup or honey as one of the first ingredients

Enjoy Vegetarian Meals

Make every bite count -- choose plant foods that are rich in important nutrients. Enjoy a variety of vegetarian foods to meet your calorie and nutrient needs.

Make simple changes
Create main dishes such as pasta primavera with vegetables and chickpeas, pizza topped with vegetables, veggie lasagna, tofu-vegetable stir-fry, and spicy bean burritos.

Think about plant-based protein
Eat a variety of plant protein foods such as black or kidney beans, cooked split peas, and yellow or green lentils. Nuts and seeds are also great options to help you meet protein needs.

Build strong bones with calcium
If you skip dairy, get calcium from fortified products like soy milk, tofu, and some breakfast cereals and orange juices. Dark-green leafy vegetables like collard greens, spinach, and kale are sources, too.

Add nuts to your day
Choose unsalted nuts as a snack, or use them in salads or main dishes to bump up your protein, dietary fiber, and healthy fats. Slivered almonds or crushed walnuts are great on a green salad.

Have beans for dinner or lunch
Try a bean-based chili, three bean salad, or split pea soup. Because of their high nutrient content, beans, peas, and lentils are recommended for everyone – vegetarians and non-vegetarians alike.

Enjoy a vegetarian snack
Snack on raw veggies and hummus – a Middle Eastern dip made from blended chickpeas (garbanzo beans). Hummus is rich in protein, dietary fiber, and several important minerals.

Provided by the Lac du Flambeau Food Distribution Nutrition Education Program 715-588-4386

For more tips on healthy eating and food safety, refer to MyPlate.Gov

MyPlate.gov is based on the *Dietary Guidelines for Americans, 2020-2025*

MyPlate U.S. Department of Agriculture
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