

# Try a Meatless Monday

## ***Why are we concerned about eating less meat?***

Eating meat, especially red and processed meats, has been linked to heart disease, stroke, diabetes, obesity, and some cancers.

## ***Is eliminating meat from my diet one day a week enough to make a difference in my health?***

Yes! Just one meatless day a week can lower your risk of heart disease, stroke, cancer, and diabetes.

## ***What are some plant-based proteins I can eat in place of meat?***

- Pulses (chickpeas, lentils, and beans)
- Peanuts
- Soybeans (including edamame, tofu)
- Peas
- Nuts and seeds



## ***How do I start to make changes in my diet?***

Reduce the amount of meat you consume by joining the Meatless Monday Campaign. Each Monday, commit to 3 meatless meals. You won't be alone. The two largest public school districts in the United States, New York City and Los Angeles, serve meatless meals every Monday, along with countless other institutions throughout the world.

***For more information:*** For recipe ideas and other fun ways to reduce the amount of meat in your diet visit

[www.mondaycampaigns.org/meatless-Monday](http://www.mondaycampaigns.org/meatless-Monday).



3/24

**Health**  **Whys**  
A public health message from  
**BlueRidgeHD.org**

Follow us on  
Facebook

