

Meatless Mondays

Good for You. Good for the Planet.



Let's talk about...

- What is Meatless Monday?
- Why Meatless?
- Why Monday?
- Go Meatless, Save Money
- FAQ
- Resources



One Day a Week Cut Out Meat!

Good for You. Good for the Planet.

For more information visit EscambiaHealth.com



“Go Meatless on Mondays!”

Good for You. Good for the Planet.

For more information visit MeatlessMondays.com



What is Meatless Monday?

- Non-profit initiative of *The Monday Campaigns* & the *Johns Hopkins' Bloomberg School of Public Health*
- Information and resources to help people eat less meat
- Communities, organizations, and public figures around the world embrace the campaign



The Monday Campaigns
The day all health breaks loose.

“a national movement backed by leading public health schools that dedicates the first day of every week to health”

Why Meatless? **For Your Health!**

- Curb obesity
- Reduce risk of heart disease, type 2 diabetes, and cancer
- Improve your diet with a variety of proteins



Why Meatless? **For the Environment!**

- Help slow climate change
- Minimize water usage
- Help reduce fossil fuel dependence



Why Monday?

- We plan our lives on a weekly schedule
- Monday is the beginning of the work week for many people
- People seek health information
- Promoting health on Monday reduces negative health behaviors throughout the week



Go Meatless, \$ave Money

Food	Average Price
Tofu	1.19/lb
Dried beans	1.45/lb
Eggs	1.96/lb
Boneless chicken breast	3.43/lb
Ground beef	3.76/lb
Sirloin steak	5.85/lb



Meat simply costs more than beans, grains, eggs, and fruits and vegetables.

How will I get enough protein?

The average man should consume 56 grams of protein/day.

- 2 eggs (12 g)



- black bean & brown rice burrito (20g)



- ¼ cup trail mix (5 g)



- glass of low fat milk (8 g)



- whole wheat pasta w/ broccoli (13 g)



58 grams of protein without eating meat

What can I eat instead of meat?

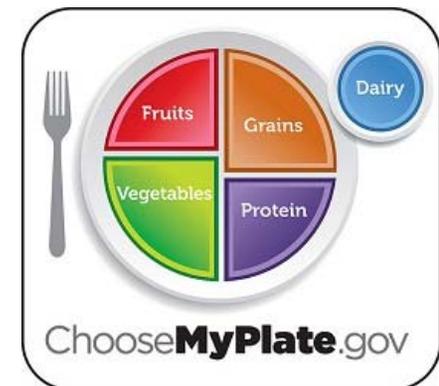


- Eggs
- Fat-free and low fat dairy
- Beans and peas
- Whole grains
- Nuts and seeds
- Soy products

Is a meatless diet healthier?

A meatless diet is not necessarily healthier

- Consider calorie, fat, and fiber content
- Limit unhealthy foods (processed and added fats, salts, and sugar)
- Focus on fruits and vegetables
- Make at least half of your grains whole
- Vary lean protein
- Consume calcium-rich foods



Take Action!

- **Swap the meat** in one of your family's favorite dishes for beans or peas.
- **Plan your meals** ahead of time so you'll be more likely to have ingredients on-hand.



- **Let your kids help** plan meals, grocery shop, and cook.
- **Add extra seasonings** like black pepper, garlic, basil, and others.
- **Consider calorie, fat and fiber** content of your meals.

Want more meatless?

Weekly recipes, meal planning ideas, and more

Florida Department of Health in Escambia County

www.FloridasHealth.com

**Information about the global campaign, recipes, tips,
and resources about healthy Mondays**

Meatless Monday

www.meatlessmonday.com

**Learn how much food is recommended for you and
how to build a healthy plate**

USDA's ChooseMyPlate.gov

www.choosemyplate.gov

Questions?



Registered Dietitians are the food and nutrition experts! Rely on these qualified professionals for food and nutrition information.

Thank you!

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Resources

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