

Meatless Mondays

Good for You. Good for the Planet.

The *Florida Department of Health in Escambia County* has joined the international *Meatless Monday* campaign! Eat meatless for one day a week to improve your health and the health of the planet.

Choose a variety of healthy proteins.

There are many meat-free foods and menu ideas that are delicious, filling, healthy, and budget-friendly. Try dishes that feature eggs, fat-free and low fat dairy, beans and peas, whole grains, nuts and seeds, or soy products (like veggie burgers and tofu).

Choose healthy meatless meals.

Remember these tips for a healthy diet:

- Consider calorie, fat, and fiber content
- Limit processed foods (especially those containing added fats, sugar, or salt)
- Eat more fruits and vegetables
- Choose more whole grains
- Vary lean protein
- Consume calcium-rich foods

Meatless Monday is a world-wide initiative of *The Monday Campaigns* & the *Johns Hopkins' Bloomberg School of Public Health*.

Why Meatless?

- Reduce risk of obesity, heart disease, type 2 diabetes, and cancer
- Improve your diet with a variety of proteins
- Help slow climate change
- Minimize water usage
- Help reduce fossil fuel dependence

Additional Information

Weekly recipes, meal planning, and more
Florida Department of Health, Escambia County
www.escambiahealth.com

Info about the global campaign, recipes, tips, and resources for 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



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