



TRY MEATLESS MONDAY... FOR YOUR HEALTH AND THE PLANET

PLANT-BASED DIETS HAVE MANY HEALTH BENEFITS

- * Better weight management
- * Lower cholesterol
- * Lower risk for heart disease
- * Lower risk for certain cancers
- * Higher fiber – helps fill you up
- * More antioxidants from fruits and vegetables

GOING MEATLESS ONE DAY PER WEEK HAS MANY ENVIRONMENTAL BENEFITS

- * Helps reduce your carbon footprint
- * Helps minimize water usage
- * Helps reduce fuel dependence