

## Eating less meat? That's a good thing

**R**educing the amount of meat you eat can be good for your health, good for the environment and even good for your budget. About 25% of Americans say they are eating less meat for better health. It can help reduce obesity and increase life expectancy, while also lowering your risk of heart disease and other ailments.



Photo above by Ridofranz, below by Elena\_Danilelko, courtesy iStockphoto

### Quick facts, eating less meat:

**1** You don't have to give up meat entirely. Start by cutting back, such as by eating one meal a day without meat. You could also go meatless one day a week, such as Monday. See what works for you.



**2** Eat more fruits and vegetables. Try filling half your plate with those foods. They are healthy choices that will give you an energy boost

**3** A common fear of meat lovers is that without it, they won't get enough protein. The truth is most people eat more protein than they need. Other sources of protein include beans, nuts lentils, eggs and dairy products.

**4** Another reason to cut back on meat is that it helps the environment. The meat industry produces gases that contribute to climate change, and animal manure can pollute water.

**5** Eating less meat doesn't have to be expensive. Creating vegetable dishes is affordable and they can last through the week by freezing them.



>> For more information on eating less meat, visit [www.meatlessmonday.com](http://www.meatlessmonday.com)