Thinking beyond meat

Benefits of a plant-based diet

Eating green is good for you – and good for the planet, too. But you don’t have to go all vegetarian or vegan to get the benefits of a plant-based diet. Making small changes to cut back on meat and get more greens onto your plate can help your health and well-being.

Here are three benefits of eating less meat.

1. **Improve your health.** Meat is usually high in cholesterol and saturated fats. Processed meats such as lunch meat, bacon and sausage are also loaded with sodium and preservatives. This all can add up to bad news for your health. Eating less meat can help reduce your risk of heart disease, stroke, type 2 diabetes, obesity and many cancers.¹

2. **Save your wallet.** Meatless meals are often cheaper because they’re based on simple beans and grains, which generally cost less than meat.²

3. **Help the planet.** Meat production uses more fossil fuels than growing vegetables. Producing meat also requires a lot of water. It can take 1,800 gallons of water for just one pound of beef and 500 gallons for one pound of chicken.³ Switching to a vegetarian diet – even just one day a week – can make a big environmental impact.

Power up with plants

Ready to do some plant-forward cooking? Get started with these tips.

› Make plants the star of your plate and experiment with a variety of colorful veggies.
› Move meat out of the spotlight. Include meat as a side dish or topping.
› Bulk up on healthy protein with beans, nuts, whole grains and tofu.
› Pump up your iron with beans and leafy greens.
› Boost your omega-3 fatty acids with eggs, walnuts, and flaxseed and canola oils.
› Try meat-free versions of your favorite meals – white bean chili, vegetarian pizza or meatless lasagna.
› Go meatless one day a week on #MeatlessMonday (or any day you choose).

Sources: