



Plant-Based Eating

GOOD FOR YOU AND THE PLANET

Consuming a plant-based diet can benefit your health and the environment. Compared to meat and other animal foods, growing plants produces less greenhouse gases, uses less water and land and can help feed the world's rising population a nutritious and sustainable diet. In addition, eating more plants may reduce your risk of diet-related chronic diseases, some cancers and obesity.

Moving to a plant-based diet does not mean you need to give up meat entirely. Rather, you are proportionately choosing more of your foods from plant sources, including legumes whole grains, vegetables, fruits and nuts, and less from animal sources, especially red meat and processed meat. Even reducing your animal food sources by a small amount each week will positively impact your health and environment.

TIPS TO GETTING STARTED ON A PLANT-BASED DIET

If you are new to plant-based eating, focus on changing one meal or day at a time.

Work towards incorporating the tips below into your overall dietary pattern.

Move plant-based foods to the center of your plate. Fill most your plate or bowl with veggies, whole grains, legumes and fruits and reduce or omit animal-based foods.

Go vegan one meal per week. Skip the animal protein and toss in lentils, garbanzo beans (or any legume), quinoa, nuts, edamame, tofu or tempeh to give it a protein boost.

Choose fruit for dessert. Fruit is naturally sweet and contains vital nutrients, including fiber, to support health.

Add whole grains to a meal. Whole grains will provide additional protein to your diet, plus additional vitamins, minerals and fiber. Explore beyond brown rice, oats, and quinoa - try sorghum, farro or millet.

Keep it simple. Stick to what you know or easy-cooking meals like bean-based tacos, pasta, and chili, veggie and fruit smoothies, and tofu stir-fry. Or, simply start with a green salad topped with your favorite veggies and legume.

St. Charles AAA

April 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
	<p>Each Meal is Served with 1/2 Pint of 2% Milk</p>		<p>Penne Pasta with Meat Sauce Tossed Salad Italian Vegetables Dinner Roll Apple Cobbler Salad Dressing</p>	<p>Closed</p>
5	6	7	8	9
<p>Chicken & Sausage Jambalaya Cabbage Green Peas Wheat Bread Oatmeal Creme Cookie Margarine</p>	<p>Hamburger Lettuce/Tomato/Onion Chuckwagon Corn Hamburger Bun Pineapple Cobbler Ketchup Mayonnaise Mustard</p>	<p>Red Beans & Sausage Rice Coleslaw Spinach Cornbread Fudge Round Margarine</p>	<p>Beef Patty Pepper & Onion Gravy Garlic Whip Potatoes Glazed Carrots Wheat Bread Fresh Banana Margarine</p>	<p>Ham & Cheese Lettuce & Tomato Mandarin Oranges Wheat Bread (2) Fruit & Grain Bar Mayonnaise Mustard</p>
12	13	14	15	16
<p>Swedish Meatballs Smothered Potatoes California Blend Vegt Wheat Bread Raisin Creme Cookie Margarine</p>	<p>Turkey Breast Brown Gravy Whipped Potatoes Southern Green Bean Wheat Bread Lemon Blondie Bar Margarine</p>	<p>Chicken & Sausage Gumbo Rice Okra & Tomatoes Potato Salad Wheat Bread Birthday Cake Ice Cream</p>	<p>Ham & Lima Beans Rice Mustard Greens Pickled Beets Cornbread Orange Juice</p>	<p>Chicken Salad Tossed Salad Pasta Salad Wheat Bread (2) Seasonal Fruit Salad Dressing</p>
19	20	21 Spring Special	22	23
<p>Creole Meatballs Green Peas with Red Peppers Chuckwagon Corn Hoagie Bun Fig Bar</p>	<p>Sausage & Pinto Beans Rice Spinach Cucumber Salad Cornbread Orange Juice</p>	<p>Ham Peach Ginger Sauce Cabbage Green Peas Dinner Roll Banana/P'apple Cake Margarine</p>	<p>Penne Pasta with Meat Sauce Tossed Salad Green Bns/Red Peppers Wheat Bread Apple Cobbler Salad Dressing</p>	<p>Chicken Chef Salad Seasonal Fruit Saltine Crackers Almond Cookie Salad Dressing</p>
26	27	28	29	30
<p>BBQ Pork Riblet Ranch Beans Potato Wedges Hamburger Bun Orange Juice</p>	<p>Chicken Breast Teriyaki Sauce Rice Broccoli Fresh Apple Wheat Bread Fruit & Grain Bar</p>	<p>Beef Taco Salad Shredded Cheese Lettuce & Tomato Chuckwagon Corn Tortilla Chips Mixed Fruit Cobbler Taco Sauce Sour Cream</p>	<p>Hot Dog with Chili Bayou Slaw Fiesta Potatoes Hot Dog Bun Hot Spiced Apples</p>	<p>Chicken Fettuccine Glazed Carrots Southern Green Bean Wheat Bread Pineapples Margarine</p>