



Plant-Forward Eating

GOOD FOR YOU AND THE PLANET

Likely most of us have heard that eating more plants is better for our health and our planet. But what if you are not ready to give up food from animals? A flexitarian diet pattern may be a good choice for you. In fact, 60% of Americans report transitioning to a more flexitarian lifestyle. Bonus: A flexitarian diet pattern may cost 14% less than the American standard diet.

Flexitarian = *Flexible* + *Vegetarian*

Flexitarians focus on **ADDING** more plant foods without restricting or excluding any food groups. They aim to eat more plant proteins. Meat, seafood, dairy and eggs may or may not be included at each meal. Steps to get started:

STEP ONE: Add more plant foods like vegetables, whole grains and fruit to your plate.

STEP TWO: Swap some or all animal proteins for plant proteins.

STEP THREE: Try new foods and recipes each week.



PREVENT NUTRIENT GAPS WITH FOOD

A flexitarian diet will provide adequate nutrition when eating enough calories and a variety of whole foods each day. However, you want to be mindful that you are getting the nutrients listed below from your food choices to prevent any nutrient gaps that may occur from taking meat off your plate.

PROTEIN, IRON, ZINC – Beans, lentils, nuts, seeds, dairy and eggs

OMEGA 3 – Flaxseeds/oil, walnuts/oil, chia seeds, canola oil, soy and fatty fish

CALCIUM – Dairy, leafy greens, broccoli, almonds, fortified plant-based milks, cereals, juice and calcium-set tofu

VITAMIN D – Dairy, plant-based milk alternatives, fortified orange juice and cereal, mushrooms exposed to UV light and fatty fish

VITAMIN B12 – Dairy, fortified nutritional yeast, fortified plant-based milk and fortified cereal



St. Charles AAA

April 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6 Easter Special	7
Turkey & Sausage Jambalaya Cabbage Green Beans Wheat Bread Little Debbie or Cookies Margarine	Hamburger Lettuce/Tomato/Onion Baked Beans WG Hamburger Bun Cranberry Juice Chocolate Milk Ketchup/Mustard/Mayo	Red Beans & Sausage Rice Orange Juice Turnip Greens Cornbread Animal Crackers Margarine	A-1 Chopped Patty Brown Gravy Whipped Potatoes Carrot Souffle Wheat Bread Chocolate Coconut Cake Margarine	CLOSED
10	11	12	13	14
Swedish Meatballs Country Tomatoes California Vegetables Wheat Bread Little Debbie or Cookies Margarine	Turkey Breast Brown Gravy Whipped Potatoes Green Beans Wheat Bread Little Debbie or Cookies Margarine	Chicken & Sausage Gumbo & Rice Okra & Tomatoes Potato Salad Wheat Bread Birthday Cake Margarine	Ham & Lima Beans Rice Cabbage Pickled Beets Cornbread Cranberry Juice Margarine	Salisbury Patty Gravy Garlic Potatoes Peas & Carrots Wheat Bread Hermit Bar Margarine
17	18	19	20	21
Creole Meatballs Green Peas Country Corn WG Hot Dog Bun Cranberry Juice	Sausage & Pinto Beans Rice Turnip Greens Cucumber Salad Cornbread Orange Juice Margarine	BBQ Riblet 4 Way Mixed Vegetables Cabbage WG Hamburger Bun Sugar Cookie	Meat Sauce with Penne Pasta Venetian Vegetables Green Beans Wheat Bread Banana Cake Margarine	Baked Bone-in Chicken and Gravy California Vegetables Sour Cream & Chive Potatoes Wheat Bread/Margarine Fresh Fruit
24	25	26	27	28
Sloppy Joe Ranch Beans Fiesta Potatoes WG Hamburger Bun Orange Juice	Chicken Shawarma Gravy Whipped Potatoes Carrots Wheat Bread Little Debbie or Cookies Margarine	Turkey Taco Salad Lettuce & Tomato Chuckwagon Corn Tortilla Chips Mixed Fruit Cobbler Milk Taco Sauce	Hot Dog with Chili Warm Spiced Pineapples Green Peas WG Hot Dog Bun Gelatin	Swiss Beef Patty Venetian Vegetables Green Beans Wheat Bread Snickerdoodle Bar Margarine