

# Healthy Monday

## Meatless Monday

Meatless Monday is focused on finding healthy ways to replace meat in your diet. Most of the saturated fat in your diet comes from meat. Saturated fat clogs arteries which can lead to heart problems such as heart disease and stroke.



Challenge yourself to one meatless day a week. Can you replace your meat with filling veggies

### Up Ahead:

- Alcohol Awareness week.
- Health risks of consuming excess amounts of alcohol that are avoidable.

## Can eating less meat really be beneficial?

Recent research has shown that...

- Reducing your saturated fat intake by 15%, you can reduce chances of heart disease, stroke, cancer and diabetes.

- One meatless day our of 7 will give you your 15% decrease.
- Cutting meat from your diet will save you money in the long run.
- Good substitutes for

meat are: any pastas, sweet potatoes, soy products, eggs, collard greens and many more.

**So can you do it?  
Take the first steps to a once a week MEAT-LESS healthy life.**