Eat more plant-based foods, like fruits, vegetables, whole grains, beans, and nuts! Besides being delicious, they are rich in fiber, vitamins and other nutrients. According to the 2010 Dietary Guidelines, plant-based diets may reduce obesity, heart disease, and other health problems.

1. Go meatless once a week. See suggested website list for tips and recipes.

2. Replace the meat in your favorite recipes with beans, tofu, or plant-based meat alternatives. Top a salad with beans in place of chicken or beef.

3. Kids won't eat vegetables? Involve your children in shopping for produce and helping to prepare food in the kitchen. Grow a garden with your children. You will be surprised what they will eat!

4. Start the morning off right with a fiber-rich, meatless breakfast! Try oatmeal with fruit and walnuts, whole grain cereal with soy milk (or low-fat milk), or whole grain toast with peanut butter and banana.

5. Take a trip to the freezer section! Check out some of the latest, tasty plant-based meat alternatives for hot dogs, burgers, ground beef, and meat cutlets.
Meatless Main Dishes

• Spaghetti Marinara
• Minestrone Soup
• Grilled Cheese Sandwiches
• Mini Veggie Pizzas
• Bean Burritos
• Stuffed Baked Potatoes
• 3-Bean Chilli
• Mediterranean Falafel and Tahini on Pita Bread
• Black Beans and Rice
• Spaghetti Squash
• Taco Soup
• Bean Enchiladas
• Asian Veggie Stir Fry with Tofu
• Potato Soup
• Stuffed Tomatoes
• Quesadillas
• Bean Tostadas
• Pasta Salad
• Black Bean Tacos
• Pasta Primavera

For more ideas and recipes, check out these websites:
www.kidseatright.org
www.eatright.org.
www.vegetariannutrition.net
www.chooseMyPlate.gov
www.vrg.org. (Vegetarian Resource Group)
www.MeatlessMonday.com

This tip sheet is provided by: