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meatless Monday



# meatless Monday

Meatless Monday is a global movement that encourages people to eat meat-free, plant-based meals at least one day per week.

## WHY MONDAY?

Yes, meatless and Monday start with the same letter, but that's not the only reason why Monday is a great day to go meatless. Monday is the start of the week, a day to get back on track. Typically, we indulge on weekends and going meatless is a great weekly reminder that your healthy habits do matter.

## REASONS TO GO MEATLESS

**Meatless Maintaining** – Eating less meat (and in turn, more vegetables and fruits) helps reduce calories overall and maintain a healthy body weight.

**Healthy Habits** – Eating too much red meat and processed meats that contain saturated fats may lead to heart disease and some types of cancers.

**Warming Warning** – The meat industry generates nearly one fifth of man-made greenhouse gas emissions, which accelerate climate change. By eating less meat, you can reduce your carbon footprint and slow global warming – every little bit helps!

**Waste Less Water** – Approximately 2500 gallons of water are used to produce one pound of beef! On the other hand, tofu only uses 220 gallons per pound. You do the math!

**Less Meat, More Money!** – Meat is expensive! Beans and whole grains cost about one third as much as animal proteins, plus they last in your cupboard for way longer.

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