

Meatless Mondays

Now even more days of the week

The age of “flexitarians”

People who enjoy a plant-based diet most of the time, occasionally adding meat, poultry and fish to their meals.

In other words, Meatless-Monday can now happen on Tuesday, Wednesday and even on Thursday, and you can have your weekend braai!



But why?



The most obvious and talked about reason...

A plant-based diet **lowers the risk of heart diseases, some cancers, type 2 diabetes and high blood pressure**. As most meats are high in saturated fats, lowering your meat intake can also help **control your cholesterol** levels and assist you in maintaining a **healthy body weight**.

All in all current evidence shows, if you want to live a **longer and healthier life**, eat less meat!



Not yet convinced? Stop thinking about yourself, **think about earth!**

1. **Natural habitats** of many species are **destroyed** to create pastures for livestock
2. Meat production is the single most important **source of methane gas**, a greenhouse gas making a considerable contribution to **climate change**
3. Agriculture, and especially the production of meat, **uses more freshwater than any other human activity** – adding to the water scarcity we are already experiencing in South Africa



Still not swayed? In the end, it all boils down to **money**

The price of meat (especially beef and lamb) are **continuously on the rise**, and on a student budget, **plant-based proteins are more cost-effective and most are even VAT free**.

5 Meat Alternatives

How much?

0,8g/kg protein per day
Average person weighs 60-80g
= 48g – 64g protein per day

Choose	Added benefits	General serving	Protein	How to use?
Eggs	Rich in iron Variety of vitamins + minerals Omega-3s (brain health)	2 eggs	16 g	Boiled, scrambled, poached, on toast, on a stew, on a curry... the possibilities are endless!
Tinned fish • Pilchards • Sardines	Omega-3s (brain health)	3-4 sardines/ pilchards (120g)	27 g	In salads, on toast, as is with side dishes
Dairy • Milk • Maas	Calcium, magnesium, phosphorous (good for strong bones)	1 cup	8 g	Enjoy a glass just as is
Lentils and beans (dried or canned)	High in fibre (gut health) Low GI to control blood sugar levels	½ cup	7 g	In soups, salads, curries, stews and the classic beans on toast. When cooking mince, replace half the amount with lentils
Peanuts + Peanut butter	Healthy fats (brain health) High in fibre (gut health)	x1 small packet 4 teaspoons peanut butter	10 g	Peanuts is a great healthy snack Spread peanut butter on toast and on apples, dip bananas into it, mix it with oats or straight out of the jar!

