IN DEFENSE OF FOOD
AN EATER'S MANIFESTO

MICHAEL POLLAN
AUTHOR OF THE OMNIVORE'S DILEMMA
Mark Bittman

FOOD MATTERS

A Guide to Conscious Eating

LOSE WEIGHT, HEAL THE PLANET
SPECIAL HEALTH ISSUE

Our Supersized Kids

It's not just genetics and diet. An in-depth look at how our lifestyle is creating a juvenile obesity epidemic—and the scoop on how to cure it.
FAT FORECAST: 42% OF AMERICANS COULD BE OBESE BY 2030

By Alexandra Sifferlin | May 03, 2012

If Americans keep getting heavier at the current rate, 42% of the population will be obese by 2030, a new study says. The increase accounts for an additional 32 million obese Americans and a whopping $349.5 billion in medical expenditures over the same timeframe.

The rise in obesity rates has slowed over the past decade or so, settling at about 36%—or 78 million U.S. adults—in 2010. The new public health report presented on Monday at the Centers for Disease Control and Prevention’s (CDC) Weight of the Nation conference in Washington, D.C., predicts that unchecked, that rate could increase by 33% by 2030.

"Should these forecasts prove accurate, the adverse health and cost consequences of obesity are likely to continue to escalate without a significant intervention,” said study author Dr. Justin Trogdon of RTI International, a nonprofit research organization, in a statement.

RELATED
- 42% of Adults Will Be Obese by 2030, Study Says
- Obesity Could Cost $349.5B to Americans by 2030
FAT FORECAST: 42% OF AMERICANS COULD BE OBSESE BY 2030
Severely obese people are at greater risk for weight-related diseases like Type 2 diabetes, heart disease, stroke, and cancer.

WHAT CAN WE DO?
Diets High in Meat Consumption Associated with Obesity

A diet that promotes meat consumption might increase your risk of becoming obese, according to a study conducted by researchers at the Johns Hopkins Bloomberg School of Public Health. Researchers examined the association between meat consumption and adiposity measures such as body mass index (BMI), waist circumference, obesity and central obesity (deposits of body fat localized around the abdomen) based on nationally representative survey data. They found that study participants who consumed high amounts of meat had higher energy intake compared to those who consumed less meat, and were 33 percent more likely to have central obesity. The results are published in the June 2009 issue of the *International Journal of Obesity*.

Youfa Wang, MD, PhD, MS, senior author of the study and associate professor with the Bloomberg School's Center for Human Nutrition, along with May A. Beydoun, PhD, a former postdoctoral research fellow at the
“Our analysis...shows a consistent positive association between meat consumption and adiposity [obesity] measures among U.S. adults...”
Meat consumption and prospective weight change in participants of the EPIC-PANACEA study


ABSTRACT
Background: Meat intake may be related to weight gain because of its high energy and fat content. Some observational studies have shown that meat consumption is positively associated with weight gain, but intervention studies have shown mixed results.

Objective: Our objective was to assess the association between consumption of total meat, red meat, poultry, and processed meat and weight gain after 5 y of follow-up, on average, in the large European population who participated in the European Prospective Investigation into Cancer and Nutrition–Physical Activity, Nutrition, Alcohol, Cessation of Smoking, Eating Out of Home and Obesity (EPIC-PANACEA) project.

Design: A total of 103,455 men and 270,348 women aged 25–70 y were recruited between 1992 and 2000 in 10 European countries. Diet was assessed at baseline with the use of country-specific validated questionnaires. A dietary calibration study was conducted in a representative subsample of the cohort. Weight and height were measured at baseline and self-reported at follow-up in most centers. Associations between energy from meat (kcal/d) and annual weight change (g/y) were assessed with the use of linear mixed models, controlled for age, sex, total energy intake, physical activity, dietary patterns, and other potential confounders.

Results: Total meat consumption was positively associated with weight gain in men and women, in normal-weight and overweight subjects, and in smokers and nonsmokers. With adjustment for energy intake, the association persisted for processed meat and red meat but not for poultry. A 100-kcal/d increase in total meat intake was associated with a weight gain of 0.19 kg/y in men and 0.16 kg/y in women.

Mainly because of its high energy density and fat content, meat consumption has been considered a determinant of weight gain (2–8). On the other hand, it has been suggested that a high protein diet may have potential beneficial effects because of increased satiety and thermogenesis (9). Some intervention
Conclusion: Our results suggest that a decrease in meat consumption may improve weight management. *Am J Clin Nutr* 2010;92:398–407.
Original Research & Contributions

4 Effect of Direct Physician Involvement on Tobacco Abstinence Rates and Other Variables Affecting Participants of a Freedom from Tobacco Class

12 Analysis of Mitral Valve Replacement Outcomes is Enhanced by Meaningful Clinical Use of Electronic Health Records

17 Perforation Following Colorectal Endoscopy: What Happens Beyond the Endoscopy Suite?

23 Predictors of Lung Cancer: Noteworthy Cell Type Differences

31 Trends in Influenza Vaccine Coverage in Pregnant Women, 2008 to 2012

37 Epidemiology of Diabetic Foot Infections in an Eastern Caribbean Population: A Prospective Study

41 Preoperative Pain Intensity and Chronicity and Postoperative Analgesia Markers of Length of Stay in Patients Undergoing Spinal Fusion

50 A Novel Population-Based Health Index for Mental Disorder

55 Weight-Loss Study in African-American Women: Lessons Learned from Project Take HEED and Future, Technologically Enhanced Directions

Special Reports

61 Nutritional Update for Physicians: Plant-Based Diets

67 Understanding the Social Factors That Contribute to Diabetes: A Means to Informing Health Care and Social Policies for the Chronically Ill

73 Disclosing Medical Mistakes: A Communication Management Plan for Physicians
Nutritional Update for Physicians: Plant-Based Diets

Philip J. Tuohy, MD; Mohamed H. Ismail, MD; Benjamin P. Ha, MD; Carole Bartolotta, MA, RD

Abstract
The objective of this article is to present physicians an update on plant-based diets. Concerns about the rising cost of healthcare are being voiced nationwide, even as unhealthy lifestyles are contributing to the spread of obesity, diabetes, and cardiovascular disease. For these reasons, physicians looking for cost-effective interventions to improve health outcomes are becoming more involved in helping their patients adopt healthier lifestyles. Healthy eating may be best achieved with a plant-based diet, which we define as a regimen that encourages whole, plant-based foods and discourages meats, dairy products, and eggs as well as all refined and processed foods. We present a case study as an example of the potential health benefits of such a diet. Research shows that plant-based diets are cost-effective, low-risk interventions that may lower body mass index, blood pressure, HbA1c, and cholesterol levels. They may also reduce the number of medications needed to treat chronic diseases and lower ischemic heart disease mortality rates. Physicians should consider recommending a plant-based diet to all their patients, especially those with high blood pressure, diabetes, cardiovascular disease, or obesity.

Introduction
In the HBO documentary The Weight of the Nation, it was noted that if you “go with the flow” in the US, you will eventually become obese. In 2011, Writers reported that in some areas of the country, the rate of obesity is 39% and is increasing at a rate of 5% per year. Risks of obesity, diabetes, hypertension, and cardiovascular disease, along with their ensuing complications (e.g., behavioral health and quality-of-life problems) often go hand-in-hand and are strongly linked to lifestyle, especially dietary choices. Of all the diets recommended over the last few decades to turn the tide of these chronic illnesses, the best but perhaps least common may be those that are plant-based.

Despite the strong body of evidence favoring plant-based diets, including studies showing a willingness of the general public to embrace them, many physicians are not stressing the importance of plant-based diets as a first-line treatment for chronic illnesses. This could be because of a lack of awareness of these diets or a lack of patient education resources. National dietary guidelines for active living and healthful eating are available at www.choosemyplate.gov. A typical healthful plate of food is 1/2 plant foods (nonstarchy vegetables and fruits), 1/4 whole grains or unprocessed starchy food, and 1/4 lean protein.

The goal of this article is to review the evidence supporting plant-based diets and to provide a guideline for presenting them to patients. We start with a case study and conclude with a review of the literature.

Case Study
A 63-year-old man with a history of hypertension presented to his primary care physician with complaints of fatigue, nausea, and muscle cramps. The result of a random blood glucose test was 524 mg/dL, and HbA1c was 11.8%. Type 2 diabetes was diagnosed. His total cholesterol was 283 mg/dL, blood pressure was 132/66 mmHg, and body mass index (BMI) was 25 kg/m². He was taking lisinopril, 40 mg daily; hydrochlorothiazide, 50 mg daily; amiodipine, 5 mg daily; and atorvastatin, 20 mg daily. He was prescribed metformin, 1000 mg twice daily; glipizide, 5 mg daily; and 10 units of neutral protamine Hagedorn insulin at bedtime. His physician also prescribed a low-sodium, plant-based diet that excluded all animal products and refined sugars and limited bread, rice, potatoes, and tortillas to a single daily serving. He was advised to consume unlimited nonstarchy vegetables, legumes, and beans, in addition to up to 2 ounces of nuts and seeds daily. He was also asked to begin exercising 15 minutes twice a day.

The patient was seen monthly in his primary care clinic. Over a 16-week period, significant improvement in biometric outcome measures was observed. He was completely weaned off of amiodipine, hydrochlorothiazide, glipizide, and neutral protamine Hagedorn insulin. Follow-up blood pressure remained below 125/60 mmHg, HbA1c improved to 6.5%, and total cholesterol improved to 158 mg/dL. Lisinopril was gradually decreased to 5 mg daily and his diabetes is controlled with metformin alone, 1000 mg twice daily.

Definitions of Plant-Based Diets
The presented case is a dramatic example of the effect a plant-based diet can have on biometric outcomes like blood pressure, diabetes, and lipid profile. The reduction in HbA1c from 11.8% to 6.5% in 5 months is much better than would be expected with monotherapy with metformin® or daily exercise. The improvement in blood pressure observed over a 4-month period with few medications is also rarely encountered in clinical practice and is likely related to a low-sodium diet and the avoidance of red meat. Because the patient was not obese and did not...
The future of health care will involve an evolution toward a paradigm where the prevention and treatment of disease is centered, not on a pill or surgical procedure, but on another serving of fruits and vegetables.
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“THE REALITY... IS THAT IT TAKES MASSIVE AMOUNTS OF LAND, WATER, FERTILIZER, OIL AND OTHER RESOURCES TO PRODUCE MEAT, SIGNIFICANTLY MORE THAN IT REQUIRES TO GROW OTHER NUTRITIOUS & DELICIOUS KINDS OF FOOD.”

Oxfam
INTERNATIONAL RELIEF ORGANIZATION, OXFAM, IN SUPPORT OF MEATLESS MONDAY
“THE REALITY... IS THAT IT TAKES SIGNIFICANT AMOUNTS OF LAND, WATER, OIL AND OTHER RESOURCES TO PRODUCE MEAT THAN IT REQUIRE TO GROW OTHER NUTRITIOUS KINDS OF FOOD.”
By 2030, the world will need millions of tonnes more meat than it does today. But meeting that demand with animal products isn’t sustainable. The meat is ripe for reinvention.

THE GLOBAL DEMAND FOR MEAT, 2000 - 2030

By 2030, the world will need millions of tonnes more meat than it does today. But meeting that demand with animal products isn’t sustainable. The meat is ripe for reinvention.

Source: FAO.org

Bill Gates
3,676,288 likes · 39,840 talking about this

Public Figure
www.thegatesnotes.com

About – Suggest an Edit
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My hope for 2030
@billgates
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Ghana is a country poised to meet the challenges of the 21st century. Here’s how we’re working towards that goal: http://www.thegatesnotes.com/2013/04/25/ghana-mapping-the-road-ahead/
By 2030, the world will need millions of tonnes more meat than it does today. But meeting that demand with animal products isn’t sustainable. The meat is ripe for reinvention.
By 2030, the world will need millions of tonnes more meat than it does today. But meeting that demand with animal products isn’t sustainable. The meat is ripe for reinvention.
By 2030, the world will need millions of tonnes more meat than it does today. But meeting that demand with animal products isn’t sustainable. The meat is ripe for reinvention.
“If Americans reduced meat consumption by just 20 percent, it would be as though we all switched from a sedan to a hybrid.”
MÉATLESS MONDAY
United States
Food Administration
EAT MORE CORN, OATS AND RYE PRODUCTS — FISH AND POULTRY — FRUITS, VEGETABLES AND POTATOES BAKED, BOILED AND BROILED FOODS

EAT LESS WHEAT, MEAT, SUGAR AND FATS TO SAVE FOR THE ARMY AND OUR ALLIES
EAT LESS
WHEAT, MEAT, SUGAR AND FATS
TO SAVE THE ARMY AND OUR ALLIES
EAT LESS WHEAT, MEAT, SUGAR AND FATS TO SAVE OUR ARMY AND OUR ALLIES
Burger King
6,110,962 likes  37,104 talking about this  10,513 were here

Food & Beverages
BURGER KING® & USA official Facebook Page. We're keeping you updated on new menu items, delicious deals, and reminding you that TASTE IS KING®.

About  Suggest an Edit

Head to BURGER KING® & try our new Veggie Burger from MorningStar Farms. Limited time. Participating restaurants.

Recent Posts by Others on Burger King

Ben Sturgill
Burger Kingrobba, NM is the Wal-Mart of fastfood. No cust... 31 minutes ago

Payam Parsi
2 hrs seit die gelaten ich liebe euch <3 dafür klickt ihr auf d... 40 minutes ago

C.S. Feaganes
I was driving in central florida ....stopped at store #3618 in .... 1 hour 40 minutes ago

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Burger King McLanmore Foundation
Non-Profit Organization

Like  Comment  Share

Like  Comment  Share
Head to BURGER KING® & try our new Veggie Burger from MorningStar Farms. Limited time. Participating restaurants.
Want to go meatless this Monday? We can help! Stop in and try our BK VEGGIE® Burger from MorningStar Farms®.

Unlike · Comment · Share

You, Kenny Torrella, Jeremy Beckham, Lena Spadacene and 2,034 others like this.

129 shares

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Emmanuel VG Luisa Zavala
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Day Estigarribia se me hace agua la boca jaja
May 29, 2012 at 1:43am · Like

Sakura Kinamotto like burger
June 3, 2012 at 10:46am · Like

Yesica Dos Santos CUANTO SALE?
See Translation
June 11, 2012 at 3:34pm · Like

Write a comment...
LESS MEAT MONDAYS

When: Every Monday in April, 5–7 pm

Where: Quincy Dining Hall

For Monday dinners, HUDS swaps one meat entrée for a vegetarian entrée, hence “Less Meat Mondays.” The Food Literacy Project is working with the Sustainable Food Project to educate students about the benefits of eating lower on the food chain. Stop by the Quincy lobby any Monday in April and learn more about the health and environmental benefits of less meat.

Date:
Monday, April 29, 2013

Did you know?
The North Pole has become an island for the first time in human history. According to the National Snow and Ice Data Center, satellite images suggest that the Arctic may have entered a “death spiral” caused by global warming.

Stay in the loop.
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   - Energy & GHG
   - Labs
   - Food
   - Students
   - Offices
   - All

Have comments? Contact us at sustainability@harvard.edu
Know about a project or person that should be featured on this site? Let us know >>

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photo credits: background image of Harvard Yard by Jason Benjamin
Severely obese people are at greater risk for weight-related diseases like Type 2 diabetes, heart disease, stroke, and cancer.

HOW IS IT DONE?
MorningStar Farms®
CHIK’N NUGGETS
Crispy outside, moist and tender inside — great chicken nugget taste.

NET WT. 10.5 OZ. (298g)

Award Winning Taste!

40% Less Fat
190 Calories
Excellent source of Protein

KEEP FROZEN
COOK THOROUGHLY

VEGGIE CHIK’N NUGGETS
North America

"Meatless Monday by Sodexo"

In January 2011, Sodexo launched the Meatless Monday initiative in the USA, by promoting and adding the option of a vegetarian item to its menus each week. Non-meat entrees are offered and promoted each Monday at more than 900 hospital client accounts across North America; expanding to more than 2,000 corporate and government accounts and, in the fall, the official roll out in the education and senior segments.

Creating value for our clients

Sodexo combines its culinary expertise with the knowledge of clinical dietitians to integrate delicious meatless meal options that deliver nutritional needs of students learning in schools, patients recovering in hospitals, and employees engaging worksite wellness programs.
“Of the participants who promoted the Meatless Monday campaign, 76 percent considered the promotion to be “easy” or “very easy” to implement.”
“Roughly 49% saw an increase in vegetable purchases.”
Severely obese people are at greater risk for weight-related diseases like Type 2 diabetes, heart disease, stroke, and cancer.

HOW DO WE PROMOTE IT?
IT’S EASY BEING GREEN.

MEATLESS MONDAY IS THE MOST DELICIOUS WAY TO CURB CLIMATE CHANGE.

THE HUMANE SOCIETY OF THE UNITED STATES
MEATLESS MONDAY: EAT MEAT-FREE ONE DAY A WEEK FOR YOUR HEALTH, THE ENVIRONMENT AND ANIMALS.

THE HUMANE SOCIETY OF THE UNITED STATES
DID YOU KNOW...

Cutting 1 burger out of your meal can cut down as much as driving 350 miles (that's like driving from the Bay Area to Los Angeles one way!)

For more information, watch "The Hidden Costs of a Hamburger"
Did you know... 

Cows produce methane, which has 20% more climate changing power than carbon dioxide.

For more information, watch "The Hidden Costs of a Hamburger"
DID YOU KNOW...

One burger patty can contain beef combined from many states in the United States.

For more information, watch "The Hidden Costs of a Hamburger".
For Immediate Release

Davidson College Joins the National Meatless Monday Movement

DAVIDSON, N.C. (September 13, 2011) – As part of its commitment to provide students, faculty and staff with healthy, sustainable fare, Davidson College has joined the Meatless Monday initiative, a multinational effort supported by the Johns Hopkins School of Public Health to promote environmental sustainability, animal welfare and human health. Davidson College offers meat-free meals in Vail Commons Dining Hall seven days a week and will participate in Meatless Monday by encouraging diners to give the meatless options a try each Monday.

“Davidson College Dining Services is committed to ensuring the good health of our students, and being a good steward to our planet and the animals, which is why we’re promoting Meatless Monday,” said Dee Phillips, director of dining services.

Paul Shapiro, senior director of farm animal protection for the Humane Society of the United States praised Davidson College’s participation in Meatless Monday saying, “Farm animals are individuals with distinct personalities and the capacity to suffer, yet on factory farms, they are often treated more like machines. Going meat-free one day a week can help protect animals and the planet at the same time.”

Meatless Monday encourages Americans to choose protein-rich plant-based foods over meat, which can often be high in saturated fat and cholesterol.

Many individuals and institutions are going meatless on Monday out of concern for the billions of animals who are raised for the dinner table.
Campus Services Bring “Meatless Mondays” to Dining Commons

Posted by Julie Epstein on March 8, 2010 at 3:59 am

The Environmental Affairs Board and members from Real Food Challenge have teamed up with campus dining services in an effort to reduce the cafeterias’ environmental and ecological impact.

EAB implemented a project last quarter requiring the campus cafeterias to operate without using serving trays. Following the success of their conversion to trayless dining, UCSB’s dining commons have saved enough money to invest in their second major EAB-backed endeavor — to provide eggs from cage-free chickens in the place of standard industry eggs. In addition, the dining commons also hosted a Meatless Monday event on March 1 in an effort to reduce meat consumption.

While switching from eggs that come from cage-free chickens may seem like a small change, according to EAB publicity co-chair Andrew Dunn, a fourth-year Spanish major, the impact will benefit animals and consumers alike.
‘Healthy Monday’ has Syracuse University food service going meatless on Mondays

Yes, it's **full of protein**. But most meats are also high in saturated fat—which is linked to many chronic preventable conditions including cancer, cardiovascular disease, diabetes and obesity.

How much healthier could we be with less meat in our diets?

"**Meatless Monday,**" taking place on the Syracuse University campus, is a new promotion designed to help us answer that question. Health educators say they aren't trying to convert carnivores into herbivores. Instead, they want to bring awareness to the risks of over-consuming meat and challenge people to slightly reduce their meat intake.
Meatless Mondays

University Health Services, in partnership with Carnegie Mellon Dining, Healthy Campus and the national Meatless Monday campaign, has launched a Meatless Monday initiative at Carnegie Mellon University.

You are invited to participate:
- Go meatless every Monday
- Try meatless lunch options [.pdf] on campus
- Join our Meatless Monday community and receive email updates and recipes
- Host a Meatless Meeting or campus event

▶ Why Meatless?
▶ Health Benefits
▶ Environmental Benefits
▶ Why Monday?
We need YOU to help us start a Meatless Movement!

Today we have two reasons to celebrate- it's Earth Day and it's Meatless Monday! It is the final day of our outreach on campus and we have had an excellent experiences tabling in various locations to show our love of the Earth and all things sustainable!

During our tabling last week, we heard a concern from a fellow IC student. He expressed his interest in the Meatless Monday movement but felt that when he skips eating meat on Monday's, his individual impact would be too low to have any positive environmental impact. He pointed out that the meat industry produced a lot of CO2 emissions and used a lot of water in the feeding, slaughtering, processing, and shipping that it went through before being served at our dining halls. But he argued that since whole process had already happened, and the meat is already waiting to be served at the dining hall, he might as well eat it- because the damage has already been done! We were thrilled he brought this concern to our attention and realized, he probably isn't the only student with this concern. So we'll break it down for you.

Yes, it is true that if one individual decides to avoid eating meat offered in the dining halls on Monday isn’t going to change the environmental impact that it already had on the Earth. The animal waste, slaughtering process, production process, and transportation already happened and had its negative effect on the environment. But, there is a way we can fix this.

We need YOU to help us start a Meatless Movement!
UCD Resident Dining

@UCDavisResDine

Bringing the UC Davis community together through a celebration of nutritious and sustainably harvested foods and exciting festive meals, one plate at a time.

UC Davis · dining.ucdavis.edu
Meatless Monday @MeatlessMonday
Embrace #MeatlessMonday AND summer grilling with @LeanOnLife’s Grilled Veggie Sandwich: ow.ly/n4ebE
Retweeted by UCD Resident Dining
Expand
Oakland Veg @OaklandVeg
American Institute for Cancer Research: "We all need to eat more plants and less meat." @aicrtweets bit.ly/12c8z8B
JOIN THE CLUB
It's made for you!

Experience the quality, convenience, and flexibility of a voluntary meal plan as an upperclassman.

I ♥ THE DC

UC Davis Dining Commons
2,743 likes • 18 talking about this

Restaurant/Cafe
UC Davis
http://dining.ucdavis.edu

Don't WASTE TIME & MONEY fall quarter!

APPLY NOW

www.dining.ucdavis.edu/jointheclub.html

Recent Posts by Others on UC Davis Dining Commons

Ming Cai
@ Thank you guys again! Much appreciated for the card! It'll...
1: June 25 at 11:59pm

Alice Hsueh
Segundo is open right?
1: June 23 at 8:37pm

Naor Deleanu
What are meal prices for summer?
June 18 at 10:15pm

UC Davis
@ Did you know that the UC Davis Dining Commons has an o...
23 12: May 28 at 2:08pm

Dining Services is hiring! Why work with us? We offer our students flexible schedules, leadership and customer service development opportunities, FREE meals, and books/tuition aid!
Yes, we help pay for your books/tuition!
Enroll in a meal plan today before September 1st!

Club 180
180 meals/$1,645
The absolute best value of all voluntary meal plans. Club 180 provides 180 meals into any of the dining commons for any meal period - breakfast, lunch, dinner, late night, and even special theme meals. Meals never expire and roll over from quarter to quarter, year to year.

Club 150
150 meals/$1,470
Enjoy 150 meals to use at any dining commons, any time when it is convenient for you. Just like the Club 180, this meal plan comes with $500 in Aggie Cash and meals never expire while you are actively enrolled at UC Davis.

Club 120
120 meals/$1,270
Sign up your off campus dining with a little on campus dining with the Club 120. Like the Club 150 and Club 180, this voluntary meal plan comes with $500 in Aggie Cash and can be used at participation off campus restaurants.

Club 70
70 meals/$565
Enjoy cooking at home, but seeking a little convenience for those last minute lunch time needs? This voluntary meal plan packs convenience in your lunch bag. Meals never expire and roll over from quarter to quarter, year to year and can be used at any meal period in any dining commons. Club 70 automatically comes with $500 in Aggie Cash.

For Meatless Mondays we are featuring our delicious and savory Seitan Lettuce Wrap, which is served today at Blue Onion during lunch time at the dining commons.

What is Seitan? Seitan, commonly known as "wheat meat," is a gluten made from... See More

When we have Sushi Nights or Special Dinners where we serve fish, such as Farm to College, we exhibit the best sustainable fishing practices. Learn more about Sustainable Seafood through this infographic! For more information about sustainable seafood and fishing, visit http://www.montereybayaquarium.org/cr/seafoodwatch.aspx
For Meatless Mondays we are featuring our delicious and savory Seitan Lettuce Wrap, which is served today at Blue Onion during lunch time at the dining commons.

What is Seitan? Seitan, commonly known as "wheat meat," is a gluten made from... See More
JOIN THE **MEATLESS MONDAY** MOVEMENT

Join the Meatless Monday Movement at our Dining Commons & Retail Locations!

**RETAIL**

Receive $1 off select vegetarian items at Wahoo's, Starbucks, Topio's & Einstein's!

**RESIDENTIAL**

Look for our special identifiers in Mesa, Pippin & Brandywine Commons for meatless options!
RETAIL

Receive $1 off select vegetarian items at Wahoo’s, Starbucks, Topio’s & Einstein’s!
Have a healthy Monday. Go meatless.
Quiz: What’s this?

Chickpeas
“It has been estimated that 30% to 40% of Americans are interested in eating meatless meals….”

“More students align themselves along the less-meat to meatless spectrum, including flexitarian, vegetarian, vegan and raw diets.”
Who we listen to...the students

dining.unt.edu/weareallcorn/index.php
The Making Mean Greens
Restaurant Research
The Making Mean Greens
Menu Design

NO ANIMALS
ANIMAL PRODUCTS
ANIMAL BY-PRODUCTS
ARE USED IN THIS KITCHEN

Vegan Broccoli Rice Casserole

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Ingredients: Broccoli, Rice, Celery, Bell Pepper, Green Beans, Corn, Beans, Onion, Garlic, Salt, White Pepper, Cream, Broccoli, Broth, Parsley, Rosemary, Thyme, Vegetarian Base, Cooking Spray
The Making Mean Greens
Strategic Partnerships
The Making Mean Greens
Restaurant Design

“I choose to live a vegetarian lifestyle because it helps me feel physically healthier and more active. Also, mentally, I feel as if I’m living a more peaceful lifestyle.”

- Leslie (UNT student)
Results – shock and awe