



EMERALD KEEPERS

For an Emerald Green, Ocean Blue Coronado



MORE MEATLESS MEALS

Improving your health, saving money, and protecting the environment are all compelling reasons to add more meatless meals to your diet. Americans eat more than 1.5 times the recommended protein requirement every day, which suggests an opportunity for more healthy vegetarian or vegan meals.

BENEFITS

You don't have to completely eliminate meat from your diet to realize benefits. Reducing meat consumption for just a few meals per week can make a difference.

Health. A diet with limited animal products and more plants has long been associated with lower rates of heart disease and cancer. Meat is typically high in saturated fat and cholesterol, linked to many chronic health conditions.

Saving Money. Per pound, meat is significantly more expensive than fruits and vegetables and is continuing to increase. People on meatless diets spend an average of \$23 less on food every week.

LEARN MORE TONIGHT

Join Emerald Keepers and the Coronado Public Library for their third and final Eco-Lecture Series at 6:30pm, tonight (Wednesday March 22) in the Library's Winn Room. Chef Liz Gary will share simple techniques for creating plant-based versions of traditional favorite foods and survey a variety of new food products.

Protect the Environment. The meat industry is a significant contributor to deforestation, water pollution, and greenhouse gas emissions.

ALTERNATIVES

Small shifts in food shopping habits and meal preparation plans can make meatless meals easy.

Try mushrooms or eggplants for a texture comparable to meat. Lentils, chickpeas, nuts, seeds, and soy-based products such as tofu and

tempeh are good protein alternatives.

Cuisines such as Indian, Middle Eastern, or Mediterranean provide interesting meatless meal solutions. Reference the many websites or cookbooks that feature meatless meals for more creative ideas.

Products such as Impossible Burger or Beyond Meat offer the taste, texture and qualities of meat. However, their production requires energy and processing that counteract some of the environmental and health benefits of plant consumption.

DINING OUT

Coronado's restaurants also offer a variety of delicious meatless meals.

Try Tartine's vegetarian quiche, Little Frenchie's gnocchi, the Brigantine's seared eggplant, or the Coronado Brewing Co.'s Mediterranean pizza for flavorful non-meat meals.

Adding more meatless meals to your diet can help keep Coronado Emerald Green, Ocean Blue.



For more information visit EMERALDKEEPERS.ORG