

Meatless Meals on Campus



The key to **any** healthy diet is

VARIETY & BALANCE.



Enjoy meatless options across campus!

Eat meatless at dining halls & Hospitality locations across campus!



Nature's Best (*Creelman Hall & UC Food Court*) specializes in exclusively meatless options



Salad Bars (*all dining halls*) serve fresh fruits, veggies & a variety of



Pasta Stations (*Mountain, LA, UC Food Court, Creelman Hall*) have a make-your-own option



Grab N' Go (*across campus*) has prepared vegan & vegetarian wraps

& many more!

Vital Vitamins & Major Minerals

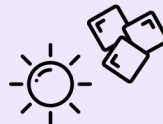


Calcium

Look for calcium in **fortified beverages** (*almond, soy & rice milk*), **legumes** (*kidney & navy beans*) & **dark green veggies** (*broccoli & kale*).

Vitamin D

Vitamin D helps absorb calcium! Meatless sources include **fortified beverages** (*almond, soy & rice milk*) & **sunlight**.



Iron

Look for iron in **legumes**, **soy products** & **fortified cereals**. **Vitamin C** helps your body absorb iron. Enjoy with broccoli or citrus fruits!

Vitamin B12

Vegetarians can look for Vitamin B12 in **eggs** & **dairy**. Vegan options include **fortified cereals** & **beverages** (*almond, soy & rice milk*).



Questions or concerns? Contact SNAP at snap@uoguelph.ca!



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