Meatless Meals on Campus 🌯

Enjoy meatless options across campus!

The key to any healthy diet is **VARIETY & BALANCE**.

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!

![SNAP Logo]

Student Nutrition Awareness Program