

MEATLESS MONDAY

A Weekly Start for a Healthier America

A national health campaign to help Americans prevent heart disease, stroke, diabetes, and cancer - four of the leading causes of death in America.

Why go Meatless on Mondays? Two reasons...

1 Your Health

Diets high in saturated fat, which is found mainly in meat and high-fat dairy products, increase the risk for heart disease and stroke.

By cutting out meat one day a week, you can help reduce your risk of these diet related diseases.

2 Your Planet

According to the United Nations, meat production is one of the major causes of the world's most pressing environmental problems, including global warming, land degradation and air and water pollution.

Give up meat - at least for one day a week - and you can help to save the Earth!

www.MeatlessMonday.com