

Eat Right

Food, Nutrition and Health Tips from Kids Eat Right

Healthy Tips for Meatless Meals

Eat more plant-based foods, like fruits, vegetables, whole grains, beans, and nuts! Besides being delicious, they are rich in fiber, vitamins and other nutrients. According to the 2010 Dietary Guidelines, plant-based diets may reduce obesity, heart disease, and other health problems.

1. Go meatless once a week. See suggested website list for tips and recipes.
2. Replace the meat in your favorite recipes with beans, tofu, or plant-based meat alternatives. Top a salad with beans in place of chicken or beef.
3. Kids won't eat vegetables? Involve your children in shopping for produce and helping to prepare food in the kitchen. Grow a garden with your children. You will be surprised what they will eat!
4. Start the morning off right with a fiber-rich, meatless breakfast! Try oatmeal with fruit and walnuts, whole grain cereal with soy milk (or low-fat milk), or whole grain toast with peanut butter and banana.
5. Take a trip to the freezer section! Check out some of the latest, tasty plant-based meat alternatives for hot dogs, burgers, ground beef, and meat cutlets.



Meatless Main Dishes

- Spaghetti Marinara
- Minnestone Soup
- Grilled Cheese Sandwiches
- Mini Veggie Pizzas
- Bean Burritos
- Stuffed Baked Potatoes
- 3-Bean Chilli
- Mediterranean Falafel and Tahini on Pita Bread
- Black Beans and Rice
- Spaghetti Squash
- Taco Soup
- Bean Enchiladas
- Asian Veggie Stir Fry with Tofu
- Potato Soup
- Stuffed Tomatoes
- Quesadillas
- Bean Tostadas
- Pasta Salad
- Black Bean Tacos
- Pasta Primavera



For more ideas and recipes, check out these websites:

www.kidseatright.org

www.eatright.org.

www.vegetariannutrition.net

www.chooseMyPlate.gov

www.vrg.org. (*Vegetarian Resource Group*)

www.MeatlessMonday.com

This tip sheet is provided by:

**Vegetarian
Nutrition**
a dietetic practice group of the
 Academy of Nutrition
and Dietetics

Authored by Academy of Nutrition and Dietetics staff registered dietitians.