

You're a **vegetarian**...how do you get enough protein?

Anyone who is a vegetarian has been asked this question numerous times, and they have also probably been told that there is no way anyone can get enough protein without eating meat. But thankfully for those vegetarians out there, there are plenty of plant based protein sources!



MISSION:HEALTH | Operation: Eat Smart
PUT YOUR HEALTH ON THE BARRAGE

build your salad better.

Tips on Being a Vegetarian in the Dining Center



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lighter at the grill

1. Visit the **salad bar**, there are a variety of options!

- Start with lots of spinach or mixed greens
- Add unlimited amounts of veggies
- ½ cup of beans
- 1 tablespoon of cheese
- 1 tablespoon of nuts or seeds
- 1-2 tablespoons of vinaigrette or oil based dressing
- 1 whole grain roll or salad

2. Try out the **deli station**: have a whole-wheat wrap or wheat sandwich thin and top with roasted veggies, greens and hummus! There is always a vegetarian option!

3. Don't forget the **grille**! Ask for a veggie burger and choose your own vegetable toppings or low fat cheeses. Try it on a Sandwich Thin!

4. **Soup** makes a delicious side, or pair with veggies and whole wheat bread for a meal!

5. In the mood for a **hot meal**? Many of the entrée meals can be made meat free!

6. Look at your dining center's menu for "**be a flexitarian**" and try the vegetarian dish!

This salad contains around
25g of protein!