

## Meatless Meals Improve Health and Help Stretch Food Dollars



Jefferson County Public Health Nutrition Services encourages everyone to increase fruits and vegetables in their diets. A diet high in vegetables and fruits can help improve health by increasing nutrients and fiber. There are lots of ways to get your five a day, the recommended servings of fruits and vegetables. Meatless recipes provide an excellent way to stretch your food dollars while also improving your nutrition. Public health nutritionists advise families begin by cutting down on meals in which meat is the main course. Instead, try adding meat to whole grains, rice, beans and vegetables. Here are some resources and recipes to help you:

Links to Vegetarian/Meatless Recipes:

- **Fruits and Veggies More Matters** [http://www.fruitsandveggiesmorematters.org/?page\\_id=5](http://www.fruitsandveggiesmorematters.org/?page_id=5)
- **AllRecipes.com - Vegetarian Cooking**  
<http://allrecipes.com/Recipes/Everyday-Cooking/Vegetarian/Main.aspx>
- **Veg Cooking - Vegetarian Recipes, Products, Restaurants, and Much More!**  
<http://www.vegcooking.com/>
- **Vegetarian Times - Eat Green Live Well** <http://www.vegetariantimes.com/recipes/>
- **Colorado Dept of Agriculture - Colorado Proud**  
<http://www.colorado.gov/cs/Satellite/Agriculture-Main/CDAG/1167928162081>

Provided by [JCPH Nutrition Services](#). Over 50 years of helping Jefferson County residents with nutrition education and services, including the Women, Infant & Children Program assuring pregnant women and children ages five and under in the County have access to healthy foods and nutrition education. Call Nutrition Services Manager, Sara Lemley, RD 303-239-7137 for more information.