Vegetarians, Vegans, and Veggie lovers celebrate!
Your food preference has never been more popular and your food choices are plenty at Colby-Sawyer College Dining Room!

The American Dietetic Association has stated that a vegetarian diet can meet all known nutrient needs. The key to a healthy vegetarian diet, as with any other diet, is to eat a wide variety of foods, including fruits, vegetables, plenty of leafy greens, whole grain products, nuts, seeds, and legumes. Sodexo at Colby-Sawyer College offers a great selection of vegetarian and vegan dishes that are delicious, healthy, and expertly prepared. Sodexo is continuously updating and adding new and exciting vegetarian and vegan items to the menu. In fact we have a team of chefs who specialize in this type of cuisine working on recipe testing and development this month. Look for the new menu selections to arrive shortly!

There are a variety of reasons why you might decide to follow a vegetarian diet. Whether choosing to do so to improve health, caring about the environment, or for moral reasons, the term vegetarian is not uniform and is not always synonymous with being “healthy.” It is quite possible for a vegetarian to eat an unhealthy diet high in calories and fat and low in vitamins and minerals. Being a healthy vegetarian requires some knowledge and planning. Sodexo’s Registered Dietitians and renowned chefs understand this and work to ensure that students, faculty, and staff who follow a vegetarian/vegan lifestyle have plenty of healthy choices that meet the 2010 dietary guidelines for a balanced meal (½ fruit/vegetables, ¼ protein, ¼ starch). Every breakfast, lunch, and dinner we provide foods that contain key nutrients important for vegetarians such as complete proteins, iron, calcium, zinc, and Vitamin B12.

Vegetarian Diet Lingo:
- **Strict vegetarian or vegan:** A vegetarian diet that excludes all animal products such as meat, poultry, fish, eggs, milk, cheese and other dairy products.
- **Lactovegetarian:** A vegetarian diet that excludes meat, poultry, fish and eggs but includes dairy products.
- **Lacto-ovovegetarian:** A vegetarian diet that excludes meat, poultry and fish but includes eggs and dairy products. Most vegetarians in the United States fall into this category.
- **Flexitarian:** A semi-vegetarian diet with a focus on vegetarian food with occasional meat consumption.

**Meatless Monday…One Day a Week, Cut out Meat. Inviting Vegetarians & Meat Lovers to Unite**

Sodexo has joined an international movement to help people reduce their meat consumption by 15% to improve personal health and the health of the planet. It is an initiative of The Monday Campaigns, in association with the Johns Hopkins Bloomberg School of Public Health. Reducing meat consumption one day a week may improve your health by reducing heart disease risk, limiting cancer risk, helping to fight diabetes, curbing obesity, increasing longevity, and improving your diet. In addition, it helps the environment by reducing the carbon footprint, minimizing water usage, and reducing fuel dependence. Join the effort and support the Meatless Monday campaign at Colby-Sawyer College! For more information visit: www.meatlessmonday.com

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