Why a Few Meat Free Meals a Week is Good For You

Now I love a good bacon and egg roll, or a delicious butter chicken, but having a few meat free meals a week is not a bad idea. Why might you ask? There are a few reasons why cutting the meat here and there is a good idea.

It is good for your health, heart health in particular. Animal products are generally higher in saturated fats compared to plant-based produce. Diets high in saturated fats are linked to higher cholesterol which directly links to higher levels of heart disease. Plant products on the other hand are either low in fat or contain healthy unsaturated fats which can help to lower cholesterol. If you are replacing your meat with lots of vegetables, nuts, seeds, legumes and wholegrains, you are also getting a huge variety of nutrients. Vegetables contain lots of vitamins, minerals, antioxidants and fibre. Good for gut health and overall health. It is also good for your waistline. Generally speaking, a veggie filled meal full of nutrient dense vegetables contains less calories than a meat-based meal. Less calories leads to slimmer waistlines.

Another benefit… plant-based produce is usually cheaper than meat. Win win! As your waistline slims down, your wallet stays nice a full ��

Now I am not saying meat is unhealthy and you should cut it completely. Everything in moderation is the key, but there are benefits to having meat free meals a few times a week. Increasing your vegetable, fruit and whole grain intake all adds variety to your diet. Meatless meals should still contain about 1/3 protein. You can still get plenty of protein from legumes, nuts, tofu and some high protein vegetables. So commit to having a few meat free meals. Maybe stick to 'Meat Free Mondays'. Just a few small changes can have a great influence on your overall health.

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