

# Meatless Meals on Campus



The key to **any** healthy diet is  
**VARIETY & BALANCE.**



## Enjoy meatless options across campus!

Eat meatless at dining halls & Hospitality locations across campus!



**Nature's Best** (*Creelman Hall & UC Food Court*) specializes in exclusively meatless options



**Salad Bars** (*all dining halls*) serve fresh fruits, veggies & a variety of homemade salads *all day*



**Pasta Stations** (*Mountain, LA, & Creelman Hall*) have a make-your-own option



**Grab N' Go** (*across campus*) has prepared vegan & vegetarian wraps & salads to enjoy on-the-go

**& many more!**

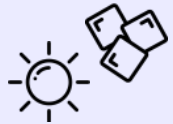
## Vital Vitamins & Major Minerals



### Calcium

Look for calcium in **fortified beverages** (*almond, soy & rice milk*), **legumes** (*kidney & navy beans*) & **dark green veggies** (*broccoli & kale*).

### Vitamin D



Vitamin D helps absorb calcium! Meatless sources include **fortified beverages** (*almond, soy & rice milk*) & **sunlight**.



### Iron

Look for iron in **legumes, soy products & fortified cereals**. **Vitamin C** helps your body absorb iron. Enjoy with broccoli or citrus fruits!

### Vitamin B12



Vegetarians can look for Vitamin B12 in **eggs & dairy**. Vegan options include **fortified cereals & beverages** (*almond, soy & rice milk*).

Questions or concerns? Contact SNAP at [snap@uoguelph.ca!](mailto:snap@uoguelph.ca)



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