

Campus Dish

Campus Dining Newsletter



WILLIAM & MARY
NUTRITION SERVICES

October 2018



This Breast Cancer Awareness Month Think Green

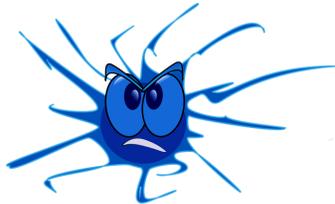
In addition to Breast Cancer Awareness Month, October is also Vegetarian Awareness Month! It is a great time to recognize the messages from both campaigns as one helps to prevent the other!

The American Cancer Society (ACS) reported that nearly a third of all cancers are linked to unhealthy lifestyle factors; meaning imbalanced nutrition, lack of physical activity, smoking, and excessively drinking.



So, what can we take from the Vegetarian lifestyle? Studies have repeatedly shown the benefits of incorporating fruits, vegetables, and whole grains into your diet. The various nutrients, antioxidants, and phytochemicals in plants have been found to be protective against cancer.

In addition to reducing the risk of cancer, antioxidants have a variety of other functions in the body. **Cruciferous veggies** such as broccoli, kale, and cauliflower contain the antioxidant sulforaphane which helps to reduce stress in the body. **Tomatoes** are loaded with lycopene. **Blueberries and blackberries** contain anthocyanins, that gives them the beautiful blue color. Phytosterols in **walnuts** improve cholesterol. **Beans, lentils, and whole grains** are rich in antioxidants as well as fiber. Eating orange vegetables such as **carrots and pumpkin** will give you lots of beta carotene, which is beneficial for vision and skin health. This list goes on and on!



So how can we add more vegetables?

From Meatless Mondays to a vegetarian or vegan lifestyle, there are many ways to incorporate more plant based foods into your diet.

Meatless Monday: Choose plant based proteins one (or more!) days a week. Every meal is a chance to improve your health!

Flexitarian:

This diet includes both fish and poultry in moderation with a focus on fruits, vegetables, whole grains, and plant or lean animal protein.

Pescatarian:

Plant based diet that includes shellfish and fin fish.

Lacto-Ovo-vegetarian:

Plant based diet that includes dairy products (milk, yogurt, cheese, etc.) and eggs

Lacto-vegetarian:

Plant based diet that includes dairy products, but not eggs

Ovo-vegetarian:

Plant based diet that includes eggs, but not dairy products.

Vegan:

Only includes food from plant sources. No animal meats, eggs, dairy products, or honey are allowed.

Resources:

American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention - February 2012

Connect with Campus Dining:

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Want to learn more about a plant based diet?

Email Stephanie our Campus Dietitian at smmay@wm.edu

