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.

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.

Interested in learning more about a plant based diet?

Email Stephanie our Campus Dietitian at smmay@wm.edu to schedule an appointment!

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