Try vegan this January

You don’t have to be vegetarian or vegan to try a plant-based diet during January. Plant-based diets offer all the necessary protein, fats, carbohydrates, vitamins and minerals required for optimal health and have proven benefits including increased energy levels, lower cholesterol levels, lower blood pressure and they also help to combat weight gain. So, how do you choose the plant-based diet that works best for you? Here are some things to consider:

- **Take it slowly** - try a meat-free or plant-based day a week or just start by replacing a meaty meal with a vegan meal one day a week and build up slowly.
- **Include whole grains for breakfast** - start with oatmeal, quinoa, buckwheat or barley. Then add some nuts or seeds along with fresh fruit.
- **Make meals that you already love** - just substitute meat for vegan alternatives, or use lentils, vegetables or beans instead.
- **Eat lots of vegetables** - try to steam, grill or stir fry them to preserve nutrients. You can also enjoy vegetables as a snack with dips such as houmous or guacamole.
- **Choose healthy fats**, such as those found in olive oil, olives, nuts, seeds and avocados.
- **Eat fruit** - a ripe, juicy orange or a crisp apple offer good alternatives for a sweet finish to a meal.
- **Enjoy it** – there may be plenty of flavours out there that you’ve never tried before!

If you would like to include more plant-based food into your diet, here are some of the options that are available to you on campus:

**Breakfast:**
- A full English breakfast complete with vegan sausage from Founder’s Dining Hall (available every week day except Wednesday from 8-10am).
- A vegan sausage breakfast bap from Crosslands (available Monday-Friday from 10am-12pm).
- A vegan croissant from either Founder’s or the Boilerhouse Café.
- A cup of tea or coffee with one of our range of plant-based milks available from Crosslands, the Boilerhouse Café or Café on the Square.

**Lunch:**
- A plant-based cheese burger or quorn dog from The Van outside the Boilerhouse Café. They’re so tasty, you won’t notice the difference from a standard beef burger or hot dog. Open Monday-Friday from 12-2pm.
- A bowl of hearty vegan soup – there are plenty of choices from most of our catering outlets including Crosslands, Founder’s Dining Hall, The Boilerhouse Café or The Hub.
- A vegan sausage roll from the Boilerhouse Café – it’s our most popular selling product, and not just with vegans!
- Treat yourself to a slice of vegan cake or a cookie – there are lots of options at the Boilerhouse Café.
- Wash it all down with a fresh orange juice from the smoothie bar at The Hub, available Monday-Friday from 11.30am-2.30pm.

**Dinner:**
- Founder’s Dining Hall has plenty of tasty vegan options from curries and hearty stews, to stir fries, sweet and sour dishes and chili.
- For a lighter bite, why not try a salad box from Founder’s or the Boilerhouse Café?
- And our houmous, pitta and crudities platter or a portion of fries, both from Crosslands are great for sharing with friends (available Monday-Friday 5-8.30pm).

Try vegan this January. [www.veganuary.com](http://www.veganuary.com)