



Carrie is proud to be a vegetarian!

veg out the right way!

THIS IS NOT A WEIGHT-LOSS DIET! You may have heard going veggie helps you lose weight. But avoiding meat and dairy—and trying to control everything else you eat—will just make you tired, hungry, and more likely to binge.

You know giving up meat is great for animals—here's how to plan meals that make it good for you too.



AT HOME

pasta with meatless meatballs and marinara sauce; a tossed salad

Cheese can sometimes overdo it on pasta, since it's easy to cook and tastes good. Add veggies to get some fiber, plus protein—like cheese or "meatballs" made with soy—to keep you strong. (Without enough protein, you'd get brittle hair and bad skin.)



Meatless meatballs taste just like the real thing! You can find them in the frozen food section at the grocery store.

WHY GO VEGGIE?

There are some awesome benefits! It can be...



... healthier for you.

Done right, vegetarian diets are low in saturated fat and high in vitamins. If you do eat meat, get lean turkey or ham on your sandwich, and pick lean sirloin burgers (look for "95% lean" on the label).



... better for the environment.

Raising cows on large farms and trucking meat to faraway stores cause lots of pollution. (Meat eaters can do their part by buying meat from smaller local farms!)



... kinder to animals.

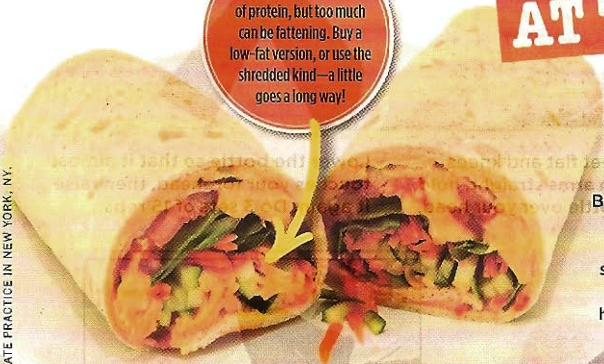
Big farms and feedlots keep animals in caged or crowded conditions—not a happy way to live. If you eat meat, look for a "Certified Humane" label. It means the animals were treated well.

AT THE CAF

a wrap stuffed with roasted red pepper hummus, veggies, and shredded cheese

Because the caf usually doesn't have many veggie choices, it's easy to reach for bagels or sweets when you're starving. Instead of relying on starch and sugar, bring this healthy wrap from home—it has filling fiber, which gives you a longer-lasting form of energy!

Cheese is a great source of protein, but too much can be fattening. Buy a low-fat version, or use the shredded kind—a little goes a long way!



AT THE DRIVE-THROUGH

taco bell fiesta taco salad with beans

Fries are the no-brainer veggie option, but they can be fried in unhealthy fats. Instead, go for bean-filled burritos and salads at Mexican places like Taco Bell. (They'll sub beans for beef if you ask.) Beans are a great source of iron, which keeps your energy level up!

WEB EXTRA

Get easy (and yummy!) veggie recipes at seventeen.com/recipes.



Try to skip the crispy shell or leave some behind. It's fried in too much grease!

FAKE OUT!

This meat-free stuff is so yummy, you'll want to eat it even if you're *not* going vegetarian!



BOCA IN A BUN CHIK'N & SWISS SANDWICH
This comes with a breaded soy patty, a wheat bun, and a slice of Swiss—no assembly required!



MORNINGSTAR FARMS BUFFALO VEGGIE WINGS
These buffalo-wing nuggets are spicy, with a crispy coating, and you won't get messy, saucy fingers. Bonus!



AMY'S TEXAS VEGGIE BURGER The best thing about these veggie patties is their smoky barbecue flavor. (The second best thing is they're low in fat.)

OPEN for workout moves!

17 EXPERTS: David Grotto, R.D., a registered dietitian in Chicago, IL, and author of *101 Foods That Could Save Your Life* (Bantam, 2008); Lisa Lillien, the founder of *Hungry-Girl.com*; Michael Jacobson, Ph.D., executive director of the Center for Science in the Public Interest and author of *Six Arguments for a Greener Diet* (Center for Science in the Public Interest, 2006).