

Where the **HEALTH** can you eat around here?

Brought to you by
The Meatless Monday Project
at the
Center for a Livable Future
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A guide to low-fat and
vegetarian options in and
around campus



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BLOOMBERG
SCHOOL *of* PUBLIC HEALTH

Only 1 out of 5 Americans eat 5 to 9 daily servings of fruits and vegetables. These foods protect us against heart disease, cancers, stroke, diabetes and obesity. They also prevent vision loss, memory impairment, bone loss, and may even keep you looking younger!

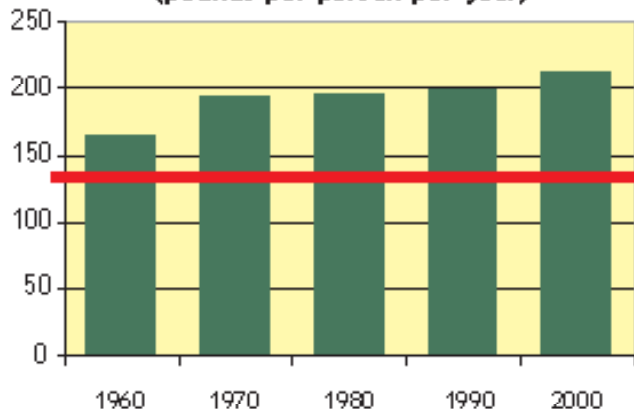


Meatless Monday is a weekly start to a healthier America and a healthier you! By eating less meat and fatty dairy foods, you will be cutting your main source of unhealthy saturated fat. More importantly, you'll make room on your plate for healthier foods, such as fruits and vegetables. Just one day a week – Give it a try!

Meatless Monday is about BALANCING your plate and eating healthier by taking small steps. The math behind Meatless Monday? On average, Americans should reduce their saturated fat intake by 15%. One day out of 7 is about 15%!"

Visit the Meatless Monday website at www.meatlessmonday.com. Sign up for Eater's Digest, the campaign's weekly email newsletter, and receive health news, recipes, product recommendations.

Meat Consumption in the U.S.
(pounds per person per year)



The American Heart Association recommends no more than 138 pounds of lean meat per person per year.

FAT FACTS

Everyone needs some fat to be healthy, but not all fat is the same. Different types of fats have different effects on your health, especially on your cholesterol. **Saturated fats** raise bad cholesterol and your risk for heart disease. Move away from:

- Red meats, such as beef, pork, lamb and veal
- Whole milk and cheese
- Butter, cream, lard and shortening
- Coconut and palm oils

CAUTION: Children and women of childbearing age should limit the following fish that may contain unsafe amounts of mercury and other toxins: swordfish, king mackerel, tilefish, shark, and albacore tuna. Choose canned light tuna over albacore or white.

Polyunsaturated fats lower bad cholesterol (a good thing!), but may also lower your good cholesterol. **Omega 3s** are the superstars of polyunsaturated fats -- they raise good cholesterol and help prevent heart attacks, among a host of other amazing health benefits. Try to eat two servings each week of fatty fish, such as salmon, mackerel, sardines, herring and rainbow trout. Another good source is ground flaxseed or flaxseed oils.

Monounsaturated fats are the best types of fat you can eat. They lower your bad cholesterol, but not your good cholesterol. Replace your saturated fats with:

- olives and olive oils
- canola oils
- peanuts and peanut butter
- walnuts
- avocados

Trans-fats are just as bad for you as saturated fats, maybe even worse! Trans-fats are hidden in many different foods. Avoid foods with 'hydrogenated' or "partially-hydrogenated" in the first few ingredients on the nutrition label.

Baltimore Area Markets

Baltimore Farmers' Market

Saratoga Street, between Holiday and Gay St.
Under I-83
410-752-8632
Open-air | Seasonal
8 am -12 pm Sundays | May – December

32nd Street Farmers' Market

32nd and Barclay Streets
410-889-6388
www.32ndstreetmarket.org
7 am - 12 pm Saturday | Year Round

Mill Valley Garden Center and Farmers Market

Offers many products produced in the Chesapeake Bay watershed by locally owned farms and companies. Also a drop-off for One Straw Farm co-op shares.
2800 Sisson Street
410-889-6842
8 am - 4 pm Thursday through Sunday

Whole Foods Harbor East

1001 Fleet Street
410-528-1640

Whole Foods Mt. Washington

1330 Smith Avenue
410-532-6700

JHU East Baltimore Campus

Jay's Wolfe Street Café

9th floor, 615 N. Wolfe Street
7 am - 3 pm Monday through Friday
410-955-3342

The cafe serves breakfast and lunch. The rotating daily menu specials include home-style meals, as well as Asian, Indian, Mexican/Southwestern, Japanese, and Italian dishes. Patrons can also expect a choice of two hot soups and one vegetarian entrée everyday, as well as prepackaged salads, sushi, and fresh fruit and vegetables.

Daily Grind Coffee Bar

The Daily Grind features hot or cold espresso drinks, salads, and vegetarian sandwiches.

Hampton House

1st Floor, 614 N. Broadway
8 am - 4 pm Monday through Friday
410-502-2332

Wolfe Street Building

2nd Floor, Mezzanine
615 N. Wolfe Street
7 am - 5 pm Monday through Friday
410-502-0833

Johns Hopkins Hospital

Tsunami Sushi Bar

In the Tower Terrace Restaurant
Located near the hospital main lobby
11 am to 3 pm Monday through Friday
Carry-out available - 410-955-6858
Offers a variety of fresh sushi.

Subway

Located in the hospital cafeteria
11 am – 3:30 pm Daily
Subway’s “Seven Under Six” sandwiches all
contain under 6 grams of fat!

Grille 601

Located outside level 2 of the Outpatient Center
7 am to 2:30 pm Monday through Friday
Offers a daily selection of gourmet
hot food and elegant salads.

Juice and Java Bar

Located in the main lobby of the
Weinberg Building
6:30 am - 3:30 pm Monday through Friday
Features coffee, espresso, blended drinks,
sandwiches, soups, salads, and bagels.

The Northeast Market

Located just two blocks east of JHSPH on Monument
Street. Many vendors sell fresh sandwiches, soups,
salads, sushi, and produce.

Johnny’s Deli – seafood and shrimp salad sandwiches

Fresh Express - salad bar, fresh produce, roasted nuts

Surf & Wok – fajitas and wraps

Harry’s Delicatessen – veggie subs

Mr. Sausage & Delicatessen – soups and salad bar

Crab Cake Factory – broiled crab cakes

Market Deli – veggie specials wraps

OK Oriental –cooked veggies and rice lunch boxes

Soho Teriyaki – Asian lunch buffet featuring tofu and sushi

Michael’s Pizza & Subs – green salads, veggie wraps and
veggie pizzas

Shore Seafood – fresh seafood to cook and fish lunch
specials, soup

Richardson’s Farms – fresh meats, eggs & produce

Loretta’s Flower and Spice Shop – cheap spices, dried
fruit, nuts and teas

Tommy’s Seafood – fresh fish to cook

Fresh Buffet

Chinese & American Restaurant

Located at the corner of Washington & Monument Sts.
Offers hot & cold buffet items, including sautéed tofu,
sushi, salad bar items, cucumber salads, sliced
fresh fruit, miso soup, and steamed rice.

Taste of China

2025 E. Monument St.

410-327-1733/4

No MSG. Vegetarian entrees available.