

October is Vegetarian Awareness Month

Some people think vegetarians don't get enough protein because they don't eat meat, but that's not true.

Most people need about 0.36 grams of protein per pound of body weight. The [Dietary Guidelines for Americans](#) recommend 46 grams per day for women and 56 grams for men in cases of low physical activity. These amounts may vary depending on activity level, weight, and other factors.

There are many ways to get protein without including meat in the diet. Here are some great non-meat options:

- Greek yogurt: 23 g per cup
- Cottage cheese: 14 g per ½ cup
- Lentils: 9 g per ½ cup cooked
- Quinoa: 8 g per cup
- Beans: 6–10 g per ½ cup cooked
- Peas: 8 g per cup
- Peanut butter: 7 g per 2 tablespoons

Eating vegetarian can be healthy and full of protein.



MEDITERRANEAN HUMMUS DIP

Serving: 10-12

INGREDIENTS

- 17-ounce container of classic hummus
- 5.3-ounce container of plain Greek yogurt
- ½ cup feta cheese, crumbled or cubed
- 1 teaspoon za'atar seasoning
- 1 chopped and diced tomato
- 1 English seedless cucumber, chopped into bite-sized pieces
- ¼ cup Kalamata olives cut in half
- ¼ cup chopped red onion
- ½ teaspoon freshly cracked ground black pepper
- Dash of salt
- 1 tablespoon extra-virgin olive oil
- Serve with: Carrot coins, celery, pepper strips, pita bread, or pita crisps

DIRECTIONS

1. In a mixing bowl, whip hummus and Greek yogurt together.
2. Transfer the mixture to a serving dish or platter. Sprinkle with za'atar seasoning.
3. Add feta cheese in a layer over the hummus mixture.
4. Top with tomatoes, cucumbers, red onion, and olives.
5. Optional: Season with chopped herbs; choose fresh dill, basil, chives, or oregano.
6. Season with salt and ground pepper.
7. Drizzle with olive oil.

Nutrition information per serving:

81 calories; 5 g fat (1 g saturated); 119 mg sodium; 6 g total carbohydrate; 1 g dietary fiber; 6 g protein.

BREAKROOM BUZZ

October 2025

OCTOBER – 30 DAYS OF MENTAL HEALTH CARE



			1 As you write a note, pay attention to the feeling the writing utensil brings you.	2 Listen fully, don't multitask.	3 Pick a song that makes you happy.	4 Go outside and breathe deeply.
5 Notice things you do well, big or small.	6 Rub your favorite lotion on your hands.	7 Sit quietly and breathe deeply for five minutes.	8 Find reasons to laugh and do it.	9 Spend 10 minutes reading.	10 Unplug for an hour each day.	11 Take a 30-minute nature walk.
12 Spend 10 minutes writing in a grateful journal.	13 Enjoy a hug from someone you love.	14 Pick a flower and admire it for three minutes.	15 Drink enough water every day.	16 Learn to say no.	17 Let go of self-criticism, just listen.	18 Pay attention to your tone when discussing serious topics.
19 Fix your favorite meal because it is something you want.	20 Get up early and appreciate the sunrise.	21 See mistakes as steps toward learning.	22 Treat yourself to a favorite place, candy, or fruit.	23 Complete a body scan in five minutes.	24 Everyone makes mistakes, be kind to yourself.	25 Notice three beautiful things and remember them.
26 Look at photos that bring happy memories.	27 When you wake up, notice what you hear, see, smell, touch, and taste.	28 Plan something fun or relaxing and make time for it.	29 Sit outside, close your eyes, and listen for five minutes.	30 Drop "I should" and allow yourself time to simply do nothing.	31 Prioritize sleep, aim for seven to nine hours each night.	