

## Pay for college without going broke!

Free local workshops help parents save thousands!

Woodstock, Ga---Metro Atlanta parents planning on sending a child to college in the next few years, but who aren't quite sure how to pay for it can now rest a little easier.

The National Center For College Planning is offering a series of free workshops through the rest of the year to help educate parents about what to do if they haven't saved enough for college.

Jason Flurry, CFP®, the organization's founder says, "It's really sad, but most parents that we talk to have done pretty well financially, but never found the time to save for college. Now they're facing a bill of \$18,000-\$50,000 a year, and they don't know who to turn to."

College planning specialist Pete Becker, says, "Jason would know. He's worked with over 1000 families in the last 15 years ranging from single moms to corporate CEO's. He swears he can help anyone get through the process and save a bundle....no matter how good of a student they have or how much money they make."

"Simply put, we show parents the truth that they aren't hearing anywhere else about how the college process really works, and how they can get their child into a top school easily, help that student pick a career that will suit them and pay them well, and save thousands of dollars in the process."

More information about the "How to Give Your Kid a 4-Year College Education Without Going Broke!" class is available by calling (678) 388-2233 or at [www.YourCollegePlanners.com](http://www.YourCollegePlanners.com).

"We'll discuss everything from the greatest myths about the college process, to how to send your student to a fancy private school for less than the cost of a junior college, why private scholarships and 529 plans are a waste of time, how to double or even triple the amount of free money you receive from each school, and how to avoid the one mistake that will kill your chances of getting any money at all that almost every other parent will make this year, plus much, much more!"

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## eatwell

### Complete Without Meat

Protein alternatives for a balanced diet

By Page Love, M.S., R.D., L.D., C.S.S.D., Nutrifit, Sport, Therapy Inc.

If you are a vegetarian or you simply want to eat less meat, there are many alternatives to getting the protein and other nutrients your body needs. But you have to be smart about your planning.

Biologically, human beings are carnivores. Our bodies need the nutrients that come from a diet balanced in carbohydrates, proteins and fats. The main ingredients eliminated when we do not ingest animal products are complete protein sources. For example, a 3-ounce serving of beef contains roughly 20 grams of protein. To make up the deficit of eliminating meat, substitute other protein-rich foods. A cup of yogurt has about 10 grams of protein; peanut butter has about 4 grams per tablespoon. Find out which foods are high in protein and work them into your meal plan.

According to the Dietary Reference Intakes published by the U.S. Department of Agriculture (USDA), 10-25 percent of calories should come from protein. A vegetarian diet can meet all of the nutritional requirements, but careful planning is needed.

#### Why does your body need protein?

- Protein is needed to build and repair our muscles.
- Protein is the building block of major organs.
- Every enzyme in our body and many of our hormones are made of protein.
- The antibodies we make to fight infections are proteins.
- Proteins are important sources of iron, zinc and niacin.
- The body cannot store extra protein, so our diet must supply a fresh source of protein every day.

Try using a vegetarian food pyramid, such as the one found at [www.vegsource.com](http://www.vegsource.com). The USDA ([www.mypyramid.gov](http://www.mypyramid.gov)) recommends following the standard food pyramid but substituting vegetarian protein sources; its recommendations can be found under "Tips & Resources" on the USDA Web site. Remember that if you are an athlete or physically active, you need more protein than someone who is more sedentary. There are recipe books full of great ideas for meatless, high-protein meals. Be creative! ●

Here are a few alternative protein sources to consider:

- Soy, tofu, tempeh, seitan, gluten
- Legumes (lentils, black beans, fava beans, black-eyed peas, chickpeas, etc.)
- Grains, nuts, seeds, almond
- Quinoa (a grain high in iron and amino acids)
- Veggie luncheon meats
- Veggie chicken and turkey meats
- Veggie jerky
- Eggs
- Cheese
- Soy milk

#### Serving Ideas

Beans and rice, bean burritos, bean soups, hummus, macaroni and cheese, pasta with parmesan, veggie burgers and sausages, vegetable lasagna