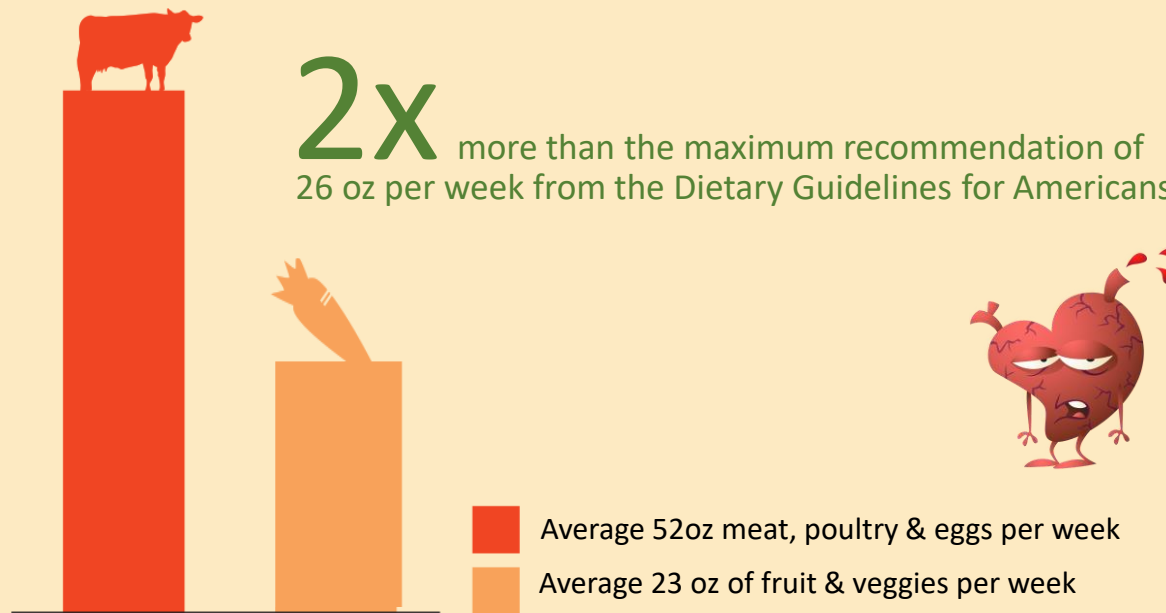




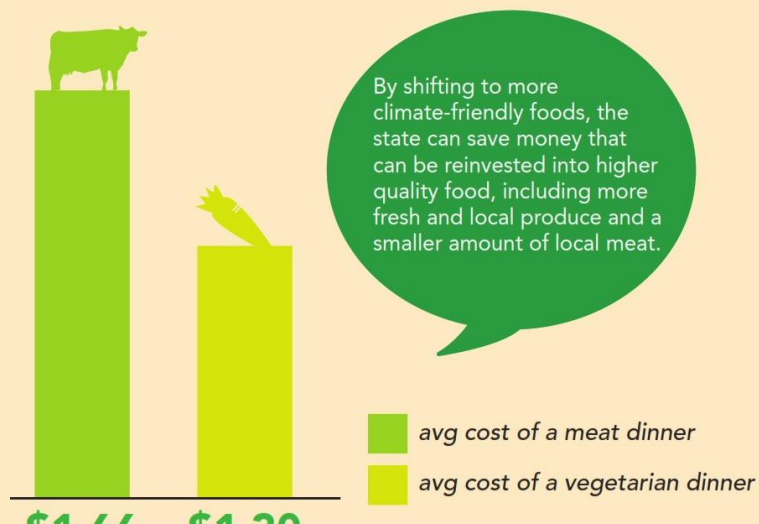
Maryland Department of Public Safety & Corrections – Analysis of 5 Week Meal Menu in Prison



**Correctional facilities
(25 million meals)**



Cost Per Meal 5x Less



Cost of Health Care



\$136 million annually on health care

\$19 per day on health care

Provided by



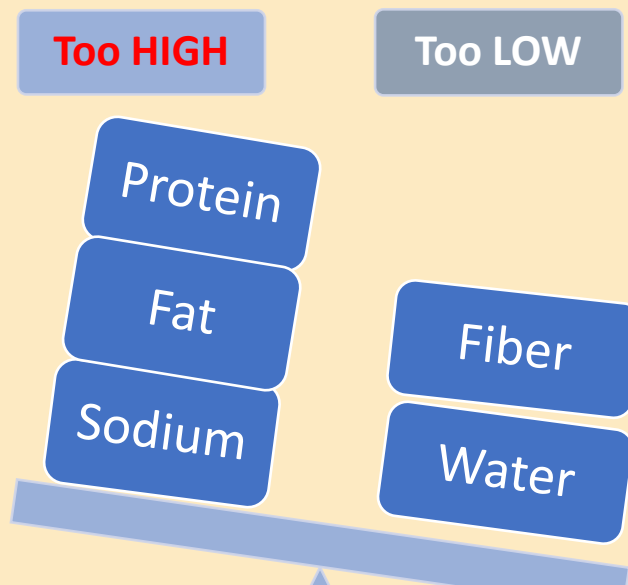
Deficiency and Overconsumption = Poor Health

Average Daily Meal is Deficient In Key Nutrients:

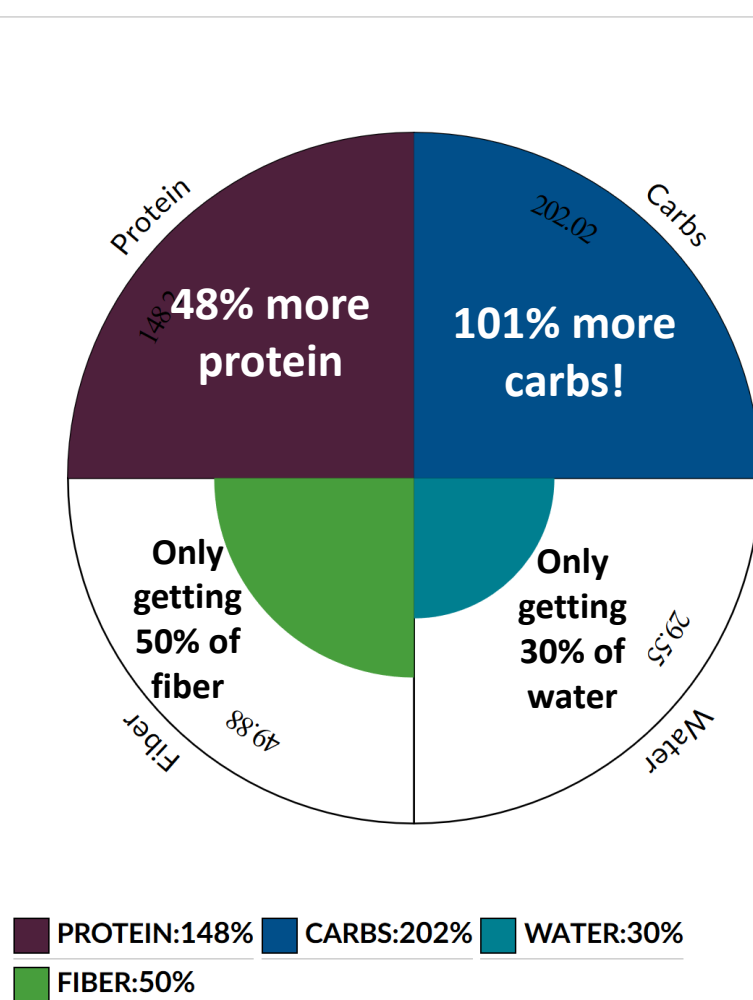
Choline 29%
Water 30%
Fiber 50%

Vitamin E 55%
Potassium 55%
Calcium 75%

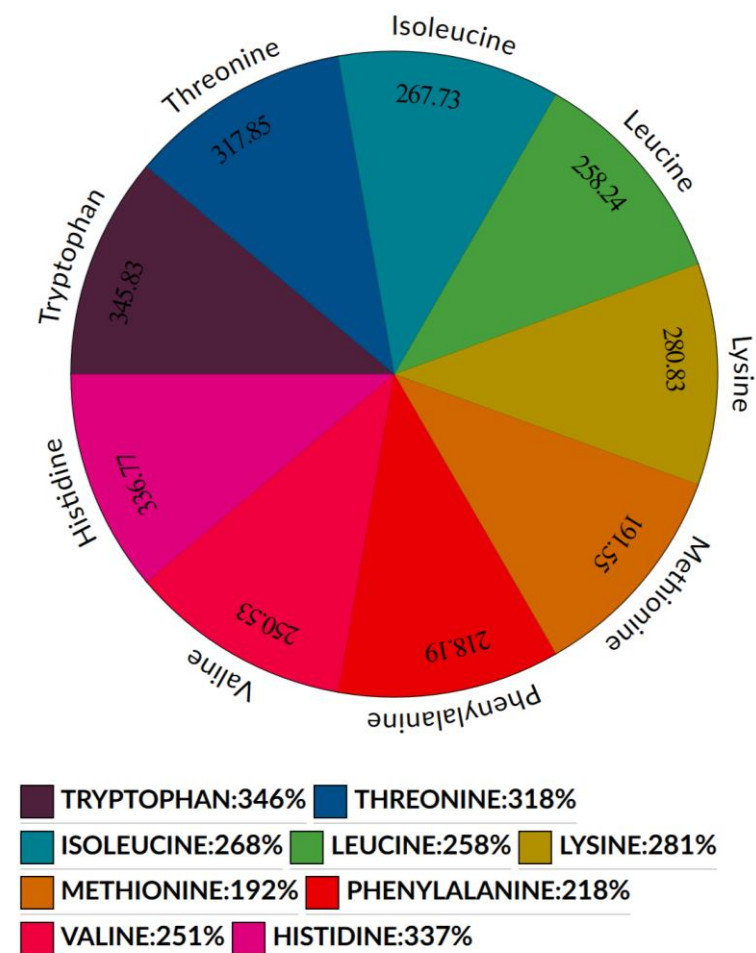
Average Daily Meal Provides Dangerous Overconsumption of Other Nutrients:



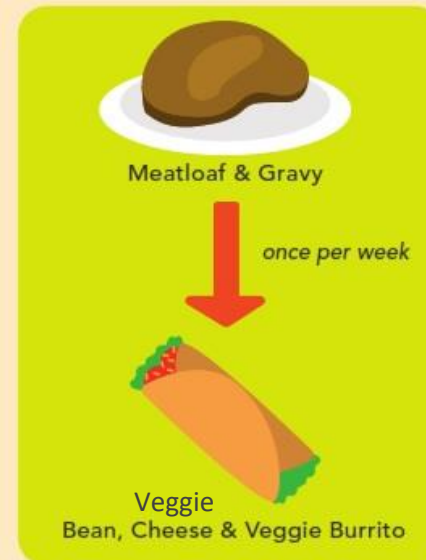
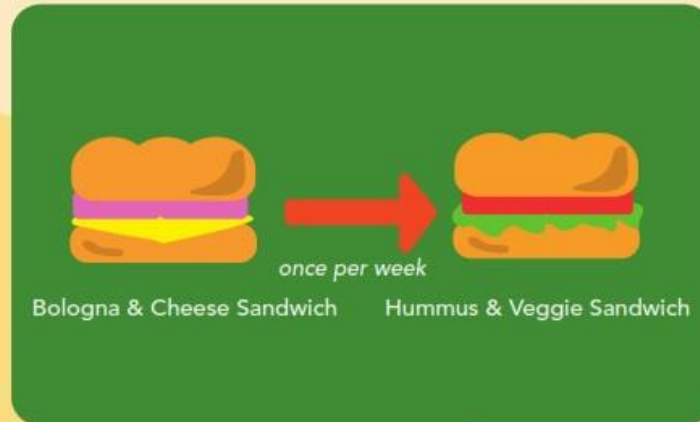
BASIC NUTRIENTS



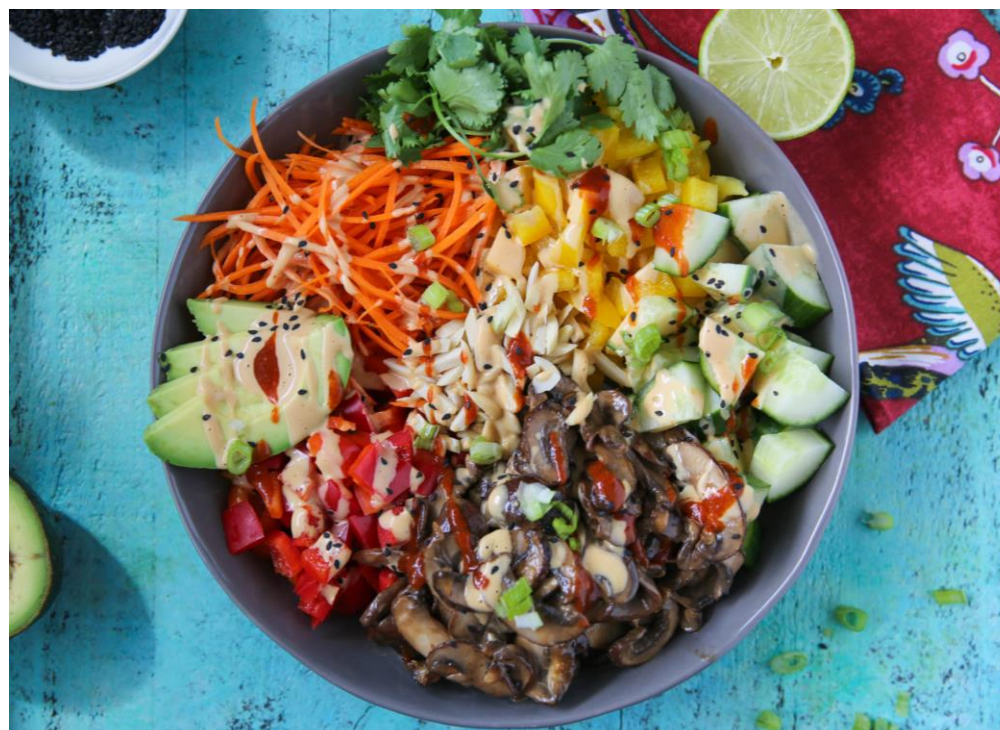
AMINO ACIDS



EASY & SIMPLE CHANGES



Easy Simple Recipes





College of Plant-Based Lifestyle Medicine

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Email: info@HBCULifestyleMedicine.com

RESOURCES

- Prison Plant-Based Meal Planning & Budget
- Prison Medical Provider Training In "Food As Medicine"
- Inmate Plant-Based Nutrition Education & Culinary Ed.