



Eating for a Healthier Planet

Replacing animal-based meals with plant-based meals greatly benefits your health and our planet.

- 57% of global greenhouse gas emissions from food production come from meat and dairy industries.

- It takes 1,847 gallons of water to produce one pound of beef compared to 486 gallons to produce one pound of beans.

- There was a 600% increase from 2014 to 2018 in people switching to a vegan (no animal products) diet. Top reasons for the switch include personal health, animal welfare, and the environment.

- Be a flexitarian by focusing on plant-based meals but allow for meat, dairy, and seafood on occasion.

BEANS provide a similar amount of protein in addition to heart healthy fiber and nutrients you won't get from beef.

ANIMAL PRODUCTS include: meat, poultry, dairy, cheese, eggs, fish, shellfish

Eating plant-based will increase your fiber intake. Be sure to drink water to prevent constipation. Both soluble and insoluble fiber depend on water during digestion.

According to the American Heart Association, eating more plant-based foods can benefit your health and decrease the risk of the following:

- Heart disease
- Stroke
- High Blood Pressure
- High Cholesterol
- Type 2 Diabetes
- Many types of cancer

Replace This

Chicken  


Beef  

Milk  


Cheese  

With This

Tofu 

Beans 

Soy Milk 

Nuts & Seeds 

APRIL 22, 2023



Earth Day

• <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9024616/>
 • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3662288/>
 • <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/how-does-plant-forward-eating-benefit-your-health>