

# Practice Earth Day every Day

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# Hot off the Press: **Egg Consumption Increases Risk of Death From Heart Disease**

- Zhao B, Gan L, et al. Associations of dietary cholesterol, serum cholesterol, and egg consumption with overall and cause-specific mortality, and systematic review and updated meta-analysis. *Circulation*. Published online April 1, 2022.
- Researchers compared egg and cholesterol consumption and blood cholesterol levels with death from cardiovascular disease
- N = over 27,000 participants
- Review of existing research
- Eating one egg per day significantly increased the risk of dying from heart disease.
- Higher blood cholesterol levels and higher intakes of dietary cholesterol were also associated with an elevated risk of death from heart disease.

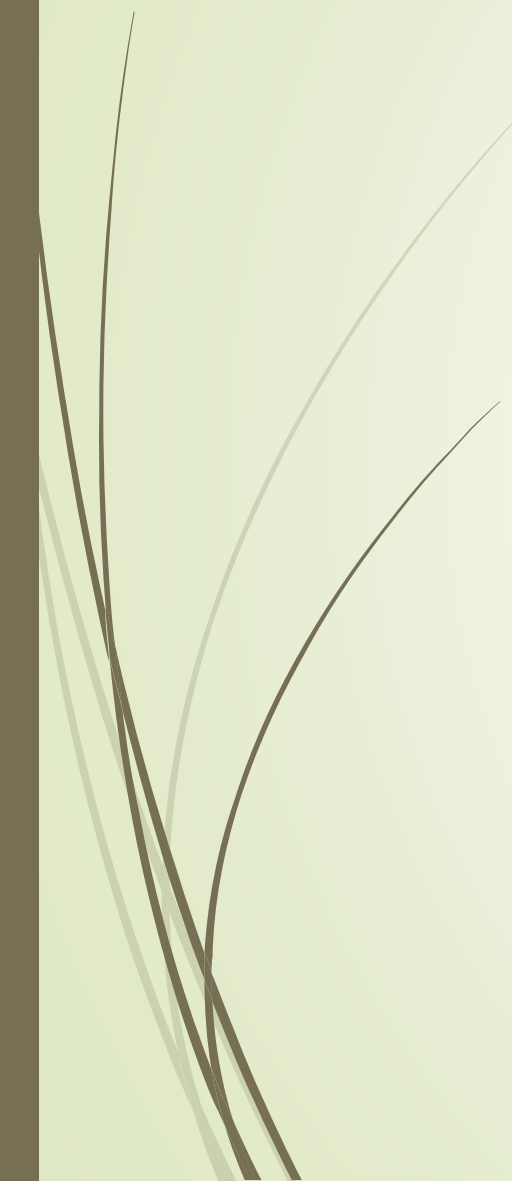
Happy Earth Day!



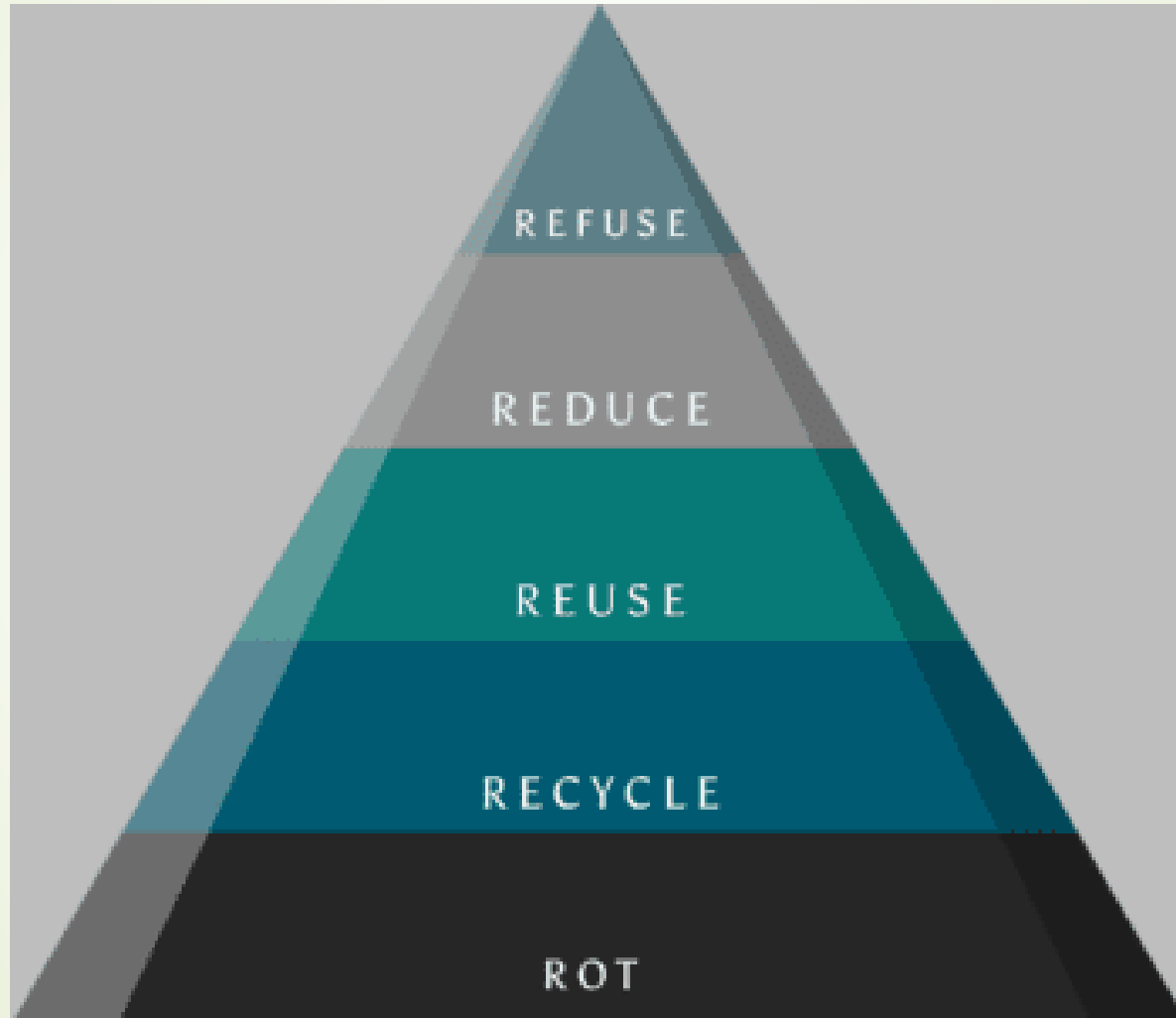
Invest in our planet



# What can we do for our Earth?

- The 5-R's
  - Shop local
  - Eat what's in season
  - Waste less food
  - From Meatless Monday (to start) up to Meatless EVERYday
  - Follow 'climate-friendly' eating style
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# The 5 R's





# Recycle & Rot

- EPA states only 8.7% of plastics are recycled – so focus on refuse, reduce/repurpose are especially important
- Rot – food waste at the dump produces methane (GHGE) – so be mindful of what you put in the trash
- <https://www.youtube.com/watch?v=J9tmw9KBCKo>



# Shop Local – Reduce your carbon footprint



# What's in season this spring?

- Asparagus
- Leaf Lettuces & Spinach
- Peas
- Green & Yellow Beans
- Mushrooms
- Cabbage
- Carrots
- Leeks
- Strawberries





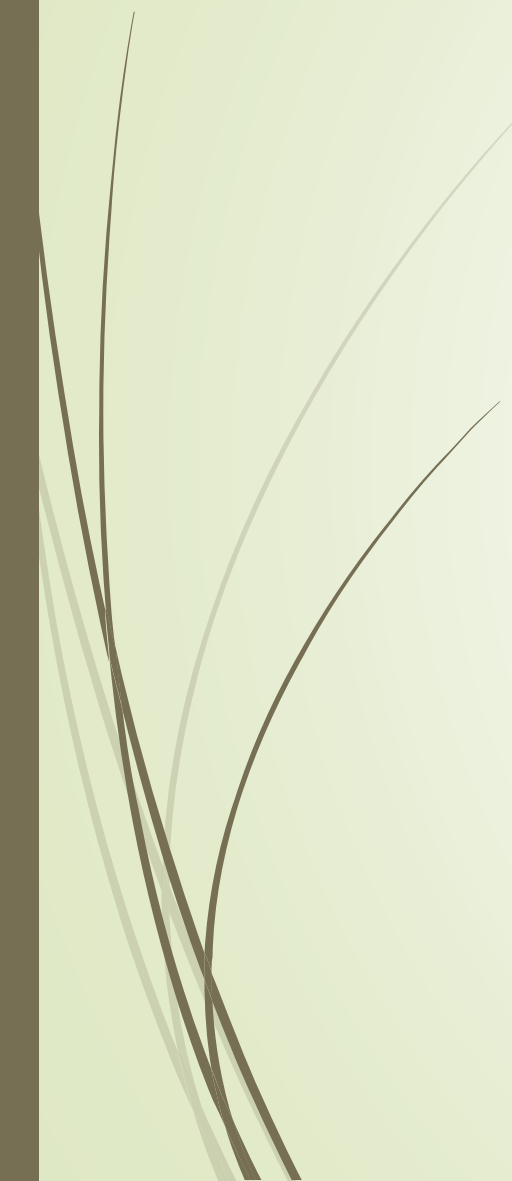


# Cut food waste

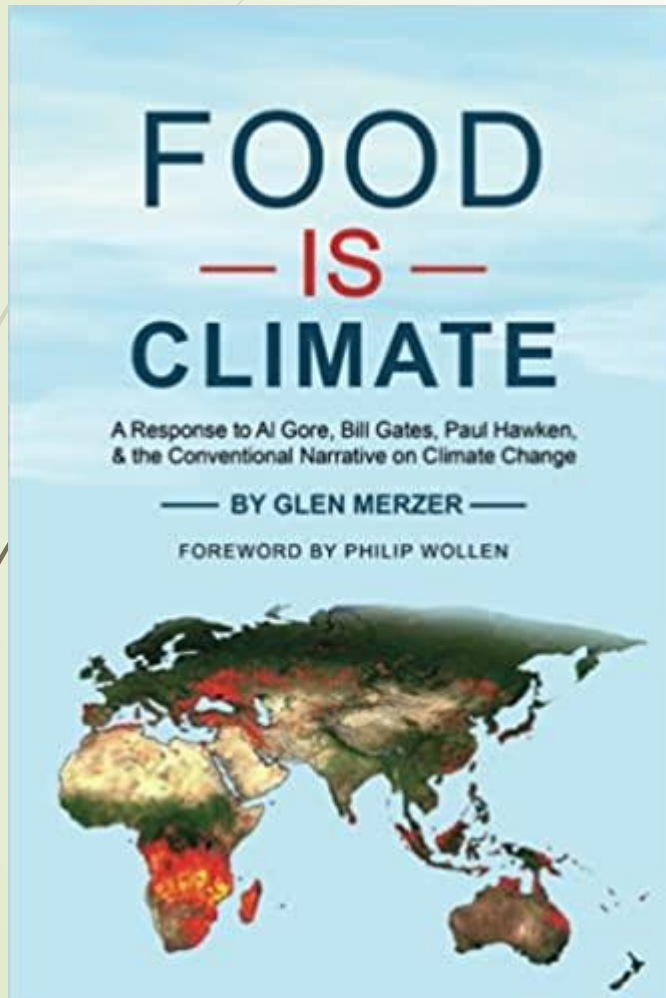
- 40% of food in our country is never eaten
- Use all parts of the food
- Accept less than perfect produce
- Make shopping list from meal plan, and only get what you can use before it goes bad:
  - Be aware of your frig and pantry inventory
  - Eat foods in order of age
  - Freeze before going bad
- Wrap up leftovers
- <https://www.fda.gov/food/consumers/food-waste-animations>



# Decrease waste: expiration dates

- **Best if used by/before**” indicates when a product will be of best flavor or quality. It is not a purchase or safety date.
  - **“Sell by”** tells the retailer when it’s time to rotate a product off store shelves. It is not a safety date.
  - **“Use by”** is the last date recommended for the use of the product while at peak quality. It is not a safety date except for when used on infant formula.
  - **“Freeze by”** indicates when a product should be frozen to maintain peak quality. It is not a purchase or safety date.
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# What is climate change?



## CAUSES OF CLIMATE CHANGE

### NATURAL CAUSES

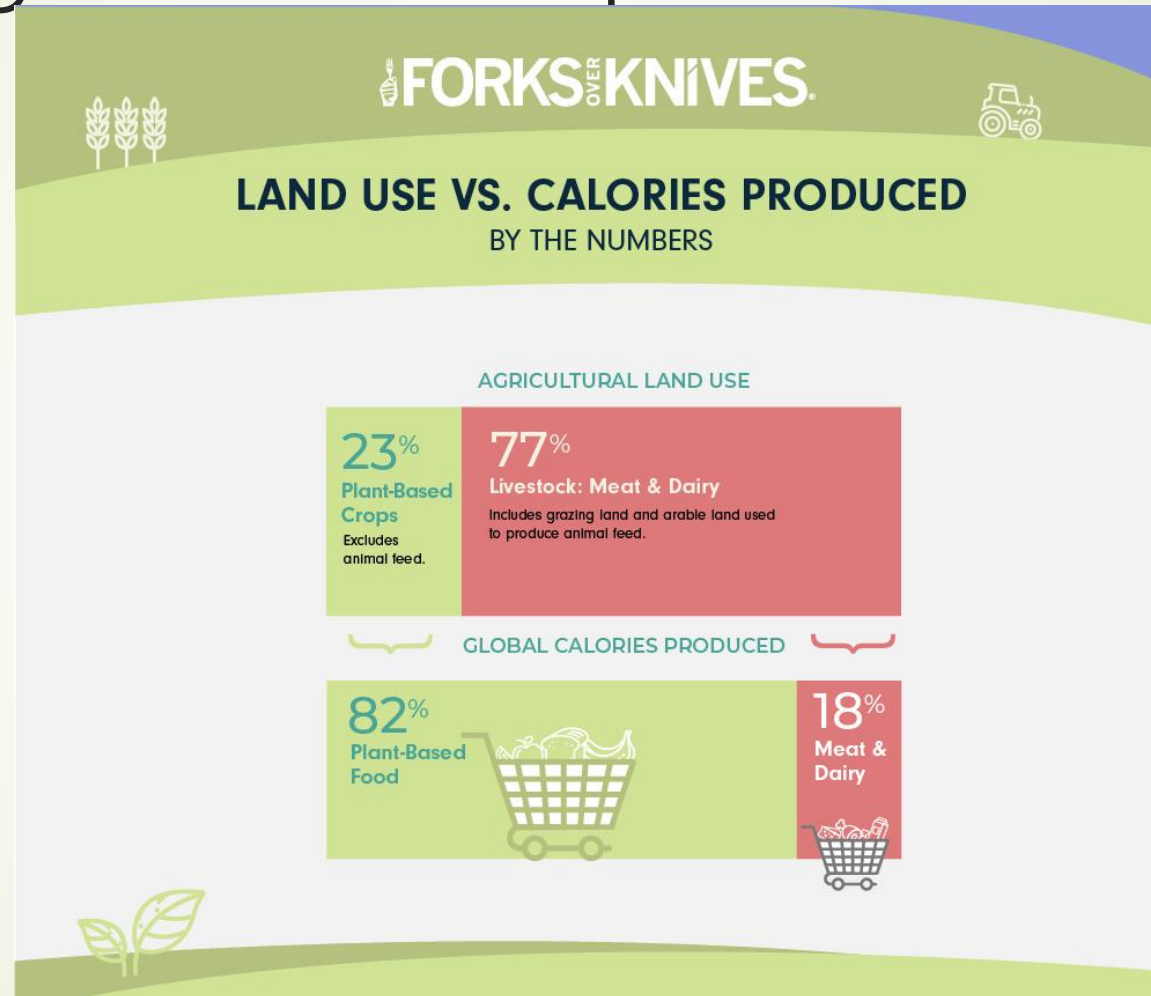
1. Changes in the Earth's orbit
2. Solar variations
3. Volcanic eruptions
4. Ocean currents
5. Internal climate variability

### ANTHROPOGENIC CAUSES

1. Fossil fuels (Transport, industries, urbanization)
2. Agriculture (Animal digestion, manure, soil management)
3. Land use changes (deforestation, upsetting grasslands and croplands)



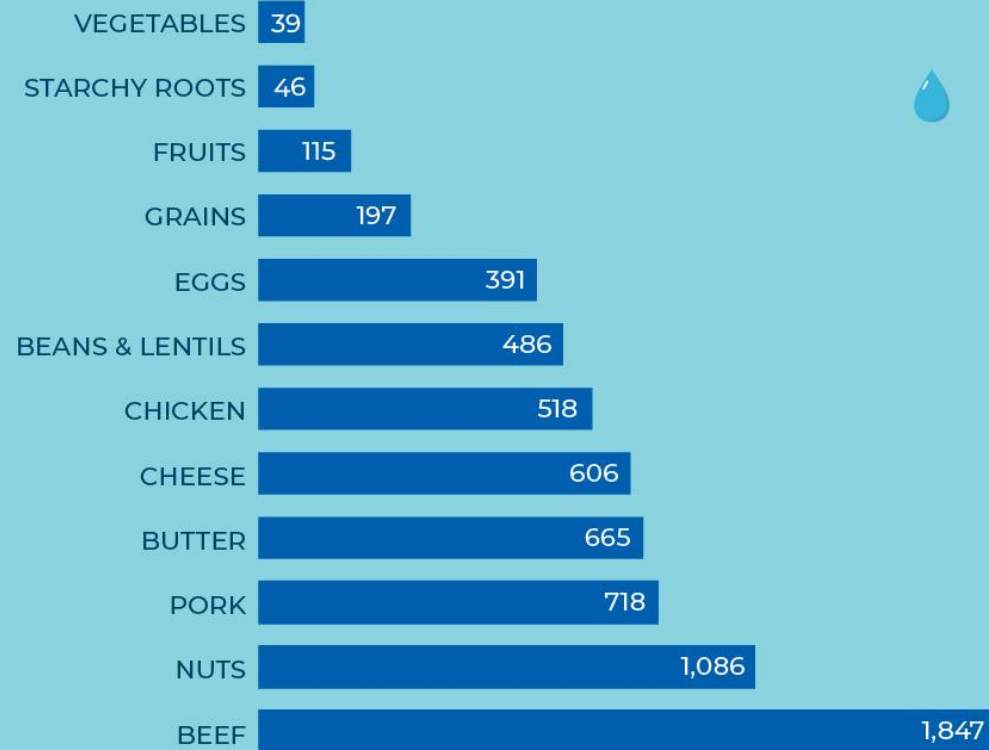
# Go green for the planet





## HOW MUCH WATER DOES IT TAKE?

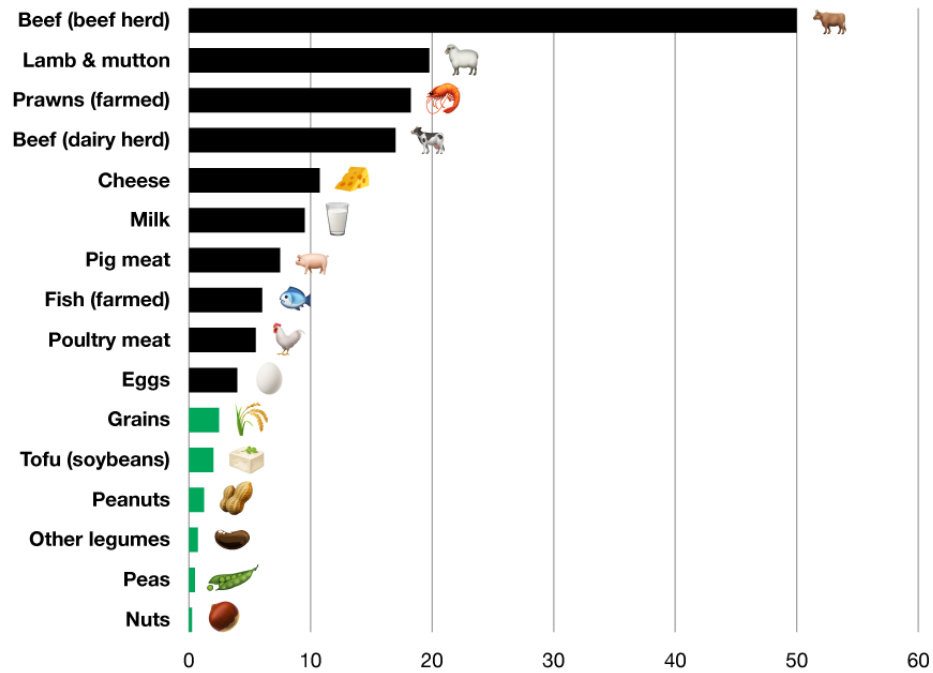
GALLONS OF WATER REQUIRED TO MAKE ONE POUND OF FOOD



¼ pound hamburger uses 425 gallons of water and enough energy to charge your phone for 6 months

# GREENHOUSE GAS EMISSIONS BY PROTEIN SOURCE

GHG in kilograms of CO<sub>2</sub> equivalent per 100 g protein



Source: Semba et al., 2021



@ MeatlessMonday

# MeatlessMonday

# Meatless Monday

## FIGHT CLIMATE CHANGE IN THE KITCHEN



GO MEATLESS MONDAY



EAT MORE PLANT-BASED MEALS



REDUCE FOOD WASTE



COMPOST FOOD SCRAPS



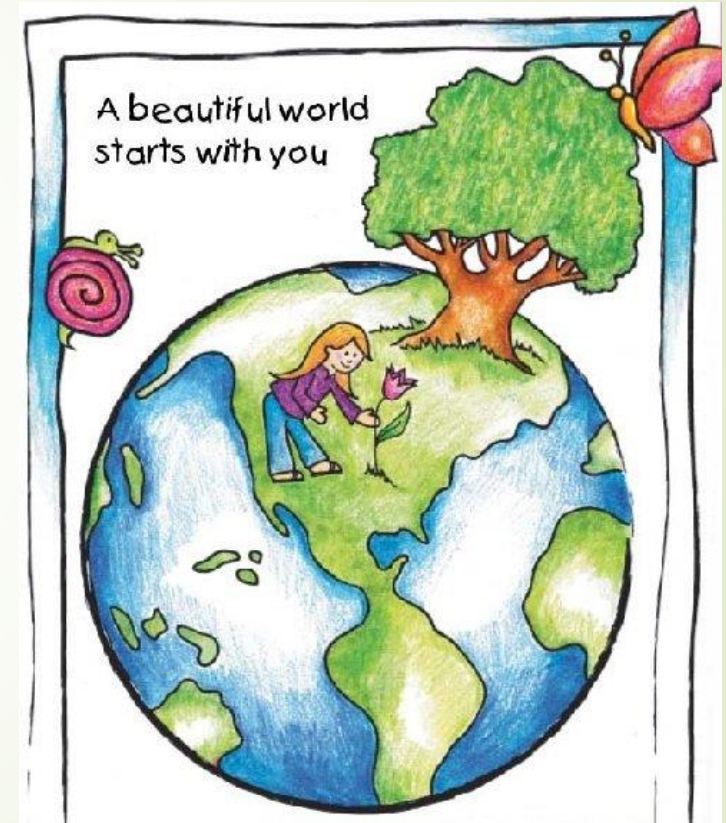
@ MeatlessMonday

# MeatlessMonday

Swapping out plant-based foods for meat and dairy just one day a week reduces climate-change emissions more than eating locally every day  
#MeatlessMonday

# Eating for our health and for the planet's

- ▶ Less meat & more produce
  - ▶ Saves water and carbon
  - ▶ Less green house gases
  - ▶ Better for our health
  - ▶ Animals love it

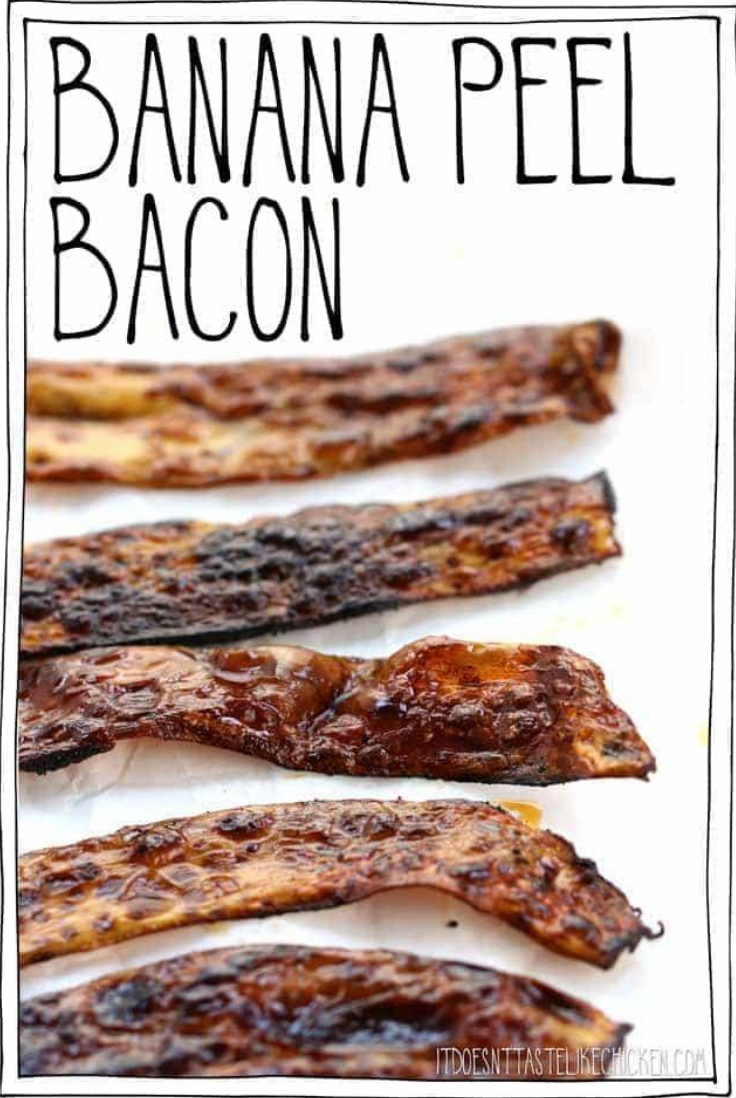




# Scrappy Cooking



- Recycle your scraps into meals
- Mix citrus peels with vinegar to make cleaner
- Vegetable scraps to make broth
- Potato peels to make nachos
- Stale bread? Make croutons
- Apple peels? Roast them, add cinnamon/sugar and add to oatmeal or top your nice cream
- Vegetable odds & ends? Make soup
- Banana peels? Make bacon, or a cake!





# Grow your own food – from scraps

- Ginger
- Green onions
- Celery
- Lettuce
- Avocado
- Potatoes
- Sweet potatoes



Marysnest.com

# Our recipe today

- Broccoli stem tater tots:
  - 2 broccoli stems grated
  - 1 broccoli head finely chopped
  - 1 potato grated
  - 1 tbsp flax meal mixed with 2 1/2 tbsp water
  - 1 tbsp nutritional yeast
  - 1/2 tsp sea salt
  - 1 tbsp olive oil spray







# Clean out the frig vegetable soup

- 4 cloves garlic minced
- 1 yellow onion diced
- 2 carrots diced
- 1 tbsp oregano
- 2 celery ribs diced
- 4 cups vegetable broth
- 2 1/2 cups diced tomatoes canned
- 1 1/2 cups white beans drained & rinsed (or any beans)
- 1/2 lemon squeezed
- 1 1/2 cups basmati rice cooked (or any leftover)
- 2 cups kale chopped (or any green)
- 1/4 cup fresh parsley (or any herb)

# Save our planet!

- ▶ What will you do?
  - ▶ Recycle?
  - ▶ Reduce?
  - ▶ Reuse?
  - ▶ Rot?
  - ▶ Cook with scraps?
  - ▶ Shop at Farmers' Market?

**SAVE THE  
PLANET**

***You can make a  
difference!***



**Every change can help!**