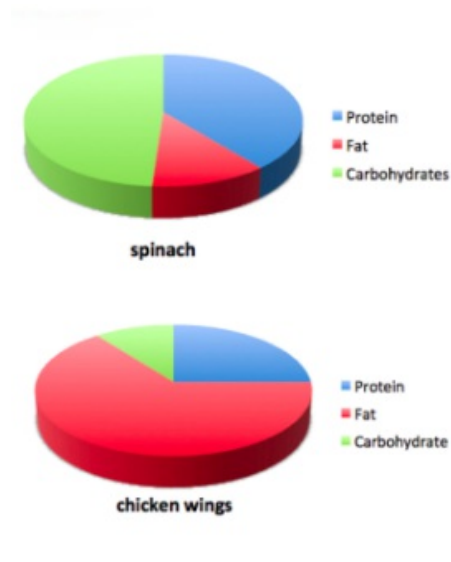




## Hello, Friends!

Welcome to the first newsletter of 2018 for Plants Over Animals. Once a month, I will be sending a brief email. The goal is to bring some of the most critical pieces of plant-based eating to the forefront of your mind, not only to help you understand the information, but also be prepared to answer questions from curious friends and family. Email me with any suggestions for topics to cover, or individual questions you have!



## HEALTH

Did you know....

that protein is not a food group?

It is one of the 3 macronutrients that provide calories (energy) to the body. Whole foods are composed of at least 2, and usually have all 3, macronutrients (proteins, carbohydrates, and fats). Whole, unprocessed plant foods also have many micronutrients (vitamins and minerals) that are essential for optimal health (e.g., calcium).

Food Groups include legumes, grains,

fruits, vegetables, nuts and seeds.

## ANIMALS

In case you were wondering...Cows do not make calcium. Calcium is a mineral that is found in the earth. Cows consume calcium as they eat plants, and then they secrete it through their mammary

glands so that their calves obtain this important micronutrient in their first year of life (before they start grazing). Eating plants is a more efficient way of getting calcium... (not to mention that most cows now get their calcium from supplements rather than plants). [read more...](#)



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## EARTH

Dwindling Maguro...

The oceans cover 70% of our planet. As a top predator in the marine food chain, tuna maintain a balance in the ocean environment. Bluefin tuna numbers have dropped by 96% as sushi popularity has soared. These fish are now on the brink of extinction. Human food choices have a huge impact on so many aspects of the environment. Veggie sushi rolls are a great alternative!



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### COOKING TIP:

Don't forget to keep ground flax seed in your kitchen (preferably the freezer to keep it fresh).

To replace an egg in your recipe, mix 1 T of flax with 3 T water, and then let it sit for 5 minutes.

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With hopes of good health, compassion, and responsibility,  
*Brooke at **Plants Over Animals***

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