



## PLANTS OVER ANIMALS



### Hello, Friends!

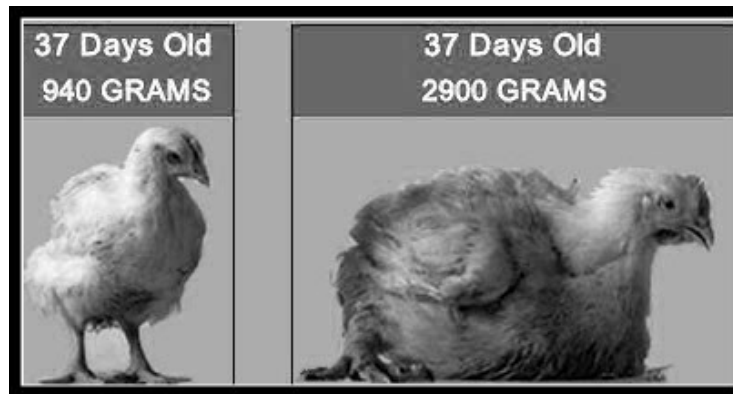
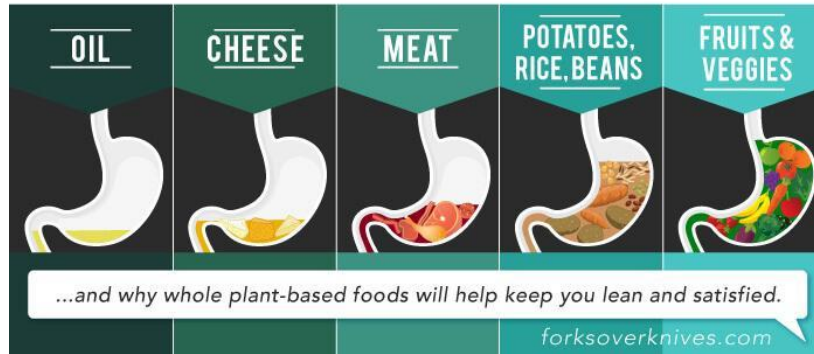
Last month, the newsletter started with "Protein is not a Food Group". Evidently, one of my favorite grocery stores did not read that section. As I walked past this "Protein Bar", it occurred to me that valuable information was missing: eggs have over 60% of calories from fat; a plain grilled chicken breast has at least 20% of calories from fat, even before it is added to a chicken salad recipe. There was no mention at the "Veggie Bar" that those foods have enough protein to feed the strongest, healthiest animals on the planet. Those herbivores would rather not be the "middle men" for our personal protein consumption!



### HEALTH

Did you know that foods can have the same caloric input, but the way they are used by the body (metabolized) can be quite different (think about 100 calories of a soda, and 100 calories of oatmeal). Isocaloric (the same number of calories) does not equal isometabolic (the same effect on metabolism). Choose nutrient-dense, fiber-dense foods that are close to their natural state. The nutrients that helped the plant thrive will also help you thrive, and the fiber will not only satiate you, but it will feed the good gut bacteria (our probiotics) which maintain the health of your colon, your immune system, and your entire body. The [Forks Over Knives site](#) helps you plan meals with health-promoting foods.

## CALORIE DENSITY WHAT 500 CALORIES LOOK LIKE



## ANIMALS

Just like humans, animals can only store a finite amount of carbohydrates in the form of glycogen. However, all animals can store a tremendous amount of fat. As meat is often sold by the pound, the industry has taken advantage of this by increasing the intramuscular fat accumulation in the animals. "Woody" fibers are an unexpected result, lacing the meat and creating a tough, chewy texture. [read more](#)



## EARTH

Methane from cows belching and farting is a significant contributor to greenhouse gases. A little over half of livestock methane comes from beef cattle, and the rest comes from dairy cows, buffalo, sheep and goats. To mitigate the environmental impact, farmers are looking for ways to reduce the methane production of cows by changing their feed. A farm in Australia is measuring the methane output to quantify reductions in this greenhouse gas. Imagine we just ate plants instead? Although methane traps heat at least 30x more than carbon dioxide, it leaves the environment much more rapidly (decades rather than centuries). This means that if we reduce demand, and thus supply, of animal foods, we can decrease the damaging environmental impact of animal agriculture!

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#### **COOKING TIP:**

Parchment Paper is a kitchen staple for roasting vegetables. It eliminates the need for oils and can be reused multiple times. Try roasting broccoli, carrots, chickpeas, or whatever your heart desires, and then add to salads, rice bowls, or enjoy them as a snack right off the tray!

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

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