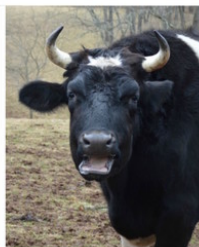


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**PLANTS OVER
ANIMALS**



Hello, Friends!

As National Nutrition Month comes to a close, I hope this newsletter helps you add a few more bits of knowledge to your personal database.

HEALTH

Most people start their meal planning by asking the question “Where will I get my protein?”. How many people do you know with a protein deficiency? A lack of protein is not a problem in America, or in any country where caloric needs are met (or exceeded). Instead, the question we should be asking is “**Where will I get my fiber?**”. Only 3% of Americans get the recommended daily intake of fiber (14 grams/1000 calories), which is health-promoting for many reasons, not the least of which include preventing cancer, lowering cholesterol, and maintaining a healthy weight. Where do we find fiber? In plants. Fiber is what helps a plant stay upright; animals don’t have fiber, instead they have a skeleton. (So, if you see fiber in your animal-based foods, it has been added from plant sources.) Here are just a few sources of fiber:



5 grams



13 grams



15 grams
in 1 cup



6 grams



6.6 grams
in 1 cup



ANIMALS

When we hear that a food is "natural", let's consider "for whom" and "under what conditions". Thousands of years ago, the exploitation of reproductive organs in other mammals (mainly cows) was established for the production of milk, cheese and other dairy products. Humans are the only species that consume the products of another lactating mammal, and we are the only species that continue consuming any mammary secretions into adulthood. In a quest to increase productivity in this market, cows are now fed diets high in cholesterol (which come from animals, not their natural diet) to increase their milk production. In the wild, a cow produces 10-25 pounds of milk per day, but on a dairy farm, she is artificially producing 90-110 pounds of milk per day.

EARTH

Did you know that over 40% of all U.S. land, 915 million acres, is used for livestock grazing and feed production? Over seven acres per minute are cleared to graze livestock and grow the grain to feed them. More than 80% of all harvested grain (and 50% of fish) are used to feed animals raised for slaughter. If we used the harvested crops to feed our hungry friends and neighbors rather than the "middle-men" (cows, pigs, etc), the supply could be eaten by at least 10 times as many people as are fed with animal-based foods.

COOKING TIP: The No-Oil Sauté!

Can you guess how many olives it takes to make 1 tablespoon of olive oil? The answer is around 44 olives! Each tablespoon of olive oil delivers 40 calories of fat, so cooking with it can contribute to excess consumption. Heating oils also leads to the production of free radicals, which are known to cause cell damage. Have you ever tried to sauté with water or vegetable broth? It's an amazingly simple swap!! [Click for directions.](#)

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

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