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**PLANTS OVER
ANIMALS**



Hello, Friends!

Did you know that April is "National Soy Foods Month"? Many people are concerned with the estrogen-like effects of soy, so I'd like to share information on phytoestrogens (phyto = plant) and allay your fears about eating soy in the form of tofu, edamame, tempeh, miso or drinking a soy latte.

HEALTH

Plant estrogens, also known as phytoestrogens, come in several forms (e.g., isoflavones, lignans, and coumestrol). There are many plant foods that contain these compounds -- flax, soy, sesame seeds, garbanzo beans, alfalfa sprouts, pistachios, and the list goes on. Somehow, soy has gotten singled out as the food of concern. What has been overlooked, though, is the dual properties of the soy phytoestrogens; they have anti-estrogenic effects on some human estrogen receptors and pro-estrogenic effects on others. Soy has been shown to be protective against breast, endometrial, and ovarian cancers as well as prostate cancer, while also promoting bone health and alleviating symptoms of menopause. If you fear adding estrogens to your body, attention should turn to sources of **mammalian estrogen** which comes in the form of milk, cheese, yogurt, ice cream, butter, and other dairy products. [for more info, see this video](#)



ANIMALS

Eggs are a constant source of inquiry. It is common belief that no harm is done by taking a hen's eggs for human consumption, but there is



harm to both the bird and to the human. While wild hens lay 10-15 eggs each year, those on egg farms lay 250-300 eggs in the same time frame. This unnatural situation takes its toll on the hens with painful, and sometimes fatal reproductive disorders. For information about

effects of eggs on human health, see this [fact sheet](#).

EARTH

Have you ever thought about not flushing the toilet because you want to save water? Or skipping a shower because you already took one today and don't really NEED another one? Did you know that you could save 6 months worth of showers by not eating one pound of beef! (Go ahead, read it again.) A tremendous amount of water is used to raise cows, chickens, pigs, to then to produce meat, poultry, eggs, and dairy from those animals. Growing plants for human consumption (rather than feeding them to the "middleman") allows for an excellent opportunity to conserve water. A plant-based diet uses about 300 gallons of water each day while a meat-eating diet requires about 4,000 gallons.

COOKING TIP: Three-Ingredient Tofu Yogurt

A simple replacement for dairy-based yogurts or even commercial non-dairy yogurts can be made with 3 ingredients: silken tofu, a sweetener, and vanilla extract. Date paste or date syrup add a desirable thickness to the yogurt, but maple syrup makes a good second choice. Frozen fruit (i.e., strawberries, raspberries, blueberries) can be blended in to create a flavored yogurt. See [this video](#) for a demo and the recipe.



With hopes of good health, compassion, and responsibility,
Brooke at [Plants Over Animals](#)

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