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**PLANTS OVER
ANIMALS**



Hello, Friends!

With Memorial Day rapidly approaching, cookouts are on the horizon. Plant-based grillables make summer a great time to expand your cooking repertoire. Skewered veggies, grilled peaches and pineapples, and **carrot hot dogs** are some of my favorites (always with a side of **baked beans**)! I hope you all have a wonderful holiday weekend :-)

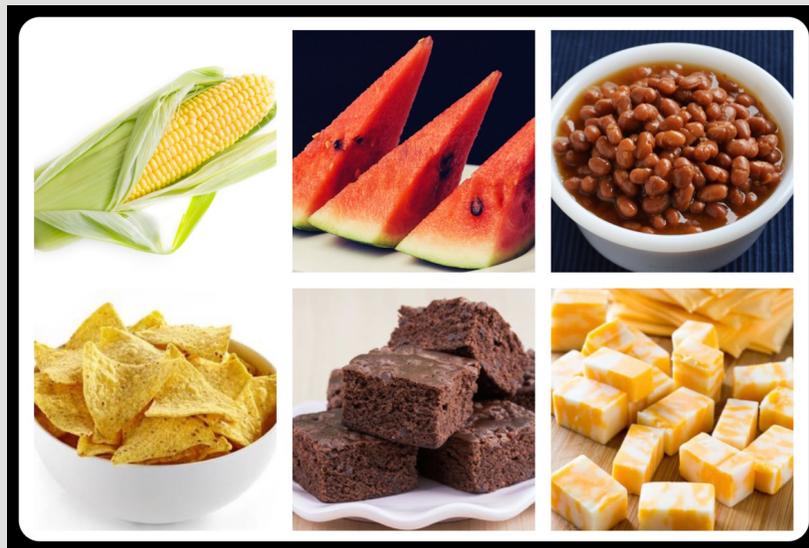


HEALTH

For many reasons, we often eat more than our bodies need. Maybe we overeat to clean our plate and "get our money's worth", soothe feelings of anxiety or sadness, indulge a pleasure center, or satisfy a never-ending hunger signal. The average daily caloric intake per person has climbed steadily in the U.S. over the past 40 years. Between 1970 and 2010, Americans went from **2,025 to 2,481** calories per day ([Pew Research Center](#)).

What is the source of those extra calories? Almost half have come from dairy fats (esp. cheese), salad oils, and cooking oils. In addition, over a third of those extra calories have been in the form of processed grains (e.g., bread, chips, crackers, brownies, cookies). All of these sources lack fiber and nutrients that trigger satiety (feeling full).

Most whole plant foods are high in vitamins, minerals and fiber, and low in calories. For these reasons, they will leave you feeling full before those extra calories are consumed. Good swaps at a cookout would be another ear of **corn** instead of a handful of tortilla chips (usually 40-50% fat), a slice of **watermelon** rather than another cookie or brownie, or another scoop of **baked beans** instead of a piece of cheese (cheddar is about 70% fat).



MEAT AND CANCER
HOW STRONG IS THE EVIDENCE?

IARC CARCINOGENIC CLASSIFICATION GROUPS

- Group 1: Causes Cancer**
 - Processed meats have been given Group 1 classification
 - INCLUDES: Salami, Bacon, Sausages and hot dogs
- Group 2A: Probably Causes Cancer**
 - Red meats have been given Group 2A classification
 - Pork, Beef, Lamb
 - (Does not include chicken or fish)
- Group 2B: Possibly Causes Cancer**
- Group 3: Not classifiable as a cause of cancer**
- Group 4: Probably not a cause of cancer**

These categories represent how likely something is to cause cancer in humans, not how many cancers it causes.

WE WILL BEAT CANCER SOONER cra.org CANCER RESEARCH UK

ANIMALS

Regardless of how he was fed and raised, did you know that this baby sheep may increase your risk of cancer if you put him on your plate? The World Health Organization classified processed meats as a Level 1 Carcinogen in 2015, and they also classified red meats (beef, pork, lamb) as a probable cause of cancer ([read more](#)).

In the 1960's, we were told that cigarettes cause cancer and 40 years later decided

to ban smoking from most public spaces. With cancer ranking just behind heart disease for leading causes of death, maybe we can accelerate our response and reduce our risk of this terrible disease. [Click here](#) for the full size of the chart on the left.

EARTH

If you had to choose between limiting offspring and limiting certain food choices, which would be your preference? Thirty years from now, the world population will have grown from 7 to 9 billion people, and the planet will not be able to supply food for everyone if today's methods persist. In addition to the erratic rainfall, droughts, and record high and low temperatures that are becoming increasingly common, feeding herbivorous animals raised for meat also removes a tremendous amount of plant-based foods from the available supply for humans. Many more mouths can be fed if we reserve crops for human consumption rather than feeding them to a "middle-man" (with the added benefit of eliminating the tremendous amount of methane production and excretory waste from livestock).



COOKING TIP: Using a Bean Masher

Investing \$6 in a bean masher is a great decision! If you are currently using a fork or a potato masher, you may want to consider a bean masher to expedite the making of plant-based burgers for summertime cookouts. Effort and time are drastically reduced when the right tools are used for many processes, and mashing beans is no exception ;-)
[Click here for my favorite](#). Then, try it out while making the *Kidney Bean Quinoa Burgers*. Enjoy!

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

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