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**PLANTS OVER
ANIMALS**



Hello, Friends!

Happy National Smoothie Day! June 21st is the official first day of summer. With birds chirping, bunnies scurrying, and frogs croaking, I am reminded of the incredible value of diversity in our environment.

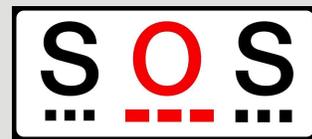


As monocropping increases in order to feed livestock with corn and soy, and the pastures of cows expand to the exclusion of other land animals, biodiversity dwindles. Warm weather and sunshine provide abundant farm-fresh crops and an opportunity to enjoy a variety of available fruits and vegetables. Let's savor

them!

HEALTH

SOS represents an internationally recognized signal for help, particularly by ships in distress. However, those same three letters in the world of nutrition may be what stands between you (or a loved one) and optimal health. Salt, Oil, and Sugar are key ingredients in processed foods, but they are also used liberally in home kitchens and restaurants.



Aside from the waistline benefits, a low SOS, plant-based diet has been shown to prevent, halt, and reverse many common chronic diseases (heart disease, type 2 diabetes, Alzheimer's and more). To reduce your intake of salt, oil, and sugar, be judicious about reading nutrition facts when you buy packaged food. Better yet, choose to eat whole foods that do not even need a package with labels!

	Sweet Potato (84 grams)	Sweet Potato Fries* (84 grams/12 pieces)
Total Calories	72	140
Fat, from oil	0	5g (45 calories)
Salt	46 mg	140 mg
Sugar, added	0	4g (16 calories)
		*Alexia brand



ANIMALS

The summer months recognize two animals for very different reasons. What is the difference between Turkey Lovers Month (June) and National Dog Day (August 26th)? In America, the consumption of turkey meat is celebrated while we revere the companionship of dogs. In East Asia (China, Korea, Vietnam), however, ingestion of dog flesh occurs on a daily basis and is

considered a normal eating behavior. Throughout history, traditions have prevailed despite new knowledge that certain habits are primitive, and often unethical.

In 2001, Melanie Joy, a professor at University of Massachusetts Boston, introduced the word "carnism" and turned the invisible belief system that eating animals is normal, natural, and necessary into a topic that we can discuss and debate openly. Her book, *Why We Love Dogs, Eat Pigs, and Wear Cows*, and her [TED Talk](#), are excellent resources to delve further into this area of study.

EARTH

Did you know that "eating local" on a meat-based diet incurs a higher carbon footprint than shipping plant-based foods from South America? Raising animals for food uses a tremendous amount of water, emits copious greenhouse gases, and takes a toll on the earth in a myriad of other ways. Of course, local fruits and vegetables provide the most nutrition as transit time reduces nutrients and increases rates of spoilage.

In this month's issue of [Science](#), Poore and Nemecek discuss the global impact of food production and discuss how producers and consumers can reduce the environmental consequences of the food system.

KITCHEN TIP: Hail the Freezer!

If you are wondering what to do with all that empty space in your freezer where processed frozen foods used to reside, here are some ideas. Frozen fruits and vegetables make quick, nutritious meals more available. Of course, summertime



lends itself to drinkable smoothies and thick smoothie bowls (frozen berries, mango, pineapple). Frozen broccoli, corn, peas, edamame, and so many other vegetables can be steamed in the microwave and served over rice or quinoa, or even riced cauliflower (all of which can be purchased frozen). A **delicious dressing** tops it all off (if you want to buy one, more **oil-free dressings** are becoming available in grocery stores on **online**).

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

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