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**PLANTS OVER
ANIMALS**



Hello and Happy Belated Earth Day!

Yesterday was perfect for Earth Day in Baltimore. Beautiful spring weather, flowering trees, and birds chirping brought a feeling of hope and renewal. Choosing to eat plants over animals impacts our environment by reducing land and water use, and eliminating the methane produced by animal agriculture. Keep up the good work!

HEALTH

How is the word "*stuff*" similar to the word "*carbs*"? They are both extremely nonspecific, and can be quite annoying as a teenage answer. What did you do today? What did you eat today?



Many people answer with one of these words when describing what they DON'T EAT. Since this can be very misleading, I urge you to eliminate the word "*carbs*" from your vocabulary (unless you are having a scientific discussion about macronutrients). Instead, let's get specific and use one of these four categories instead:

1. Natural simple sugars (berries, melon, apples, oranges, grapes)
2. Processed simple sugars (candy, sports drinks)
3. Natural complex sugars (squash, potatoes, rice, oats)
4. Processed complex sugars (pastries, donuts, bagels)

So, when you hear about a low-carb diet, be critical. Is the diet low in processed, refined sugars (simple and complex), or is it low in the natural sugars (simple and complex) provided by whole plant foods that feed the biggest, strongest animals on the planet (gorillas, bison, elephants, horses, etc.)?

Let me know if you think this would be helpful for promoting the intake of foods high in vitamins, minerals, and fiber (while reducing the intake of foods with low nutritional value)!!



ANIMALS

Have you ever thought about how cosmetics are tested? Luckily, bans are now being placed on companies to prohibit animal testing. California passed the Cruelty-Free Cosmetics Act last year, prohibiting the sale of cosmetic products and ingredients that have been tested on animals beginning in January 2020. Cruelty-free, vegan cosmetic companies sell products

worldwide, so look to support them and encourage the spread of this compassionate trend!

Gandhi once said, "The greatness of a nation can be judged by the way its animals are treated."

EARTH

In collaboration with the World Wildlife Fund, Silverback Film's new documentary series, **Our Planet**, displays the beauty of our world while at the same time bringing to light the challenges we are facing with climate change. I highly recommend watching it on Netflix this weekend! [Check out the website.](#)



KITCHEN TIP:

Do you like to bake? Make sure your baking soda and baking powder are still able to do their job. Put a tablespoon of baking soda in a small dish and add a few drops of lemon juice; if it creates fizz, keep it. For baking powder (which already contains acid in powdered form), pour boiling water into your dish. Either way, the presence of bubbles validates the ability to produce gas and be useful in your baked goods.

If you are in spring cleaning mode and want to embark on a pantry cleanout, I am happy to help. [Email or call](#) to set up a time (either in person or through Zoom if you are out of town)!

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

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