

[Like](#)[Tweet](#)[Pin](#)[+1](#)[in](#)

**PLANTS OVER
ANIMALS**



Hello and Happy Spring!

I hope you are enjoying the warmer days and extended daylight. Of course, it is important to stay hydrated as temperatures rise.... and speaking of water.... with over 70% of the Earth's surface covered with water, this month's edition of the newsletter focuses on marine life.

HEALTH

Omega-3s: one reason often cited for eating fish. Let's unpack this essential nutrient (and discover another situation in which certain foods become the "middleman")!



- * What are omega-3s? They are one type of polyunsaturated fatty acid (as opposed to monounsaturated or saturated fats).
- * How much omega-3 do we need each day? 1.6 grams for men, 1.1 grams for women.
- * Why do we need omega-3 fatty acids? They are critical for cell membrane function, production of hormones, controlling inflammation, and much more.
- * Where do fish get omega-3? Algae, the plants of the sea.

When fish are eaten to obtain omega-3s, they also pass along heavy metals (e.g. mercury) and industrial contaminants (PCBs, dioxin, etc.). To maximize health, plant-based sources of omega-3s are the winners. Just one tablespoon of ground flaxseed has 1.8 grams of omega-3s. Other plant sources include chia seeds, hemp seeds, walnuts, soy foods, green leafy vegetables, and seaweed.



ANIMALS

If you have experienced the beauty of a coral reef while snorkeling in warm waters, or have simply been mesmerized by a collection of fish in an aquarium, it may be time to take a deep dive into the complex lives of fish. Eating tuna and salmon while revering colorful koi parallels killing cows and pigs while cuddling with puppies and kittens. These aquatic vertebrates experience more than you may imagine and can remember, plan, collaborate, learn, and play. As we continue to explore the full meaning of compassion, I encourage you to watch this beautiful video: [Rethink Fish](#).

EARTH

Would you continue to use plastic if you knew it's final destination could be the ocean? Or worse, the stomach of a whale? In the Philippines, a dead whale washed ashore with 88 pounds of plastic shopping bags in his stomach. The move away from using plastic needs to be accelerated, and each one of us plays a role. Load your car or purse or gym bag with water bottles, keep your reusable grocery bags on the floor of your car and use them in EVERY store, not just for groceries. We will make a difference if we make an effort. [[BBC News](#)]



KITCHEN TIP:

Flax seeds need to be ground in order to reap the maximal nutritional benefits. A coffee grinder, blender, or food processor will do the job. Once ground, they should be stored in the freezer to prevent the omega-3 fatty acids from oxidizing and turning rancid. The sniff test will reveal an odor (some describe it like oil paint or crayons) if the flaxseed has spoiled.

With hopes of good health, compassion, and responsibility,

Brooke at [Plants Over Animals](#)

[Web Version](#)

[Preferences](#)

[Forward](#)

[Unsubscribe](#)

Powered by
[GoDaddy Email Marketing](#)®