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**PLANTS OVER  
ANIMALS**



## Hello Friends!

ipcc

Did you hear about the **latest report** this month by the United Nations Intergovernmental Panel on Climate Change? The bottom line: shifting toward a plant-based diet and reducing animal agriculture needs to be in the forefront as people think about solving climate change. I appreciate your interest in food choices for the sustainability of our planet as well as improved health, and compassion toward animals!

## HEALTH

Supplements are a \$200 billion industry. Friends and strangers recommend supplements to each other with little, if any, regard for safety. Certainly, the intention is to improve the health of the listener. But do they know that supplements are not regulated by the FDA (Food and Drug Administration)? Makers of supplements do not need to show that their products are effective or even safe before they are sold.



Maybe before we add a pill, we should try to find the "supplement" in a natural whole food and add that to our diet. For example, beta glucans, a soluble fiber, are sold as an immune enhancer; they are found in the cell walls of certain yeast, fungi, bacteria, and algae, but also in oats and barley. If we consider that the supplement contains 250mg of beta glucans and they recommend taking it up to 3x/day, the same dose of beta glucans (750mg) could be easily obtained with a few rolled oats.



**1/2 cup oats =  
2.25g beta glucans**

**500 mg tablet,  
1-3x per day =  
0.5 - 1.5g beta glucans**

Who is ready for some oatmeal? [Click here for recipes](#) for overnight oats or super-easy homemade granola featuring oats.

If you are currently taking any supplements, just take a moment to consider if it warrants the expense, the packaging, and most importantly any deleterious side effects or interactions.

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## **ANIMALS**

Look at all the beta glucans these guys are getting!



## EARTH

Reduce, reuse, recycle. This three-word mantra for consumers (those of us who live in modern society) often gets truncated so that only the final word is really heard. We feel justified with our purchases if we are able to recycle the packaging. But, not all recyclables are created equal. Glass, aluminum, and tin are MUCH MORE easily recycled than plastic.



Here is one example of how we can make a difference: buy nut butters in glass jars rather than plastic jars. You can REUSE or RECYCLE the glass (I use the jars to make overnight oats, thereby reducing waste and eating my beta glucans)!

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

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