

# Why eat Plants?

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## ENVIRONMENT

Animal agriculture is responsible for more GHG emissions than all the cars on the road. It uses an immense amount of our dwindling natural resources (water, fuel, land) and creates an immense amount of waste that destroys ecosystems like farmland and reefs. You can do more for the future sustainability of our planet by simply switching from hamburgers to veggie burgers than any other single action you can take.

## ANIMALS

Although humans have been eating animals for a long time, it doesn't mean we need to. When we learn that we can fully nourish our bodies with plant foods, it seems senseless to inflict pain and suffering on other species just to follow social norms.

## HEALTH

More and more research is showing the link between the amount of meat and dairy in a standard American diet and chronic degenerative diseases, including cancer and heart disease. I don't think going vegan is a magical cure-all, but it certainly sets you up for the best chance to avoid certain diseases. We're getting all the protective nutrients from plants without getting the harmful stuff in animals.

## SOCIAL JUSTICE

The poorest countries ransack their resources for the richest countries eat giant steaks. It hardly seems fair for them to sell out their future, and leave themselves hungry, for us to satisfy our tastebuds.

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## REPLACE HAMBURGERS WITH VEGGIE BURGERS.

Meat contains an inflammatory compound called arachidonic acid, along with saturated fat and cholesterol. Cows produce 150 billion gallons of methane per day—a major contributor to global warming. One pound of beef requires 2,500 gallons of water.

## REPLACE CHICKEN WITH CHICKPEAS.

Chicken is the most common source of salmonella poisoning, may be linked with eczema, and carries a higher risk of certain cancers (pancreatic, colon and prostate). There are 9 billion chickens on the planet, producing 1/4-1 pound of waste every single day.

## REPLACE FISH WITH FLAXSEEDS.

Seafood contains heavy metals like mercury, as well as microplastics from our polluted oceans. Flaxseeds can give you all the omega-3 you need, without the mercury. About 90 million to 100 million tons of fish are taken from the ocean every year, and for each pound of fish there is up to five pounds of bycatch. (That's fish that are caught up unintentionally in nets.) We could see fishless oceans by 2048.

## REPLACE DAIRY WITH NONDAIRY OPTIONS.

There's now almond milk and coconut yogurt and soy nog and all varieties to choose from. Dairy is one of the most common triggers of food allergy intolerance, and a common trigger for acne. One pound of cheese requires 900 gallons of water. One gallon of milk requires 1,000 gallons of water.

## REPLACE EGGS WITH FLAX OR CHIA SEEDS.

Or try a chickpea (or tofu) scramble. It takes 477 gallons of water to produce just one pound of eggs. While the debate over whether eggs are healthy rages on, they're not adding any nutrients we can't get elsewhere, and for people with diabetes they may increase the risk of heart disease.

