



GOOD FOR THE PLANET, GOOD FOR YOU: **Dishes Made with At Least 80% Plant-Based Ingredients**

According to the United Nations . . .

- 18% of greenhouse gas emissions come from livestock--more than from transportation!
- Livestock is among the most damaging influences on the earth's increasingly scarce water resources.
- Livestock now uses 30% of the earth's entire land surface.
- 70% of former forests in the Amazon are now used for livestock grazing.
- With increased prosperity, people are consuming more meat. Global meat production is projected to more than double by the year 2050.

According to Center for a Livable Future at Johns Hopkins University . . .

- One personal act can have a profound impact on these issues--reducing meat consumption.
- To produce 1 pound of feedlot beef requires about 2,400 gallons of water and 7 pounds of grain.
- The average American consumes 273 pounds of meat each year.
- Even modest reductions in meat consumption in such a culture would substantially reduce the burden on our natural resources.

For Your Health . . .

- For optimal health, build meals consisting of 80% vegetables and 20% protein into your diet.
- On average, Americans eat about twice as much as the 56 grams of daily protein recommended by the United States Department of Agriculture.
- Get meat out of the center of the plate and build the meal around what you used to consider side dishes--not only vegetables, but also grains, beans, salads and fruit.

Meat-Free Mondays . . .

- Paul McCartney and PETA are encouraging people to adopt "meat-free Mondays" to cut carbon emissions.
- The former Beatle said cutting out meat one day a week is popular in Australia, where shoppers have become conscious of the environmental impact of cattle and meat production.
- He said: "A lot of people go to the gym on a Monday. With meat-free Mondays, it's a bit like going to the gym but with the added advantage of protecting the planet."