

# I WANT TO TRY EATING PLANT-BASED! *HOW DO I START?*

**1. Go at your own pace.**  
**Set concrete and manageable goals.**

**2. Try new foods at restaurants  
and grocery stores.**

**3. Make one new recipe at scheduled  
intervals (weekly, biweekly or  
monthly) that is 100% plant-based.**

Request recipe booklets from the CVC  
or find recipes online at:

**[ChooseVeg.com](http://ChooseVeg.com)**

**[MinimalistBaker.com](http://MinimalistBaker.com)**

**[CarrotsandFlowers.com](http://CarrotsandFlowers.com)**

**[VeganOutreach.org/Vegan/](http://VeganOutreach.org/Vegan/)**

**4. Write a Food Diary.**

List all the meals you eat for two weeks.  
Then start to switch out the meat and  
dairy ingredients 1-2 at a time for  
plant-based versions. There are many  
delicious plant-based meats and cheeses!

**5. Find supportive people.**



Watch My Vegan Journey  
on CVC YouTube.



Email the CVC to get online support,  
in-person mentoring, and/or free vegan  
foods to try!

## EATING GREEN

Eating plant-based is for many of us the  
most important lifestyle change we can  
make to protect the environment. We can  
magnify our positive impact by spreading  
the word about plant-based diets. Together,  
we have the power to change the world!



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International vegan  
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**[LOVINGHUT.US/REYNOLDSBURG](http://LOVINGHUT.US/REYNOLDSBURG)**



**DOSHI DOUGH**

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**WHAT IS THE NUMBER ONE THING  
YOU CAN DO TO**

**PROTECT THE  
ENVIRONMENT?**



## PROTECT THE PLANET BY EATING GREEN

Surprisingly, dietary choices are a huge contributor to environmental destruction. According to the lead researcher in a study out of Oxford eating a plant-based diet “is probably the single biggest way to reduce your impact on planet Earth.”<sup>1</sup> Learn more about the impact of our food choices below.

## CHECK OUT THESE EDUCATIONAL RESOURCES:

**Cowspiracy (Netflix)**    **NutritionFacts.org**  
**Challenge 22.com**    **Veganuary.com**



### CLIMATE CHANGE

According to the United Nations, livestock’s contribution to climate change “amounts to about 18%... an even larger contribution than the transportation sector worldwide.”<sup>2</sup> Other experts even estimate that when methane emissions and deforestation are taken into consideration animal agriculture is responsible for 51% of climate change.<sup>3</sup>

Researchers at the University of Chicago found that the average American could do more to reduce climate change by eating a plant-based diet than by switching to a hybrid car.<sup>4</sup>

### HABITAT & SPECIES DESTRUCTION

Growing feed for livestock is land intensive. Livestock production “is the predominant driver of natural habitat loss worldwide.”<sup>5</sup>

45% of the earth’s land is currently used to produce livestock.<sup>6</sup>

Animal agriculture is “likely the leading cause of modern species extinctions.”<sup>7</sup>

Livestock production is responsible for 91% of Amazon Rainforest destruction.<sup>8</sup>

### WATER & OCEAN ENVIRONMENTS

Livestock in the U.S. produce 40x more waste than U.S. citizens.<sup>9</sup> The waste from livestock is “probably the largest source of water pollution.”<sup>10</sup>

It is estimated that at least 46% of the Great Pacific Garbage Patch is comprised of fishing nets.<sup>11</sup>

Due to overfishing and pollution, researchers project that there will be a collapse of seafood species by 2050.<sup>12</sup>

Livestock production is the primary driver of nitrogen and phosphorous pollution<sup>13</sup>, which lead to so called “ocean dead zones.”<sup>14</sup>

The staples of a plant-based diet (cereals, root vegetables, and legumes) have by far the smallest water footprint per gram of protein and per calorie. Animal products, on the other hand, have by far the largest water footprints.<sup>15</sup>



### HEALTH

Eating plant-based is not only good for the environment; it could also improve your health. According to the Academy of Nutrition and Dietetics, vegan diets are “healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases.”<sup>16</sup> In particular, they note that vegans have a reduced risk for “heart disease, type 2 diabetes, hypertension, certain types of cancer, and obesity.” Not only can vegan diets lower risk for these leading causes of death, they also fare better in clinical trials than omnivorous diets in the treatment and reversal of obesity<sup>17</sup> and diabetes.<sup>18</sup> Low fat vegan diets in conjunction with other lifestyle changes have also been shown to reverse the number 1 killer of Americans: heart disease.<sup>19</sup>



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