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

Minimalist Baker.com

CarrotsandFlowers.com

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!



A PRODUCT OF

COLUMBUS VEG COMMUNITY

CHECK OUT THE CVC ONLINE AT:

Columbus Veg.org





f ColumbusVegCommunity

VISIT OUR AMAZING SPONSORS:



SCULPTDECOR

Making your sculptural vision a reality.

SCULPTDECOR.COM



LOVING HUT

International vegan fast food chain.

LOVINGHUT.US/REYNOLDSBURG



DOSHI DOUGH

Plant-based multigrain baked goods.

DOSHIDOUGH.COM

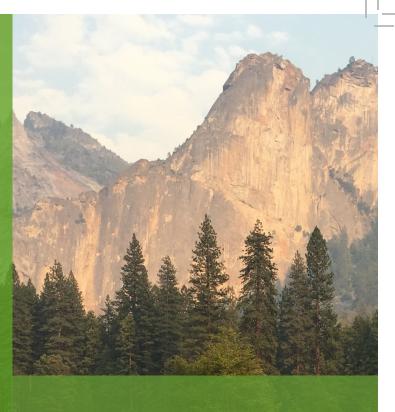


EDEN BURGER

Plant-based burgers, milkshakes & more!

EDENBURGER.ORG

Designed by Kendra Bosse | kendrabosse.com



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." Learn more about the impact of our food choices below.



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."² Other experts even estimate that when methane emissions and deforestation are taken into consideration animal agriculture is responsible for 51% of climate change.³

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. 4

HABITAT & SPECIES DESTRUCTION

Growing feed for livestock is land intensive. Livestock production "is the predominant driver of natural habitat loss worldwide." 5

45% of the earth's land is currently used to produce livestock. 6

Animal agriculture is "likely the leading cause of modern species extinctions." 7

Livestock production is responsible for 91% of Amazon Rainforest destruction.8

WATER & OCEAN ENVIRONMENTS

Livestock in the U.S. produce 40x more waste than U.S. citizens. ⁹ The waste from livestock is "probably the largest source of water pollution."10

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

Due to overfishing and pollution, researchers project that there will be a collapse of seafood species by 2050.¹²

Livestock production is the primary driver of nitrogen and phosphorous pollution¹³, which lead to so called "ocean dead zones." 14

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. 15



CHECK OUT THESE EDUCATIONAL RESOURCES:

Cowspiracy (Netflix)

NutritionFacts.org

Challenge 22.com

Veganuary.com

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." 16 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 obesity¹⁷ and diabetes.¹⁸ Low fat vegan diets in conjunction with other lifestyle changes have also been shown to reverse the number 1 killer of Americans: heart disease.¹⁹



- "Reducing food's environmental impacts through producers and consumers." Science (2018)
- 2. "Livestock's Long Shadow." Food and Agriculture Organization of The United Nations
- (2006)
 3. "Livestock and Climate Change: What if the key actors in climate change are...cows, pigs and chickens?" WorldWatch (2009)
 4. "Diet Energy and Global Warming." Earth Interactions (2006)
 5. "Biodiversity conservation: The key is reducing meat consumption." Science of the Total
- Environment (2015)
- 6. "Livestock and Climate Change." International Livestock Research Institute (2011)
 7. "Biodiversity conservation: The key is reducing meat consumption." Science of the Total Environment (2015) 8. "Causes of Deforestation of the Brazilian Amazon." World Bank (2004)
- "Industrial Food Animal Production." Johns Hopkins Bloomberg School of Public Health, 4
 Aug. http://www.foodsystemprimer.org/food-production/industrial-food-animal-production/
- 10. "Livestock and Environment." Food and Agriculture Organization of the United
- Nationshttp://www.fao.org/ag/againfo/themes/en/Environment.html (2018)
 11. "Evidence that the Great Pacific Garbage Patch is rapidly accumulating plastic." Scientific
- 12. "Impacts of Biodiversity Loss on Ocean Ecosystem Services." Science (2006)
- "Exploring global changes in nitrogen and phosphorus cycles in agriculture induced by livestock production over the 1900–2050 period." Proceedings of the National Academy of Sciences of the United States of America (2013)
- 14. "Nutrient Pollution." Environmental Protection Organization https://www.epa. gov/nutrientpollution/
 15. "The green, blue and grey water footprint of crops and derived crop products." UNESCO
- (2010)
 16. "Position of the Academy of Nutrition and Dietetics: Vegetarian Diets." American Academy
- of Nutrition and Dietetics Position Paper (2016)
- "Vegetarian diets and weight reduction: A meta-analysis of randomized controlled trials.
 J Gen Intern Med (2015)
 18. "A low-fat vegan diet improves glycemic control and cardiovascular risk factors in a

randomized clinical trial in individuals with type 2 diabetes." Diabetes Care (2006) 19. "Can lifestyle changes reverse coronary heart disease?" Lancet (1990)