

The background of the slide is a light gray gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance.

FOOD CHOICES: WHAT DO THEY HAVE TO DO WITH CLIMATE CHANGE?

ACPAC MEMBER TIME

MAY 14, 2018

AGENDA

- AHIMSA – DO NO HARM, NONVIOLENCE
- FOOD CHOICES AND HARM TO THE PLANET
- WHOLE FOODS PLANT-BASED DIET
- BOOKS, COOKBOOKS, DVDs AND OTHER RESOURCES

WHAT IS FOOD?

- FOOD IS A FUNDAMENTAL NECESSITY
- FOOD IS A SOURCE AND METAPHOR FOR LIFE, LOVE, GENEROSITY, CELEBRATION, PLEASURE, REASSURANCE, ACQUISITION, AND CONSUMPTION
- FOOD IS ALSO A SOURCE AND METAPHOR FOR CONTROL, DOMINATION, CRUELTY, AND DEATH
- FOOD CHOICES ARE LEARNED, I.E., COMFORT FOOD
- LIVE IN DENIAL SO DON'T HAVE TO CHANGE BEHAVIOR

FOOD CHOICES AND HARM - PLANET

- PLANET FACING MAJOR SPECIES EXTINCTION
- COWS PRODUCE MORE GREENHOUSE GASES (18%) THAN THE ENTIRE TRANSPORTATION INDUSTRY (13%)
- MAJOR CONTRIBUTOR TO HUMAN-CAUSED CLIMATE CHANGE
- MAJOR CONTRIBUTOR TO RESOURCE CONSUMPTION (WATER INTENSIVE, GRAIN FOR FEED, ETC.)
 - TAKES 660 GALLONS OF WATER TO MAKE ONE HAMBURGER, 2220 GALLONS FOR 1 POUND OF BEEF, 1,000 GALLONS OF WATER TO MAKE ONE GALLON OF MILK
 - WATER FOOTPRINT IN ANIMAL AGRICULTURE LARGER THAN ANYTHING ELSE
 - ONE COW EATS 140 TO 150 POUNDS OF GRAIN A DAY – 50% OF US GRAIN FEEDING ANIMALS, NOT PEOPLE – IF WE DIDN'T BREED THEM WE WOULDN'T HAVE TO FEED THEM

FOOD CHOICES AND HARM - PLANET

- MAJOR CONTRIBUTOR TO ENVIRONMENTAL DEGRADATION/DESTRUCTION
- NATIONAL ENVIRONMENTAL GROUPS NO FOCUS ON ANIMAL AGRICULTURE
- ANIMAL AGRICULTURE RESPONSIBLE FOR 91% OF AMAZON RAINFOREST DESTRUCTION – RAINFORESTS ARE THE PLANET'S LUNGS
- HUGE AMOUNTS OF ANIMAL EXCREMENT RUN OFF INTO WATER SYSTEMS AND THE OCEANS – KILLING THE OCEANS – WE'LL HAVE FISHLESS OCEANS BY 2048

FOOD CHOICES AND HARM - PLANET

- ANIMAL AGRICULTURE WELL-FUNDED LOBBYING EFFORTS
- FBI – GUILTY OF DOMESTIC TERRORISM IF DISRUPT PROFITS FROM ANIMAL AGRICULTURE
- RAISING AND KILLING ANIMALS FOR FOOD IS KILLING THE PLANET
- NOT SUSTAINABLE
- SOLUTION: STOP CONSUMING ANIMALS AND LIVE A VEGAN LIFESTYLE

CHOOSING A WHOLE FOODS, PLANT-BASED DIET

- *DHHS: 2015 FOOD PYRAMID: FOOD AND NUTRITION PLAY A CRUCIAL ROLE IN HEALTH PROMOTION AND CHRONIC DISEASE PREVENTION – PYRAMID REFLECTS THE CURRENT BODY OF NUTRITION SCIENCE - HELPS HEALTH PROFESSIONALS AND POLICYMAKERS GUIDE AMERICANS TO MAKE HEALTHY FOOD AND BEVERAGE CHOICES, AND SERVES AS THE SCIENCE-BASED FOUNDATION FOR VITAL NUTRITION POLICIES AND PROGRAMS ACROSS THE UNITED STATES.*
 - SUSTAINABILITY - ENVIRONMENT
 - DECREASE INTAKE OF MEAT AND DAIRY
- WHERE DO YOU FALL? WHERE DO YOU WANT TO BE?
 - MEAT EATER – MEAT, POULTRY, FISH
 - PESCATARIAN, DOES NOT EAT MEAT BUT DOES EAT FISH
 - VEGETARIAN (OVO-LACTO) – NO MEAT, POULTRY OR FISH, DAIRY ONLY
 - VEGAN, RAW – NOTHING WITH A FACE OR A MOTHER

MAKING DIFFERENT CHOICES

- CHOOSING A WHOLE FOODS, PLANT-BASED DIET
- STRATEGIES
 - COLD TURKEY VERSUS EVOLUTION
 - MEATLESS MONDAYS
 - ESTABLISHED PROGRAMS: PCRM 21-DAY KICKSTART PROGRAM WITH MEAL PLAN; HSUS
 - FORKS OVER KNIVES – BOOK, MOVIE, COOKBOOK
 - LOTS OF RESOURCES AVAILABLE
- RESOURCES: BOOKS, COOKBOOKS, DVDS, WEBSITES, APPS, ETC.

G-BOMBS DAILY

- DR. JOEL FUHRMAN – ANTI-CANCER FOODS
 - GREENS
 - BEANS
 - ONIONS
 - MUSHROOMS
 - BERRIES
 - SEEDS

THE ESSENTIAL EIGHT

- WHOLE FOODS DIET – JOHN MACKAY, DR. ALONA PULDE AND DR. MATTHEW LEDERMAN
- THE ESSENTIAL EIGHT
 - WHOLE GRAINS AND STARCHY VEGETABLES
 - BEANS AND OTHER LEGUMES
 - BERRIES
 - OTHER FRUITS
 - CRUCIFEROUS VEGETABLES
 - LEAFY GREENS
 - NONSTARCHY VEGETABLES
 - NUTS AND SEEDS

OTHER HEALTH CONSIDERATIONS

- VEGAN DIET AND HEALTH
 - PROTEIN
 - CALCIUM
 - VITAMINS B12, A, AND D
 - SOY
 - ESTROGEN
 - THYROID
 - CARBOHYDRATES
 - OILS
- READING LABELS
- ORGANIC VERSUS CONVENTIONAL, BUYING LOCAL, CARBON FOOTPRINT
- GMOs
- FOOD SAFETY
- EXERCISE
- SLEEP
- STRESS
- HAPPINESS/JOY

ENVIRONMENTAL WORKING GROUP: DIRTY DOZEN

- STRAWBERRIES
- SPINACH
- NECTARINES
- APPLES
- PEACHES
- PEARS
- CHERRIES
- GRAPES
- CELERY
- TOMATOES
- SWEET BELL PEPPERS
- POTATOES

ENVIRONMENTAL WORKING GROUP: CLEAN FIFTEEN

- SWEET CORN *
- AVOCADOS
- PINEAPPLE
- CABBAGE
- ONIONS
- SWEET FROZEN PEAS
- PAPAYAS*
- ASPARAGUS
- MANGOES
- EGGPLANT
- HONEYDEW MELON
- KIWI
- CANTALOUPE
- CAULIFLOWER
- GRAPEFRUIT



**EAT WELL, STRESS LESS, MOVE MORE, LOVE MORE,
THAT'S IT!**

DR. DEAN ORNISH