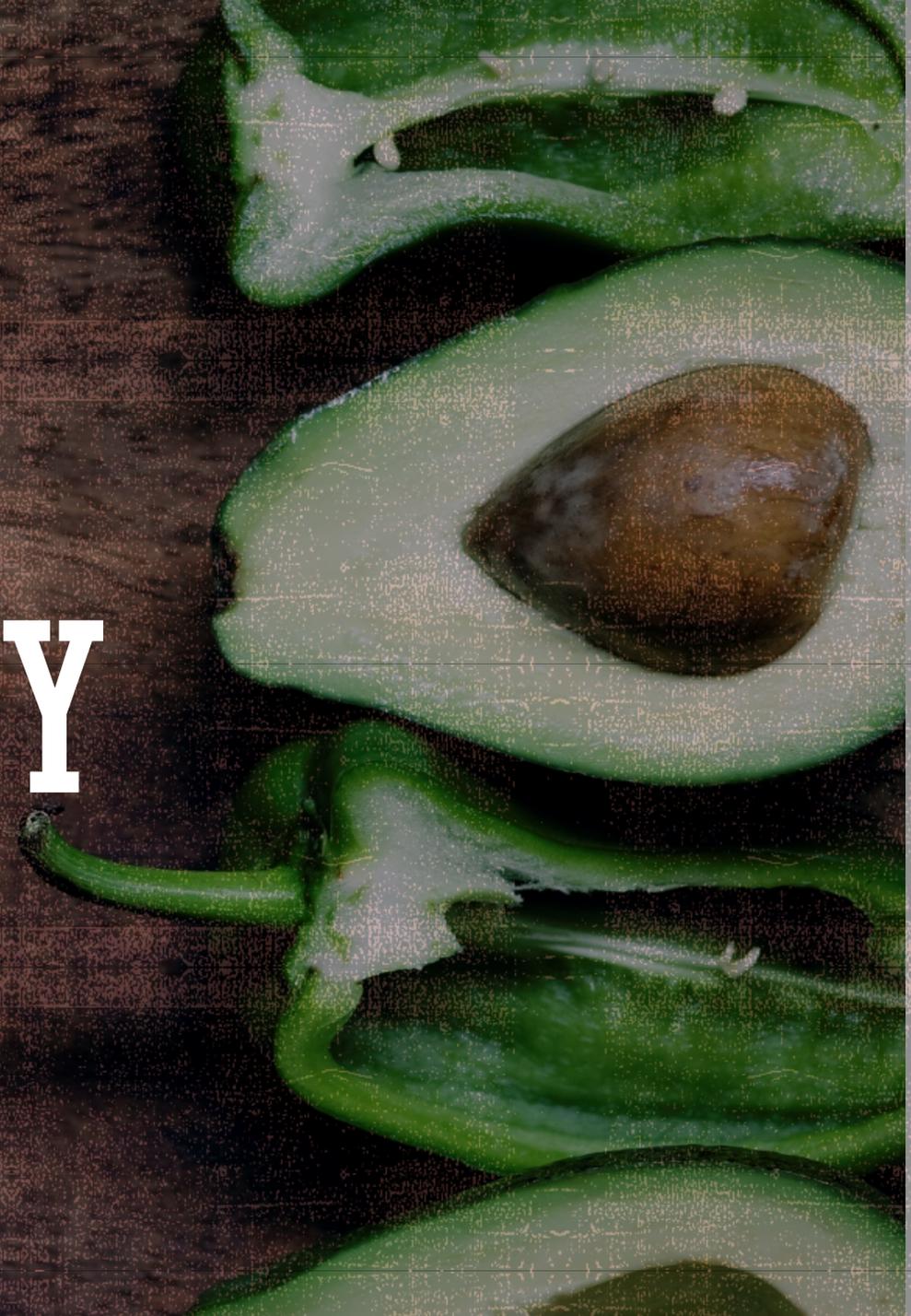


A PLANT-BASED EATING JOURNEY

To improve your health and help save the planet



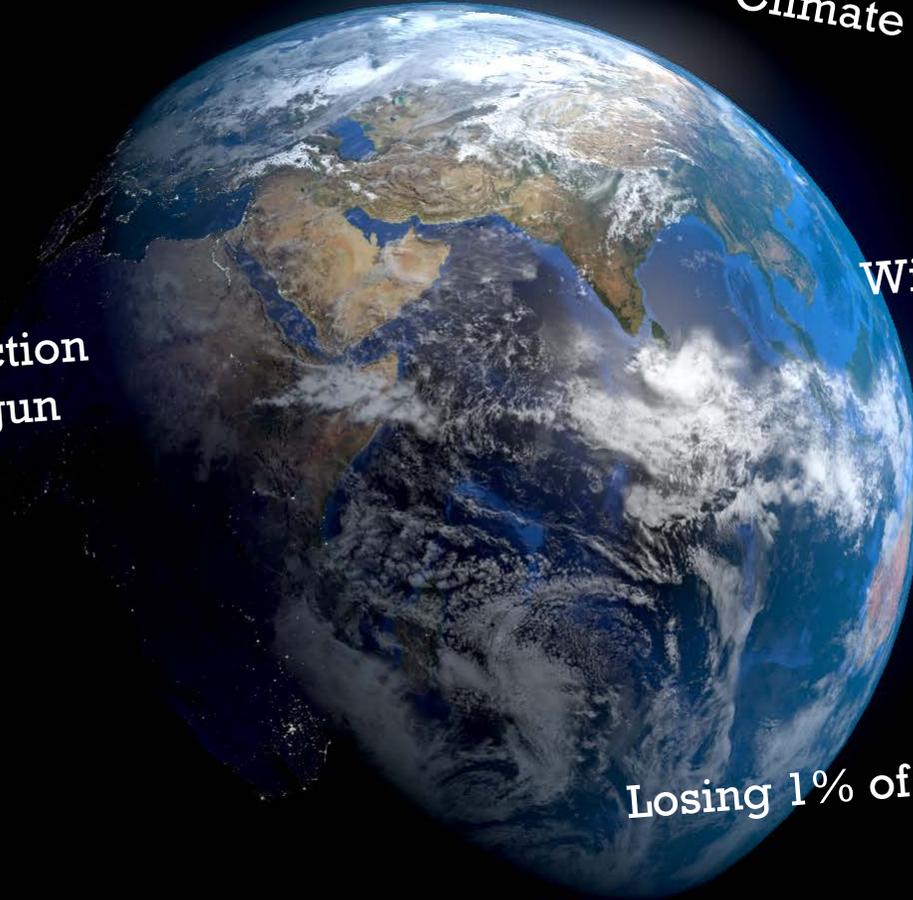
IT'S BEEN TOUGH FOR MOTHER EARTH...

Global Pandemic

Microplastics found in human blood.

6th mass extinction
of wildlife begun

3.75 million hectares of
rainforests lost in 2021 alone.



Climate already up 1.1° Celsius

Wildfires in US and ...Siberia!

War

5 ocean garbage patches

Losing 1% of world's topsoil per year

MY PLANT-BASED JOURNEY BEGAN IN 2009



- Daughter wanted to be vegetarian at age 7.
 - Our family became Pescetarian.
 - Mom and Dad lost weight!
- The pandemic hopelessness led to growth of our waists.
- In Spring 2021, my husband was hospitalized.
 - Mom began nutritional research
- *And we began a WFPB diet.*

KEY TERMS



- VEGETARIAN – eats no meat, often eats eggs and dairy. (Sometimes called OVO-LACTO VEGETARIAN)
- PESCEARIAN – eats no meat, but does eat fish and seafood.
- VEGAN – eats no animal products (no meat, eggs, dairy, fish, honey), but may use processed foods. May also avoid animal products such as leather.
- WFPB (WHOLE FOOD PLANT-BASED) – vegan but avoids processed foods.
- WFPB SOS-FREE – Same as WFPB but avoids sugar, oil, and salt.

OUR RESULTS

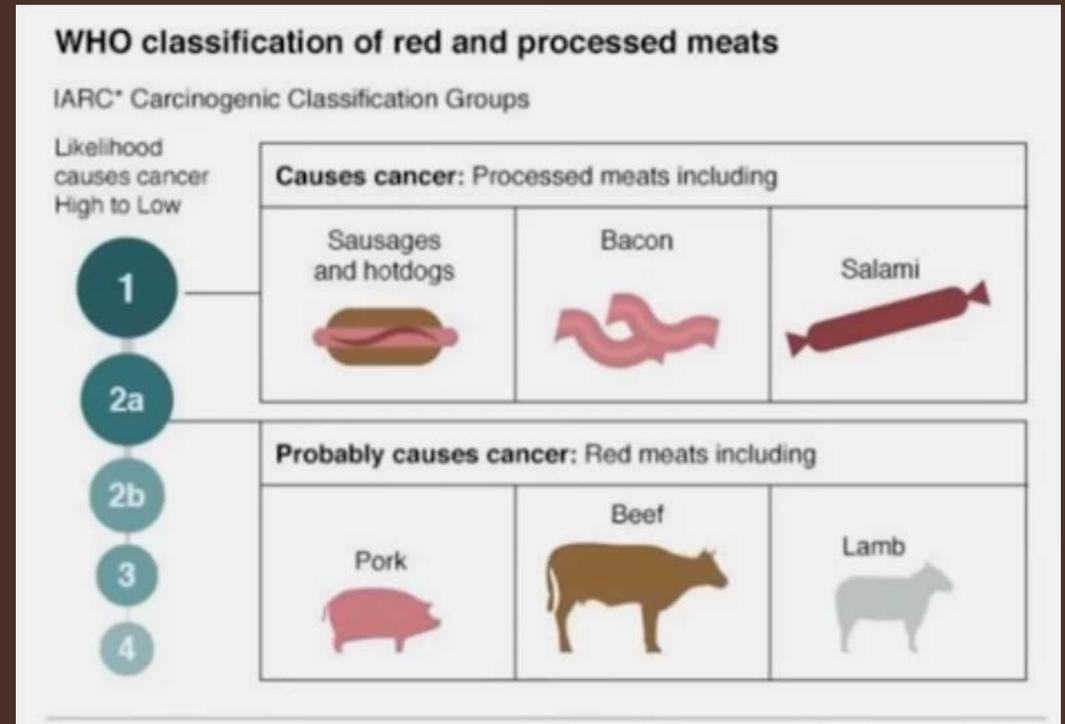
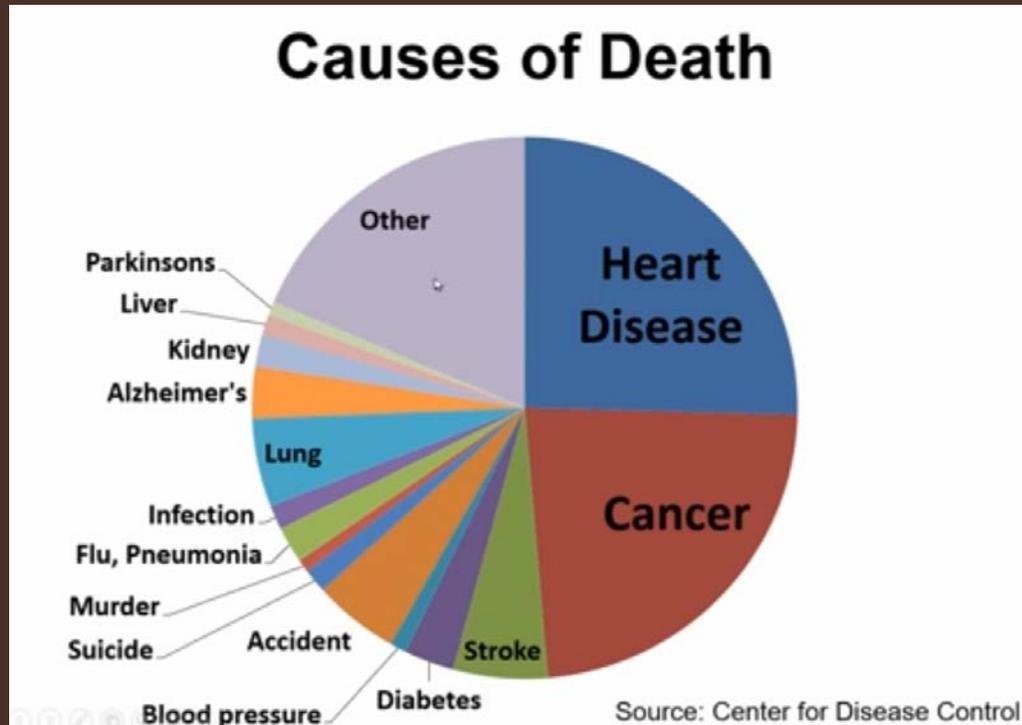
- No Deprivation, for the first time ever!
 - We ate unlimited veggies, fruits, grains, seeds, potatoes, fermented foods, and only monitored nut portions.
 - **Eggs:** Learned that TMAO, which is produced when your body digests eggs or meat, raises the risk of cardiovascular disease. (*Harvard Medical School, 2019*).
 - **Fish:** Learned that 99% of fish (including small fish) have microplastic contamination. (*oceanconservancy.org*)
 - **Oil:** Giving up oil which is high calorie & not tasty or nutritious was easy!
- We lost weight steadily and easily.
 - Michele lost 57 pounds, Kent lost 90 pounds.
- Joint pain from arthritis, torn meniscus gone.
- Depression / hopelessness gone.
- Kent's gastro issues resolved.



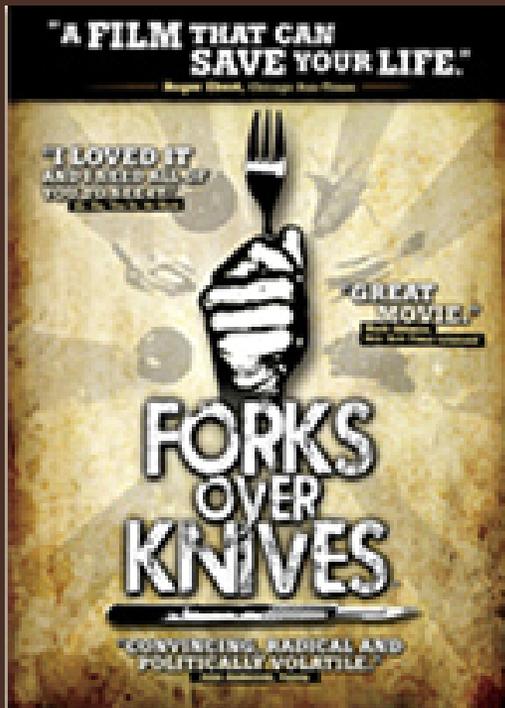
Summer 2022

RECENT DEVELOPMENTS IN HEALTH

Lots of clinical evidence to show that most chronic diseases can be improved or reversed by a *Whole Foods Plant Based Diet*.



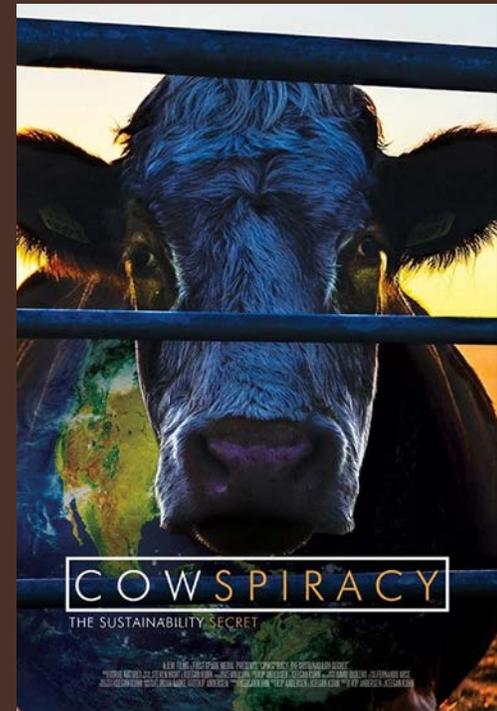
BEST FILMS TO WATCH



Watch at Forksoverknives.com



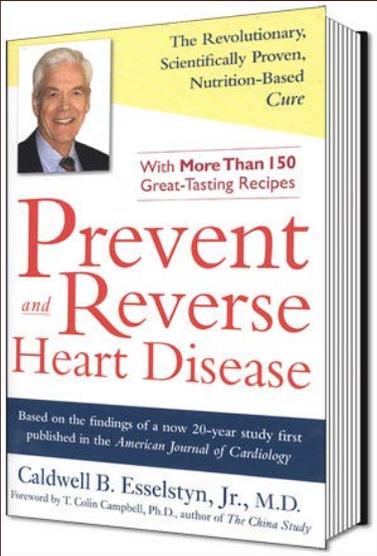
Netflix, Amazon



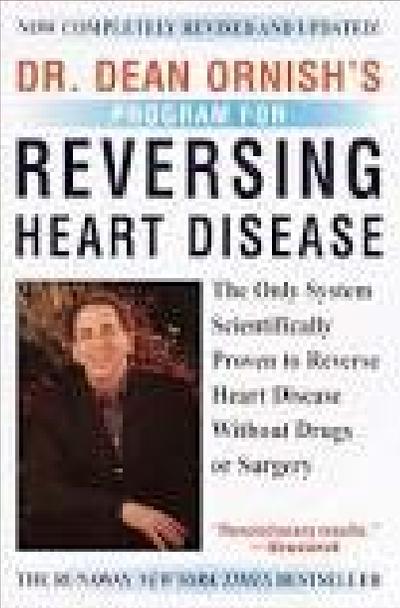
Netflix

DOCTORS TO FOLLOW

HEART DISEASE

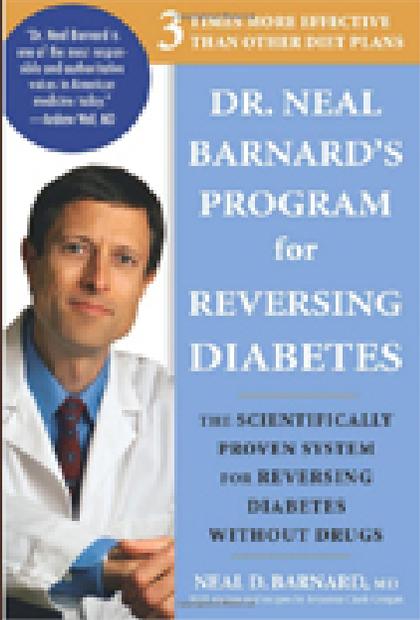


Caldwell Esselstyn, MD

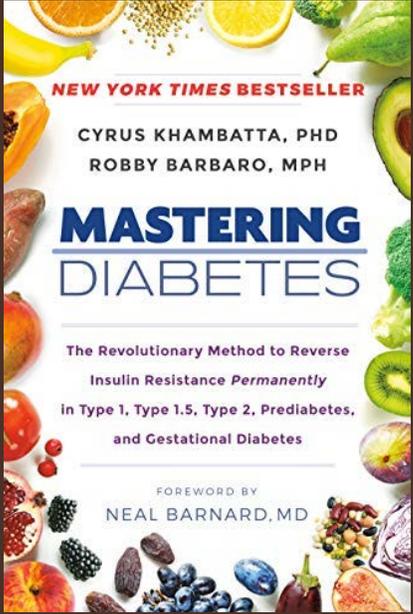


Dean Ornish, MD

DIABETES



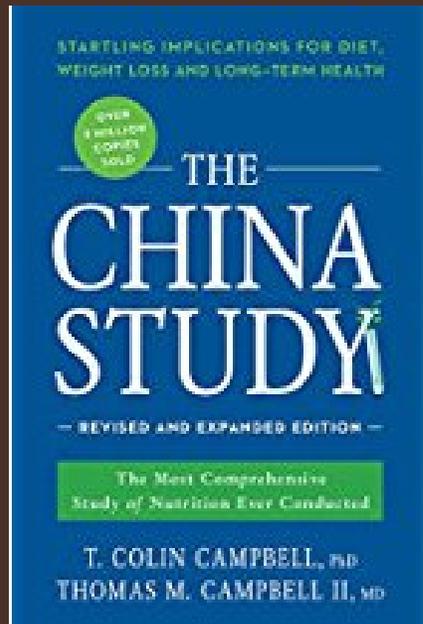
Neal Barnard, MD



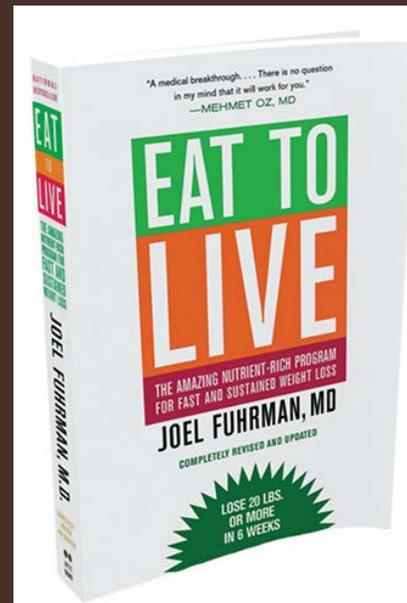
Cyrus Khambatta, PhD

MORE DOCTORS TO FOLLOW

CANCER

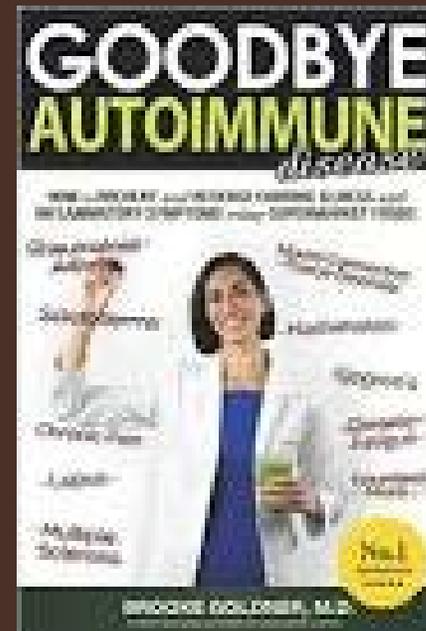


T. Colin Campell, PhD



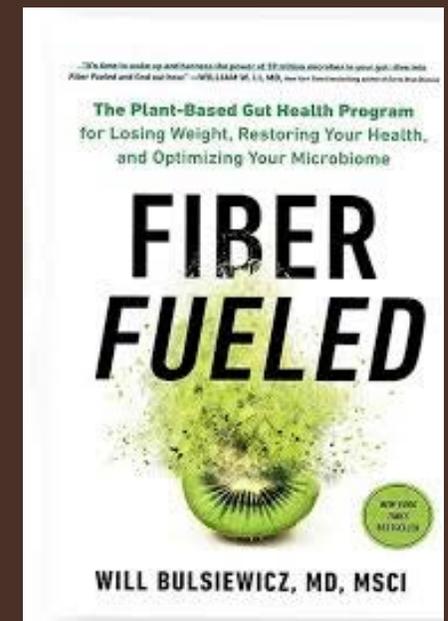
Joel Fuhrman, MD

AUTO-IMMUNE



Brooke Goldner, MD

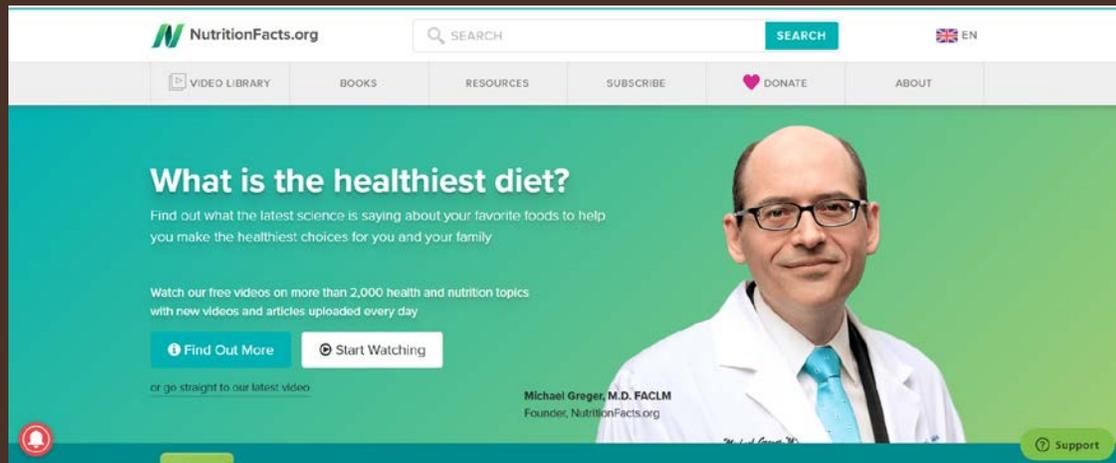
GASTRO



Will Busiewicz, MD

ONLINE DATABASES

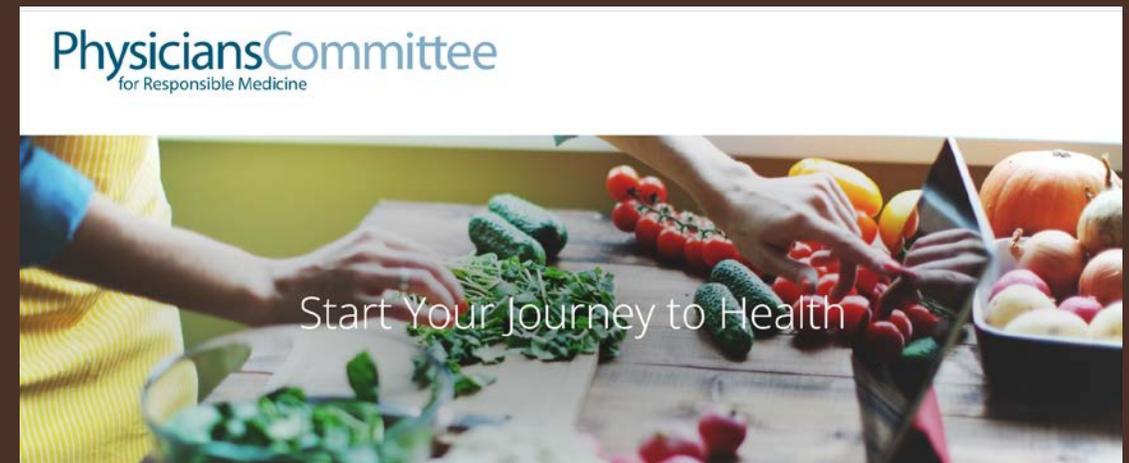
NUTRITIONFACTS.ORG



Michael Greger, MD “HOW NOT TO DIE”

Non profit that has videos explaining peer-reviewed research on every aspect of health

PCRM.ORG



Neal Barnard, MD

Non profit that has a vegan kickstart app, a Vegan Starter kit, Exam Room podcast, classes, information for Clinicians and more.



VEGAN RECIPES GALORE!



- Food Revolution Network: <https://foodrevolution.org/?s=recipes&submit=Search>
- Dr. John McDougall: <https://www.drmcDougall.com/recipes/>
- Dr. Rosane Olivera: <https://pblife.org/recipes/>
- Dr. Ed McDonald: <https://thedocskitchen.com/the-docs-kitchen/recipes/>
- Forks Over Knives: <https://www.forksoverknives.com/recipes/>
- Nutmeg Notebook: <https://www.nutmegnotebook.com/plant-strong/>
- Gracious Vegan: <https://www.graciousvegan.com/recipes-by-category>
- Plantiful Kiki: <https://plantifulkiki.com/category/recipes/>
- Plant-Based Cooking Show: <https://plantbasedcookingshow.com/category/recipes/>
- Responsible Eating and Living: <https://responsibleeatingandliving.com/indexes/recipe-index/>
- Conscious Plant Kitchen: <https://www.theconsciousplantkitchen.com/category/vegan-recipes/>
- Speedy Vegan: <http://www.thespeedyvegan.com/#>
- Ashley Madden: <https://riseshinecook.ca/>
- Plant Based Dietician: <https://plantbaseddietitian.com/recipes/>
- Straight Up Food: <https://www.straightupfood.com/blog/recipe-index/>
- Vegan My Heart: <https://www.veganmyheart.com/recipes>
- Trimazing: <https://trimazing.com/recipes/>
- Desiree Nielsen: <https://desireerd.com/plant-based-recipes/>
- Vegan Atlas (Jewish): <https://theveganatlas.com/vegan-recipes/>
- Blue Zones (World Cuisine): <https://www.bluezones.com/recipes/>
- Darshana's Kitchen (Indian): <https://darshanaskitchen.com/category/recipes-2/>
- Anapoorna Holistic Nutrition (Indian): <https://www.annapoorna-nutrition.com/recipes/>
- Vegan Mexican Food (Mexican): <https://veganmexicanfood.com/recipes/>
- Vegan Lao Food (Laos): <https://www.veganlaofood.com/recipes/>
- Vegan Filipino Food (Filipino): <https://veganfilipinofood.com/recipes/>

MODIFY YOUR OWN RECIPES



FOR BAKING

RECIPE SAYS	SUBSTITUTE
Eggs	Flax eggs, “egg replacer”, silken tofu
Oil, butter	Mashed banana, applesauce, prune puree
Sugar	Date paste, mashed banana, sweet potatoes
Milk	Plant milk (your choice)
Oil a pan	Silicone pan or line with parchment

FOR COOKING

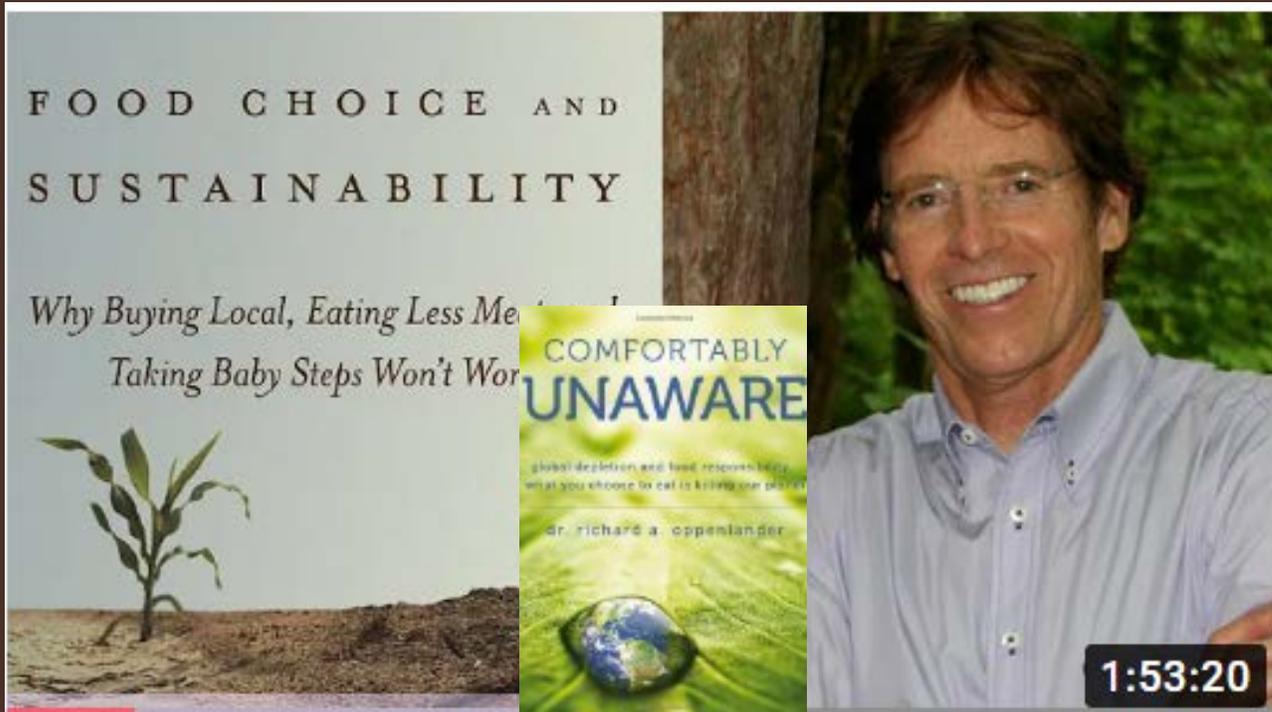
RECIPE SAYS	SUBSTITUTE
Sautee in oil	Sautee at a lower heat; Add dashes of water or broth if it sticks. https://www.youtube.com/watch?v=dhckbqnQu_I
Whisk dressing with oil	Whisk with tahini, mashed white beans, or tofu instead.
Add meat crumbles	Add cooked lentils or tempeh crumbles
Pan fry	Air fry or bake

I STILL DINE OUT



- Ask if there is a vegetarian or vegan menu.
- Almost all restaurants have salads or veggie burgers.
 - I bring a small bottle of 6% acidity balsamic vinegar in my purse to dress my salad.
- Baked potatoes and “side” vegetables are also options.
- Join the toast with non alcoholic beer, kombucha, or mocktails.
- Focus on the company, rather than the food!

DIET CHANGES HELP SAVE THE EARTH



- **Dr. Richard Oppenlander:** Author of several award-winning books
 - Food Choice and Sustainability
 - Comfortably Unaware
- Presented to the E.U. Parliament
- 97% of all agricultural land in US used to feed animals.
- Proponent of eating lower on the food chain and reforesting unneeded land to end “Global Depletion”
- This link is his 2022 presentation on Global Depletion a few months ago.

<https://www.youtube.com/watch?v=VHS5tufjh5M>

FOOD CHOICE EFFECTS ON GREENHOUSE GASES

Beans VS. Beef

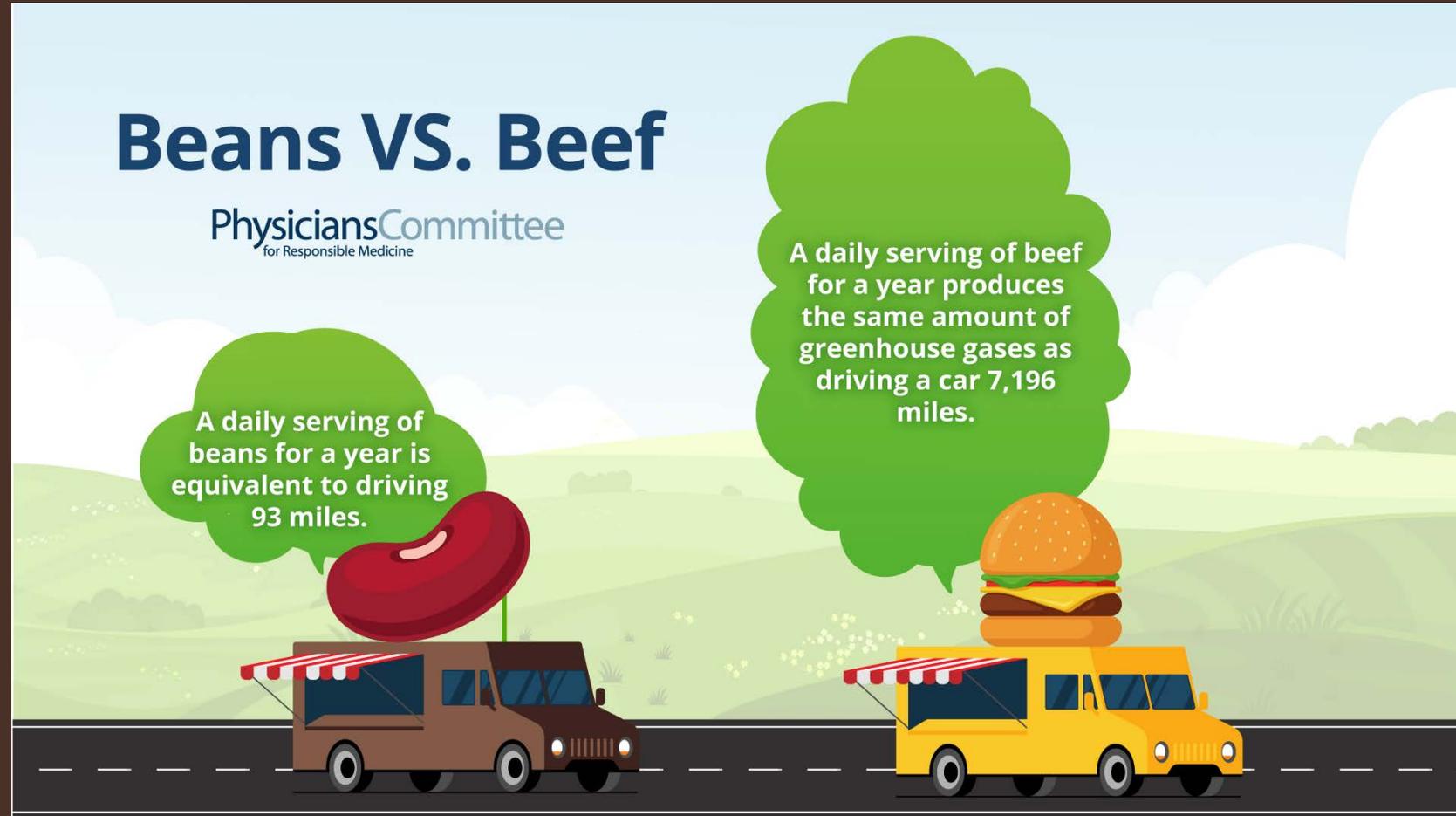
PhysiciansCommittee
for Responsible Medicine

A daily serving of beans for a year is equivalent to driving 93 miles.

A daily serving of beef for a year produces the same amount of greenhouse gases as driving a car 7,196 miles.

Beans:
93 miles

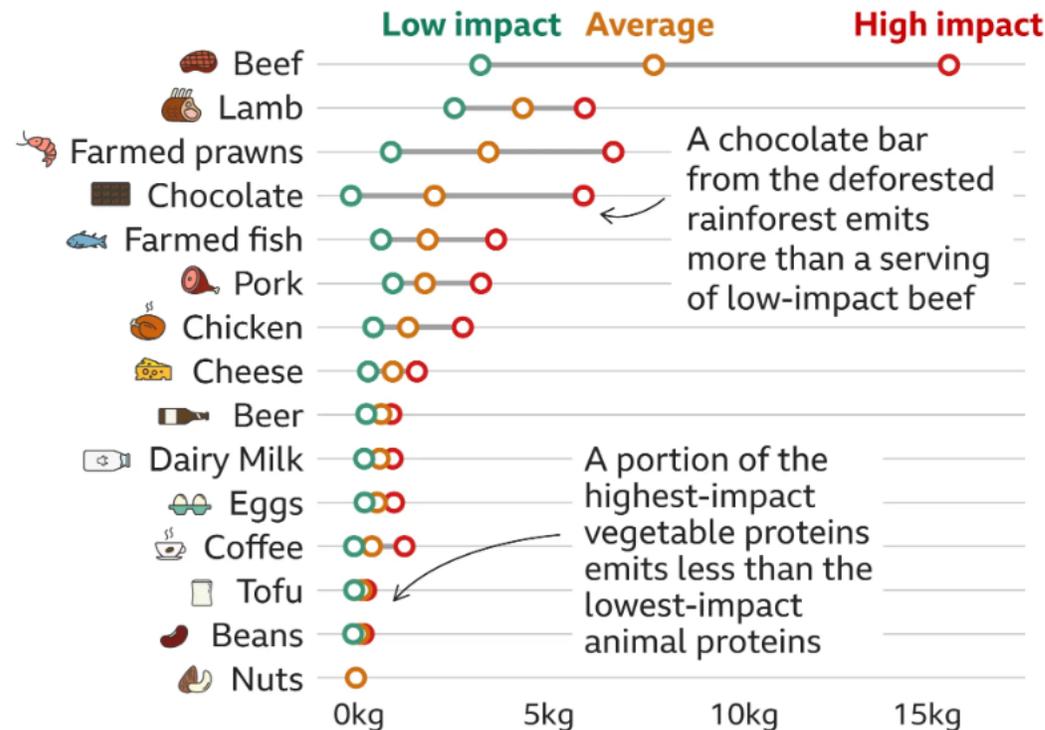
Beef:
7,196 miles



Levin, S. (2021, March 16). *Beans versus beef? try this climate change food calculator*. Physicians Committee for Responsible Medicine. Retrieved August 30, 2022, from <https://www.pcrm.org/news/blog/beans-versus-beef-try-climate-change-food-calculator>

GREENHOUSE GAS EMISSIONS OF SOME FOODS

Kilograms of greenhouse gas emissions per serving



Note: The figures for each food are based on calculations from 119 countries. Serving sizes are from the British Dietetic Association (BDA) and Bupa.

Source: Poore & Nemecek (2018), Science



Impact related to where consumed: Beef impact is highest in Latin America where rainforest deforestation occurs.

Nassos Stylianou, C. G. and H. B. (2019, August 9). *Climate Change Food Calculator: What's your Diet's carbon footprint?* BBC News. Retrieved August 30, 2022, from <https://www.bbc.com/news/science-environment-46459714>

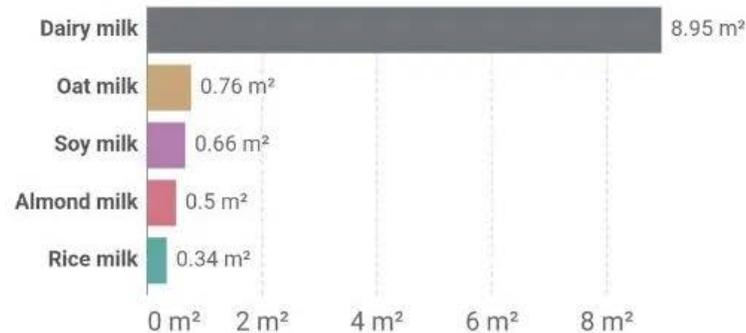
PLANT MILK FOOTPRINT COMPARISON

Environmental footprints of dairy and plant-based milks

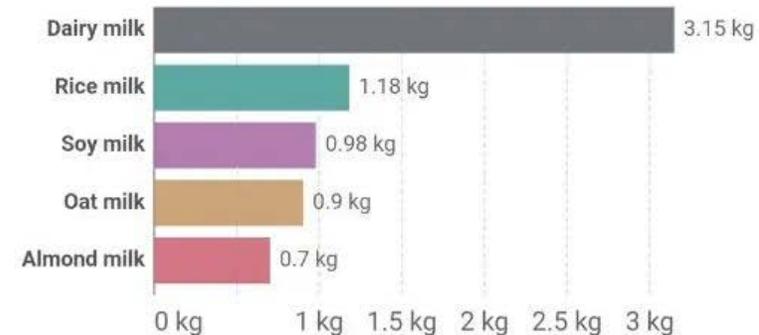
Our World
in Data

Impacts are measured per liter of milk. These are based on a meta-analysis of food system impact studies across the supply chain which includes land use change, on-farm production, processing, transport, and packaging.

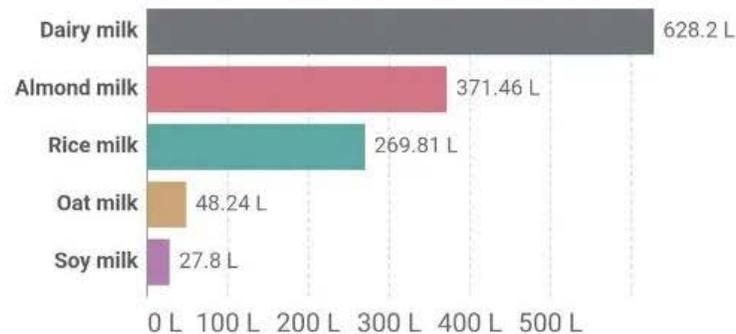
Land use



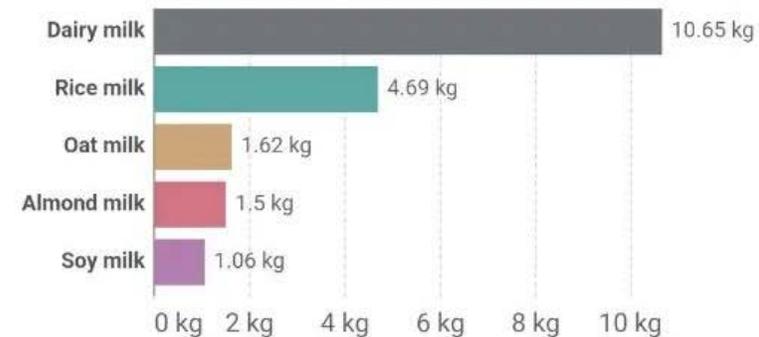
Greenhouse gas emissions



Freshwater use



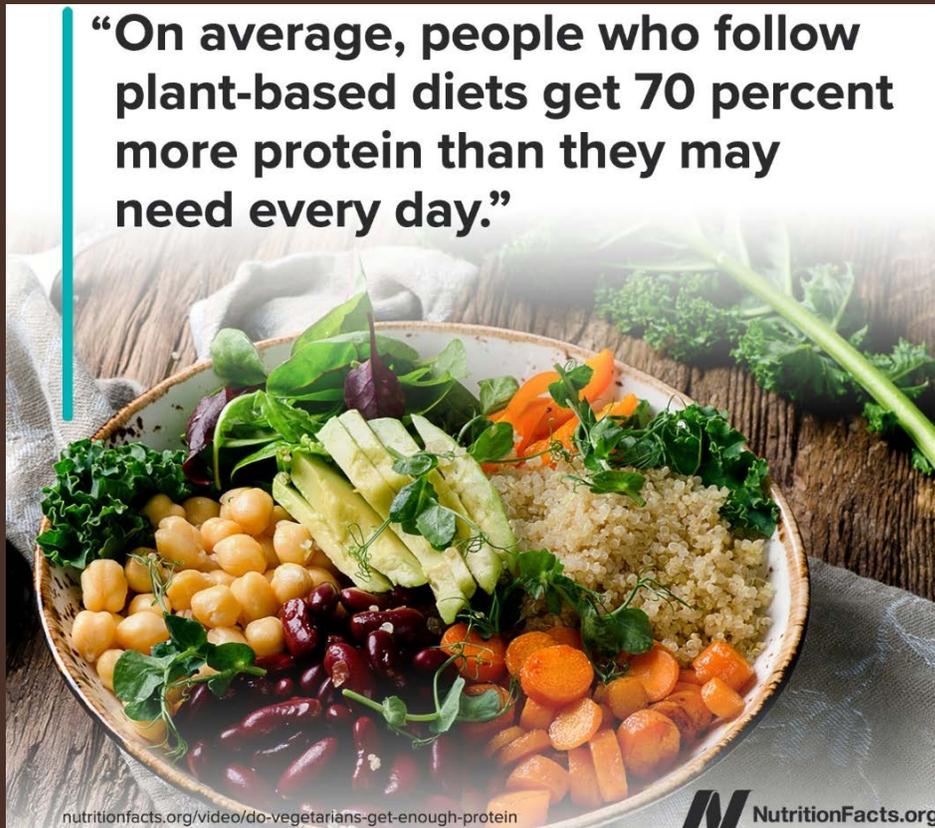
Eutrophication (Contamination of fresh water with toxic runoff.)



Source: Poore, J., & Nemecek, T. (2018). Reducing food's environmental impacts through producers and consumers. Science. OurWorldInData.org/environmental-impacts-of-food • CC BY

HOW DO YOU GET PROTEIN?

“On average, people who follow plant-based diets get 70 percent more protein than they may need every day.”



nutritionfacts.org/video/do-vegetarians-get-enough-protein

 NutritionFacts.org

- All plant foods contain protein, fats and carbs.
 - Greens, Grains, Beans, Nuts are rich in protein
 - Protein deficiency is extremely rare
- Fiber deficiency is widespread
 - “...95% of American adults and children do not consume recommended amounts of fiber.”
 - <https://www.ncbi.nlm.nih.gov/articles/PMC6124841>

QUESTIONS? PLEASE REACH OUT

**WANT TO START A
CAMPUS GROUP?** CALL ME

THANK YOU!

Michele Fritz, Business Instructor at De Anza College

fritzmichele@fhda.edu

