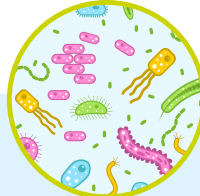


PLANT-BASED EATING

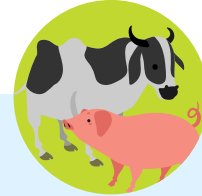
Vancouver Coastal Health and Canada's Food Guide both recommend choosing protein foods that come from plants more often.



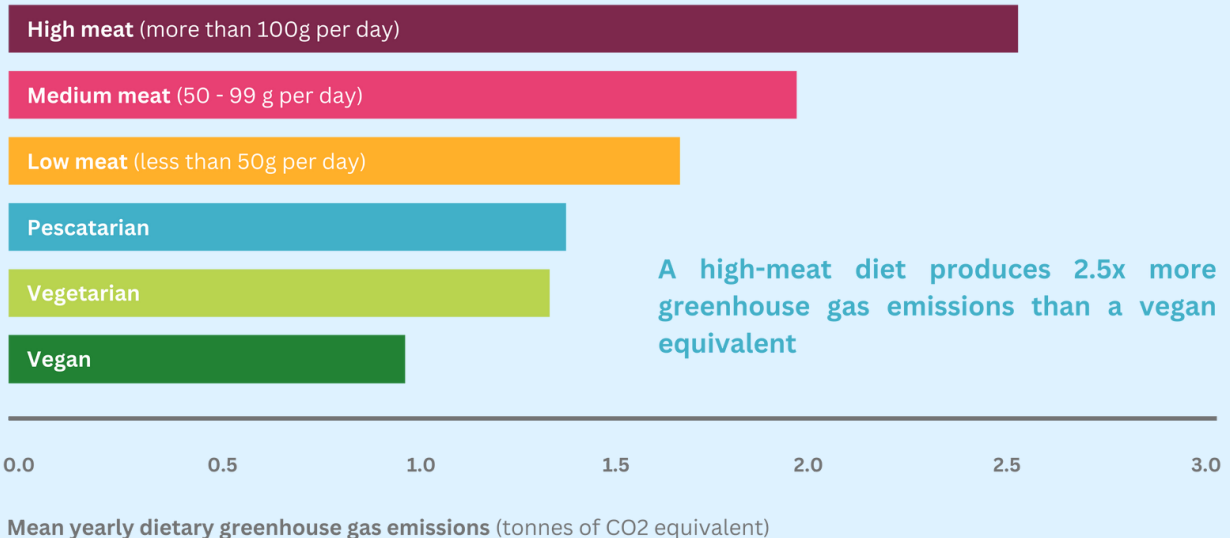
Did you know choosing plant-based proteins more often could reduce our individual impacts on the Earth more than flying less or buying an electric car.



Antibiotics given to animals on farms contribute to the development and spread of resistant bacteria that can be transferred to humans through the food we eat.



By weight, of all the mammals on Earth, 60% are livestock, 36% are humans, and only 4% are wild mammals.



Scarborough, Peter, et al. "Dietary greenhouse gas emissions of meat-eaters, fish-eaters, vegetarians and vegans in the UK." Climatic change 125.2 (2014): 179-192.

GOOD FOR YOUR HEALTH

- ☐ Eating plant-based foods may lead to significant health improvements.
- ☐ Many plant-based foods such as whole grains, tofu and lentils are excellent sources of protein to help build muscles and healthy tissues.
- ☐ Plant-based protein foods are generally more heart healthy and have less saturated fats than most meats and animal-based protein foods

HOW TO GET STARTED

- ☐ Take the first steps today. You can start small, and gradually switch to more plant-based proteins.
- ☐ Use a plant-based milk alternative in your smoothies or your soups instead of milk.
- ☐ Plant-based burgers and sausages can make the transition easier.
- ☐ Get to know tofu - it is a very versatile food - sesame tofu, crispy tofu, and coconut curry tofu
- ☐ Choosing more plant-based foods can increase the variety and pleasure in food choices.

CANADA'S FOOD GUIDE



TRY OUT A CRISPY-BAKED TOFU RECIPE, OR THIS SIMPLE TASTY STIR-FRY



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