

PLANT-BASED for PLANET, HEALTH, & ANIMALS

WHY PLANT-BASED

See bostonveg.org/going-veg/why-go-veg

PLANET

- Raising animals for food degrades the environment, causing pollution of land, water and air, waste of land/water/energy resources, and deforestation. It is a major contributor to the climate crisis.
- The 2022 special report on climate change and land by the UN Intergovernmental Panel on Climate Change (IPCC) describes plant-based diets as a major opportunity for mitigating and adapting to climate change — and includes a policy recommendation to reduce meat consumption.
- *One of the most impactful things a person can do to protect this planet and avert the climate crisis is to replace animal foods with plant foods in the diet. In fact, experts say it is essential to do so.*

HEALTH

- A whole-food plant-based diet *reduces the risk of our nation's top killers*: heart disease, stroke, and certain cancers, and benefits many conditions including controlling or reversing Type 2 diabetes and lowering cholesterol and blood pressure.
- Watch this documentary classic, free online at forksoverknives.com/the-film

ANIMALS

- Animals raised for meat, dairy, and eggs suffer birth-to-death misery in industrial factory farms, transport, and slaughter. Commercial fishing causes massive suffering to target and non-target marine animals, with driftnets and "fish farms" causing immense damage to the oceans.
- *Leaving animals off our plates is an act of compassion and justice to our fellow creatures.*

HOW to go PLANT-BASED

See bostonveg.org/going-veg

Free plant-based **STARTER GUIDES** – download or print:

1. *“Good Nutrition: The Power of a Plant-Based Diet”* from the Physicians Committee for Responsible Medicine:
pcrm.org/veganstarterkit
2. *“Climate-Friendly Food Guide”* from A Well-Fed World:
awellfedworld.org/climatefoodguide
3. *“African American Vegan Starter Guide”* by Tracye McQuirter:
byanygreensnecessary.com/starterguide
4. *“The guide to plant-based meals”* from the Humane Society of the United States:
www.humanesociety.org/sites/default/files/docs/plant-based-meals-guide.pdf

Free **RECIPES**:

1. Search online for vegan versions of your favorite dishes!
2. See bostonveg.org/going-veg/recipe-blogs-websites

Free **HEALTH / NUTRITION** guidance:

1. nutritionfacts.org
2. veganhealth.org
3. pcrm.org/good-nutrition/nutrition-information
4. pcrm.widencollective.com/portals/gr0kpkol/factsheets
5. www.forksoverknives.com/health-topics

