

IMPROVE YOUR HEALTH WHILE REDUCING YOUR ENVIRONMENTAL IMPACT

INTRODUCTION

This is the first in a four part series about improving your health while simultaneously reducing your impact on the environment.

Part 1 of 4 – Health Improvements

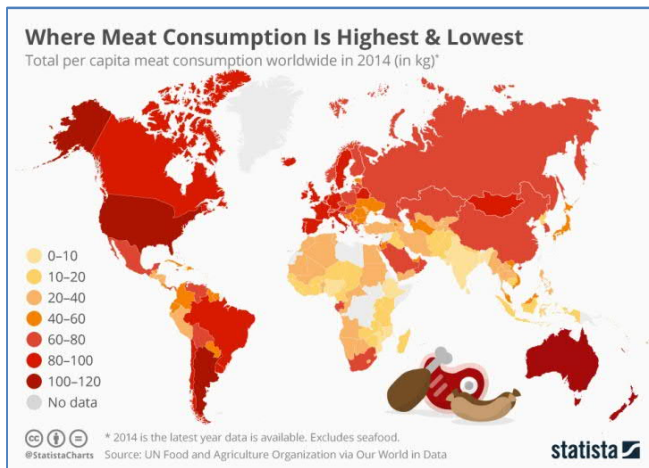
Part 2 of 4 – Increased Costs of Meat & Alternatives

Part 3 of 4 – Environmental Impacts of Meat Production

Part 4 of 4 – Personal Experiences

GLOBAL MEAT CONSUMPTION

Meat consumption in the United States has nearly doubled in the last century. Americans are the top per capita meat consumers in the world. The USA and [Australia](#) share the top two spots routinely trading 1st and 2nd, eating nearly *three times the global average*. In 2018, the average person in the United States is estimated to have consumed around [220 pounds](#) of meat.



A growing body of evidence suggests Americans' taste for meat and animal products is putting them at greater risk for a range of health problems.

HEALTH RISKS FROM HIGH MEAT CONSUMPTION

- Higher Saturated Fat
- Increased Total Blood Cholesterol; Especially LDLs
- Greater Risk of Heart Disease and [Diabetes](#)

- Increased Risk of Colorectal, Pancreatic, and/or Prostate Cancer
- Increase in Kidney Failure
- Greater Risk of Diverticulitis (inflammation in colon)
- Harder to Maintain Healthy Body Weight
- Higher Risk of Foodborne Illness
- Increased Hormone Intake
- Increased Antibiotic Resistance
- Increased Risk of Death

BUT WHERE DO I GET MY PROTEIN?

As it turns out, we really don't need as much [protein](#) as we think we do. Check out this link ([ChooseMyPlate](#)) that shows what you need to eat each day. As an example, a 180 pound, 40-year old highly active male only needs 7 ounces of protein; whereas a 150 pound, 30-year old, sedentary male needs 6.5 ounces of protein. The difference is ½ an ounce! Most protein options can be plant based. The added benefits of plants is that they provide plenty of [protein](#), but they also include phytonutrients, antioxidants, fiber, carbohydrates, water, vitamins, and minerals.

Food (1 Cup)	Protein	Equivalent
Black Beans	15 g	50 g Pork Loin or 80 g Chicken
Lima Beans	14 g	½ Cup Scrambled Eggs
Almonds	12 g (1/4 c)	1 Cup Full Fat Milk
Quinoa	8 g	1 Slice Non-Fat Mozzarella
Buckwheat	6 g	1 Large Egg
Soybean	18 g	75 g Salmon or 180 g Cottage Cheese
Tempeh	20 g (100 g)	100 g Chicken
Hemp Seed	31 g (100 g)	85 g Lean Beef
Hummus	8 g (100 g)	1 Cup Skim Milk
Jackfruit	3 g	1/3 Cup Skim Milk

If you have ideas about green initiatives for SPEC Services to consider, please submit your ideas to the Green Team! Submit your ideas to the [SPEC Suggestion Box](#).

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In fact, there are 9 g of protein from broccoli compared to 13 g of protein from red meat in a similar [100 calorie](#) portion. Keep in mind that is 2 cups of broccoli vs. 1 oz. of meat. The point being, there's plenty of protein in plants. Also, if you eat a variety of vegetables, you're closer to meeting your body's daily requirement of essential amino acids.

TIPS TO REDUCE MEAT CONSUMPTION

Meat is the anchor of most American meals. Stop thinking that you need bacon and eggs for breakfast, turkey or chicken for lunch, and steak or fish for dinner.

- Try going meat free for one day per week; Meatless Mondays!
- Eat protein from vegetarian sources; they'll make you feel full longer.
- Experiment with grains; there are a variety of textures and flavors available.
- Take recipe tips from typical vegetarian countries like India.



- Buy meat on the bone as the bones not only add flavor but can be used to make a stock for another meal.
- Bulk up meat dishes with beans, grains, or vegetables. [Lentil & Beef Burgers](#) are a great way to make ground beef go further.
- Add "meaty" flavors by using soy sauce or dried mushrooms.
- Eat whole and unprocessed snacks, like raw nuts or dried fruit.

- Use meat sparingly as an extra flavoring like bacon pieces in salads.
- Try substituting meat free dishes in place of meat. (*More to come next NewsFlash*)
- Eat no more than 18 ounces of meat each week.
- One portion of meat is 2-3 ounces or about the size of a deck of cards.
- Choose lean cuts of meat, usually containing the words "round," loin," or "sirloin" on the package.
- Trim excess fat before cooking and pour off melted fat after cooking.
- Use healthier cooking methods: bake, broil, stew, and roast.
- Eat less processed meats like bacon, ham, salami, sausages, hot dogs, beef jerky, and deli slices.

SWAPPING MEAT FOR PLANTS

The majority of the high-protein foods consumed in the U.S. are meat and animal products, which are often high in saturated fat and cholesterol, as opposed to more nutrient-dense and health-promoting plant-based options (e.g., beans, peas, lentils, soy products, nuts, and seeds). Typical American diets also fall significantly short of meeting recommendations for vegetables, fruits, and whole grains.

A number of studies have suggested that when it comes to health, a plant-based diet is the way to go.

- Lower Risk of Type 2 Diabetes
- Lower Risk of Heart Attack
- Reduced Risk of Stroke
- Lower Risk of Heart Disease
- Better Control of Blood Pressure & Blood Glucose
- Less Inflammation
- Lower Blood Cholesterol Levels
- More Energy, Better Sleep

**THE SMALL THINGS WE DO DAILY
 WILL MAKE A DIFFERENCE**