

Plant-Based versus Animal-Based Meats, Dairy, and Protein



Animal-Based

Farmed animals eat plants, which are digested then restructured into flesh and milk.

Plant-Based

Plant ingredients are blended then restructured into plant-based meats and dairy, which provide the same, similar, or sometimes better taste, texture, and culinary experiences that people enjoy when eating animal-sourced foods.

Protein

An abundance of all proteins needed are found among the plant-food groups of vegetables, fruits, legumes, whole grains, nuts, and seeds, although the greatest concentrations of proteins are found in leaves, nuts, and seeds.

What

Who

Why

Where

Plant-Based Foods

Plant-based foods include vegetables, fruits, legumes, beans, grains, nuts, and seeds. An abundance and wide variety of these foods, including meats and dairy, are available in grocery stores. Did you know there are at least 20,000 varieties of edible plants? (Plants for a Future: pfa.org)

People from all walks of life, various ethnicities, and various cultures are thriving on a plant-based diet, where possible. Many world-class athletes and bodybuilders have adapted a whole-food, plant-based diet and find they excel in their sport, with quicker recovery times (greatveganathletes.com).

HEALTH: Every major health organization supports a whole-food, 100%

plant-based diet as healthy for every phase of life (eatright.org and pcrm.org).

ENVIRONMENT: Animal agriculture contributes vast amounts of environmental destruction of land, air, and sea (fao.org), and is a leading cause of species extinction and ocean dead zones (sciencemag.org).

RESOURCES: Plant foods, vs. animal foods, use exponentially less water,

land, and other resources to grow, harvest, and distribute (cspinet.org).

COMPASSION: Caring about the ultimate welfare of animals

and all species commodified for use (farmsanctuary.org).

FOOD SECURITY: Feeding growing populations becomes challenging

as resources become over-extended. For example, 1,000 calories of meat

can require over 7,000 calories of plant food fed to animals (lawf.w.org).

Everywhere! Many restaurants offer unique plant-based choices and options for regular menu items. Patrons enjoy choosing plant-based foods for culinary pleasure, variety, and health benefits. Options are now available at many kinds of restaurants, fine-dining establishments, coffee shops, cafés, and food stands.

Visit *Why Plant-Based Foods* at Botanicuisine.com for complete website links to the above cited sources.

“Plant-based foods remain a leading mainstream trend. 83% of U.S. consumers add plant-based foods to their diets.”

— Baum + Whitman, 2019
2019 Food & Beverage Trend Report

“Much of the world is trending towards plant-based eating — and this global shift could be here to stay.”

— Food Revolution Network, 2018

“Companies and brands are greening up their portfolios to attract mainstream consumers who want more plant-based options.

— Innova Market Insights, 2017



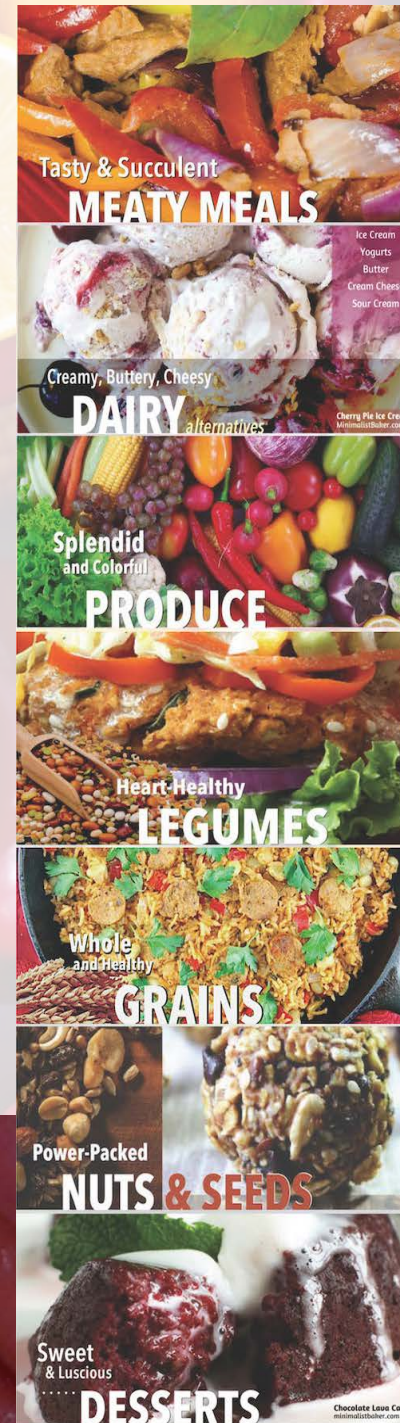
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vegan starter guides, flyers to share, and more.



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