### **Plant-Forward Perspectives**

"People's value systems are influencing how they're thinking about and how they engage with food. That's why you're seeing a lot of a plant-based food."

- Nation's Restaurant News, Oct. 18, 2019

"There has been phenomenal growth in the number of people who are preferring a plant-based diet."

— BusinessWire.com, a Berkshire

Hathaway Company, March 2021

"Veganism is the most common diet for sustainable eating."

Tastewise • F&B Sustainability Trends, 2020

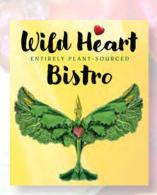
"2018 Trend of the Year:Plant-Based Foods Go Mainstream"

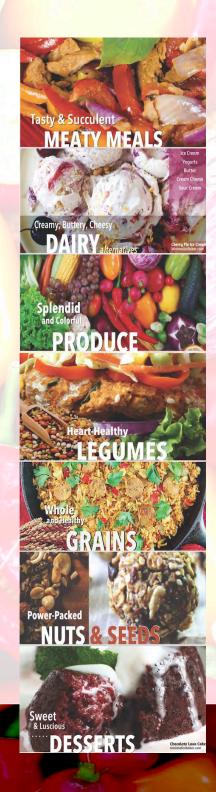
— Baum + Whitman, 2018

"The steady growth of the plant-based foods industry shows that consumers continue to shift away from animal products towards plant-based options."

- Food Industry Executive, 2017







# Enjoying Plant-Sourced Vegan-Friendly Food Choices





## Plant- vs. Animal-Sourced Meats and Protein





Who

#### **Animal-Sourced Meats**

Why

Farmed animals eat plants, which are digested then restructured to make their flesh meat, which is muscle.

#### Plant-Sourced Meats

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

#### **Protein in Plants**

An abundance of all proteins needed are found among all plant foods: most vegetables, some fruits, legumes, whole grains, nuts, and seeds, although the greatest concentrations of proteins are found in legumes, nuts, and seeds.

#### Resources

**Documentaries in Streaming Services:** 

What the Health, The Game Cchangers, Forks Over Knives, The Need to Grow, Cowspiracy, Seaspiracy, Diet for a New America (YouTube), HOPE: What You Eat Matters (YouTube).

#### Websites:

- drmiltonmillsplantbasednation.com (Dr. Milton Mills)
- nutritionfacts.org (Dr. Michael Greger)

Where

**Embracing Plant-Sourced Foods** 

Plant-based foods include vegetables, greens, fruits, berries, legumes, beans, grains, nuts, and seeds. An abundance and wide variety of these foods including plant-sourced 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: pfaf.org)

People from all walks of life, various ethnicities, and various cultures thrive on a plant-sourced diet. 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/nutrition organization supports a well-balanced, whole-food, entirely plant-based/vegan diet ashealthiest 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).

RESOURCE CONSERVATION: Plant foods vs. animal foods use exponentially less water, land, and resources to grow, harvest, and distribute (cspinet.org).



COMPASSION: Caring about the ultimate welfare of animals and respecting the lives of all species, especially those 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." (awfw.org).

WILDLIFE CONSERVATION: "Animal agriculture continues to take over the Earth, destroying species -rich habitats.

A frightening one acre of land is cleared every second."

(worldanimalfoundation.com).

EVERYWHERE! We continue to see more and more plantbased/vegan foods served in all kinds of venues.

View "Enjoying Plant-Sourced Foods" at BotaniCuisine.com for complete website links to the above cited sources.