

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 legumes, nuts, and seeds.

What

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: pfaf.org)

Who

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).

Why

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 (awfw.org).

Where

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.

**“2018 Trend of the Year:
Plant-Based Foods Go Mainstream”**
— Baum + Whitman

**“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

**“Plant-based was the buzz word on the
floor at the industry’s Natural Products
Expo East show in September.”**
— Mergemarket, 2017, in Forbes.com



RESTAURANTS: Consultation and marketing
making it easy to offer plant-based options.
FOOD ENTHUSIASTS: Dining Guides and more.

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BotaniCuisine makes it easy
for restaurants to offer plant-
based, vegan-friendly options, and
for food enthusiasts to find them.