



Eating for the Environment and for You: Plant-based Proteins

Did you know you can reduce your impact on the environment just by varying your diet?

It can take up to 15 times as much water to raise animals compared to farming plants for our food supply. Even more, to produce just one pound of meat, it takes about 10 pounds of grain. The world's cattle alone consume a quantity of food equal to the caloric needs of 8.7 billion people - more than the entire human population on Earth. Also, in 2006, the Food and Agriculture Organization of the United Nations published a report stating that the livestock sector was generating more greenhouse gas emissions than transportation.

Plant proteins can benefit you too!

Plant-based diets are usually high in fiber and low in fat. Studies show that a plant-based diet is associated with a lower risk of death from heart disease; it also can lower cholesterol, blood pressure, and risk of type 2 diabetes. Furthermore, vegetarians tend to have lower weights and lower cancer rates. Aside from potential health benefits, the economic value of grains and legumes is also hard to beat. Even ready-to-eat food, such as tofu, averages about \$1.50 a pound - far less expensive than most meat and fish.

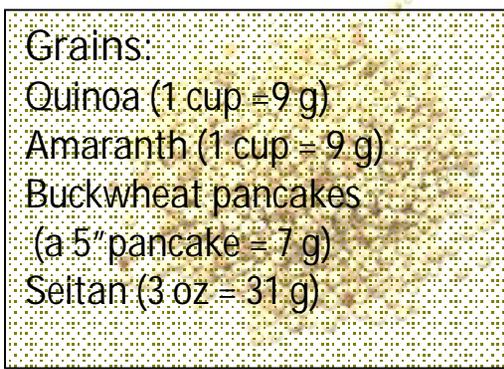
How much protein do you need?

Most women over the age of 14 need about 45-60 grams (g) of protein per day. This should be increased to 70 grams if you are pregnant or breastfeeding. Most men over the age of 14 need 55-70 grams per day.

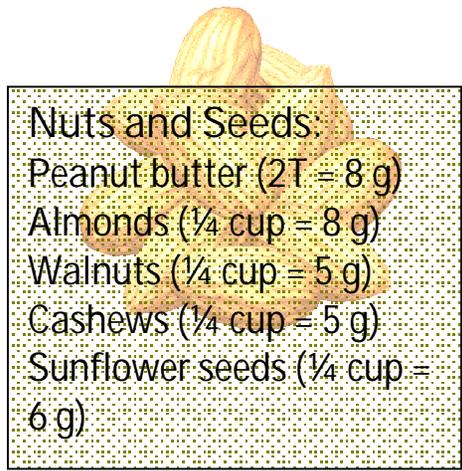
A few examples of plant-based proteins...



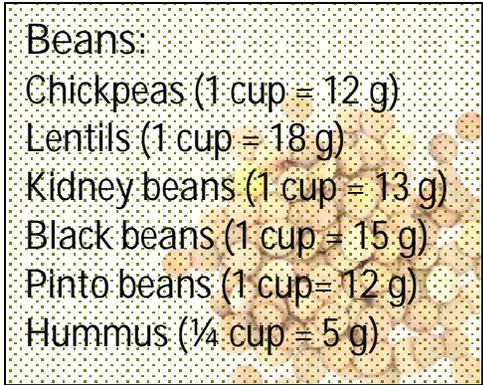
Soy:
Tofu (1 cup = 20 g)
Tempeh (1 cup = 30 g)
Edamame (1 cup = 29 g)
Soy milk (1 cup = 7 g)
Soy nuts (1/4 cup = 17 g)



Grains:
Quinoa (1 cup = 9 g)
Amaranth (1 cup = 9 g)
Buckwheat pancakes
(a 5" pancake = 7 g)
Seltan (3 oz = 31 g)



Nuts and Seeds:
Peanut butter (2T = 8 g)
Almonds (1/4 cup = 8 g)
Walnuts (1/4 cup = 5 g)
Cashews (1/4 cup = 5 g)
Sunflower seeds (1/4 cup = 6 g)



Beans:
Chickpeas (1 cup = 12 g)
Lentils (1 cup = 18 g)
Kidney beans (1 cup = 13 g)
Black beans (1 cup = 15 g)
Pinto beans (1 cup = 12 g)
Hummus (1/4 cup = 5 g)



Quinoa (keen-wah): A relative of leafy green vegetables, quinoa is actually a seed with a fluffy, slightly crunchy texture and a somewhat nutty flavor when cooked. It is a recently rediscovered ancient "grain" once considered "the gold of the Incas."
Amaranth: A seed crop native to South America. Hearty and dense, amaranth can be used in a variety of ways. Consider substituting it for some of your favorite rice, potato and pasta dishes for a new taste and texture sensation.