

Saving the Planet One Bite at a Time



Amanda Lakhanpal, Plant Based Burlington-Hamilton



100%

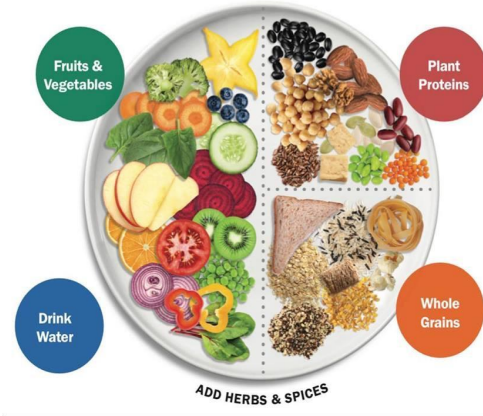


PLANT-BASED vs. VEGAN

A WHOLE FOOD, PLANT-BASED PLATE

Nutrition Prescription for Treating & Reversing Chronic Disease

The American College of Lifestyle Medicine Dietary Lifestyle Position Statement for Treatment and Potential Reversal of Disease: ACLM recommends an eating plan based predominantly on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds.

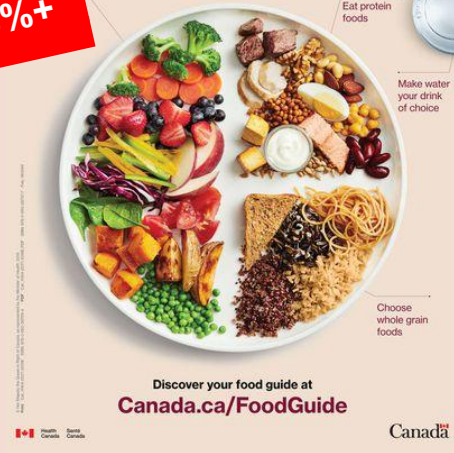


Canada's food guide

Eat well. Live well.

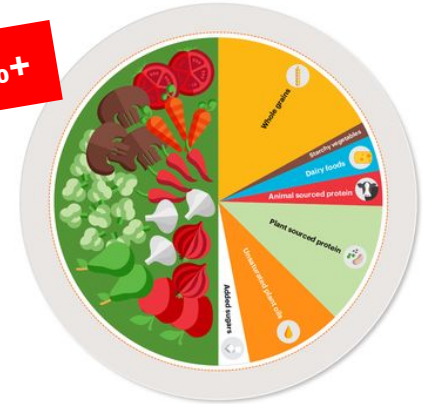
Eat a variety of healthy foods each day

88%+



The Planetary Health Plate

90%+



2019 Canada's Food Guide:

“An eating pattern that is higher in plant-based foods and lower in animal-based foods can decrease the negative impact of food on the environment. In general, plant-based foods use fewer resources such as land and water.”



Food

Why eating less meat is the best thing you can do for the planet in 2019

Eating meat has a hefty impact on the environment from fueling climate change to polluting landscapes and waterways

- [Here's how to make it painless for you - and others](#)

MENU CBCnews

Technology & Science

Your meals are speeding up climate change, but there's a way to eat sustainably



5 tips for trimming your culinary carbon footprint that don't involve going vegan

Emily Chung - CBC News

Posted: December 04, 2018

Last Updated: December 06, 2018



BBC NEWS



Plant-based diet can fight climate change - UN

By Roger Harrabin
BBC environment analyst, Geneva

🕒 08 August 2019 | Science & Environment



Vegan burgers are now a fixture on many restaurant menus

Switching to a plant-based diet can help fight climate change, UN experts have said.

2018 Meta-analysis of multiple environmental impacts of 38,000 farms worldwide

RESEARCH ARTICLE

Reducing food's environmental impacts through producers and consumers

J. Poore^{1,2,*}, T. Nemecek³

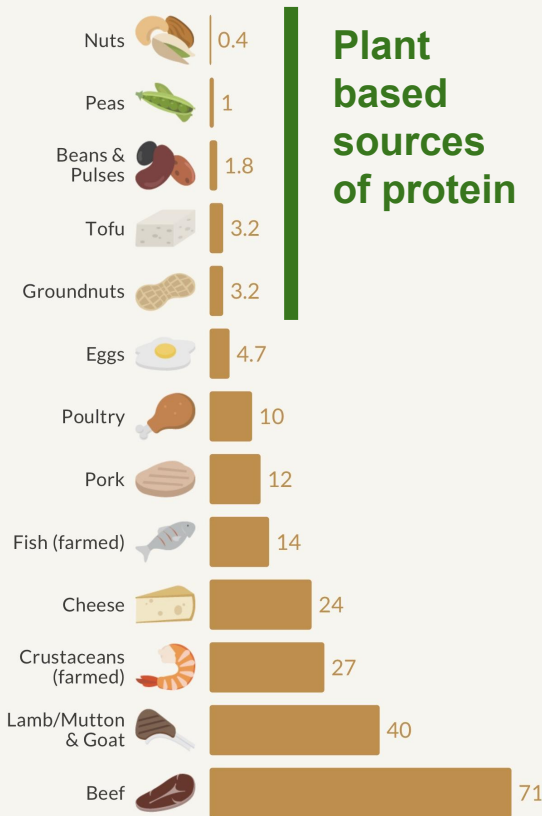
+ See all authors and affiliations

CONCLUSION:

“Consumers can play an important role by avoiding high-impact producers. Producers have limits on how far they can reduce impacts. Most strikingly, impacts of the lowest-impact animal products typically exceed those of vegetable substitutes, providing new evidence for the importance of dietary change.”

ARTICLE LINK: <https://science.sciencemag.org/content/360/6392/987/tab-pdf>

GREENHOUSE GAS EMISSIONS PER KILOGRAM OF FOOD PRODUCED (kg CO₂e)





EAT LANCET REPORT - January, 2019

37 experts, 16 countries, 3 years



“Transformation to healthy diets by 2050 will require substantial dietary shifts. Global consumption of fruits, vegetables, nuts and legumes will have to double, and consumption of foods such as red meat and sugar will have to be reduced by more than 50%. **A diet rich in plant-based foods and with fewer animal source foods confers both improved health and environmental benefits.**”

Walter C. Willett, M.D., Ph.D.

Professor, Epidemiology & Nutrition, Harvard T.H. Chan School of Public Health
Co-Chair, EAT-Lancet Commission

ARTICLE LINK: https://eatforum.org/content/uploads/2019/01/EAT_Lancet_Commission_Summary_Report.pdf

Climate Change and Land

An IPCC Special Report on climate change, desertification, land degradation, sustainable land management, food security, and greenhouse gas fluxes in terrestrial ecosystems

Summary for Policymakers




In their special report released in **August 2019**, the UN's Intergovernmental Panel on Climate Change **describes plant-based diets as a major opportunity for mitigating and adapting to climate change** — and includes a policy recommendation to reduce meat consumption.

According to the United Nations, meat production and factory farming are responsible for:



70%
of freshwater
consumption



38%
of land use



19%
of the world's
greenhouse gas
emissions

ARTICLE LINK:

<https://www.ipcc.ch/2018/10/08/summary-for-policymakers-of-ipcc-special-report-on-global-warming-of-1-5c-approved-by-governments/>

World Scientists' Warning of a Climate Emergency FREE

William J Ripple ✉, Christopher Wolf ✉,
Thomas M Newsome, Phoebe Barnard,
William R Moomaw Author Notes

BioScience, biz088,

<https://doi.org/10.1093/biosci/biz088>

Published: 05 November 2019

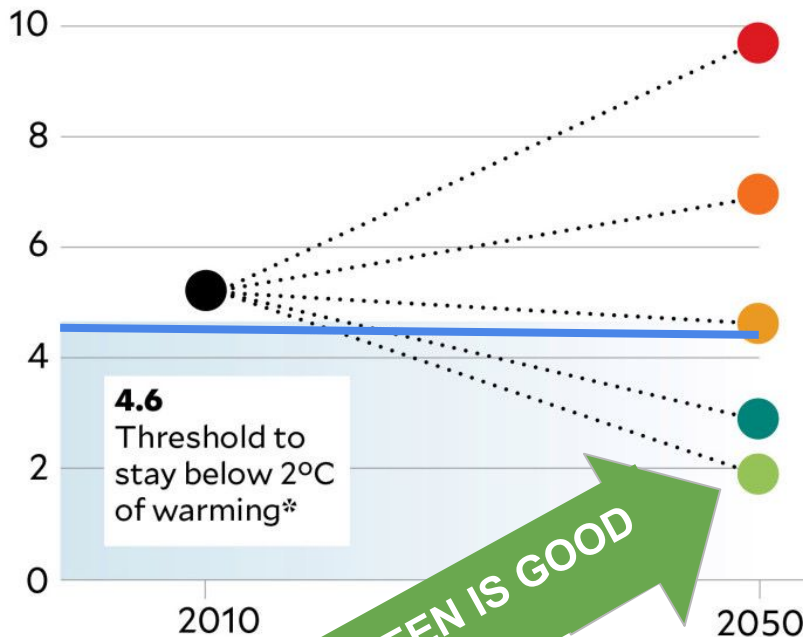
November 2019 Public
Declaration signed by 11,000
scientists from 153 countries

**“Eating mostly plant-based
foods while reducing the
global consumption of animal
products, especially ruminant
livestock, can improve human
health and significantly lower
GHG emissions.”**

ARTICLE LINK: <https://doi.org/10.1093/biosci/biz088>

Diet for a Warming Planet

Annual food-related greenhouse gas emissions
(in billion metric tons of CO₂ equivalent)



Our current path:

11 ounces of meat a day

Global dietary guidelines:

6 ounces of meat a day

Flexitarian, plant-based diet:

1.5 ounces of meat a day

Vegetarian: No meat

Vegan: No meat, dairy, or eggs

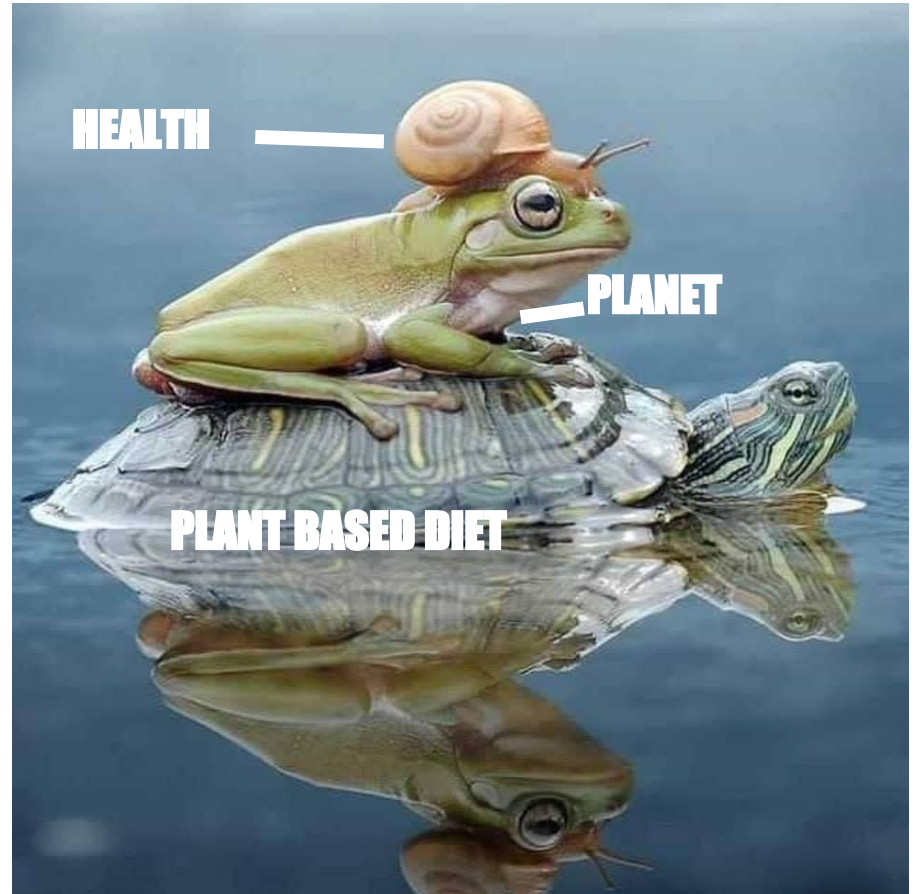
**45g meat/day
=About 2 bites**

Source: *Nature*

*Assuming we also reduce energy, industry, and transportation emissions



**A PLANT BASED diet is
a WIN-WIN for HEALTH
and the PLANET**



CAN WE REALLY MAKE A DIFFERENCE? **YES!**

HOW VEGANISM CAN SAVE THE PLANET

each day, a person who eats a vegan diet saves:


4100
Litres of water


45
pounds of grain



30
sq ft of forests


20
lbs CO2 equivalent

sources: Column Five, Ethical Ocean & rosenlake.net

HOW DOES MEATLESS MONDAY HELP?

IF THE WORLD REDUCED MEAT CONSUMPTION BY

 **15%** {BY DOING MEATLESS MONDAY}

IT WOULD HAVE THE SAME IMPACT
ON GREENHOUSE GAS EMISSIONS AS



**TAKING 240 MILLION CARS
OFF THE ROAD EACH YEAR**

**MEATLESS
MONDAY**

#MeatlessMonday

WHAT CAN THE CITY OF HAMILTON DO?

Kickstart Your Health

Download the free 21-Day Vegan
Kickstart app or sign up online.



MEAT FREE MONDAY

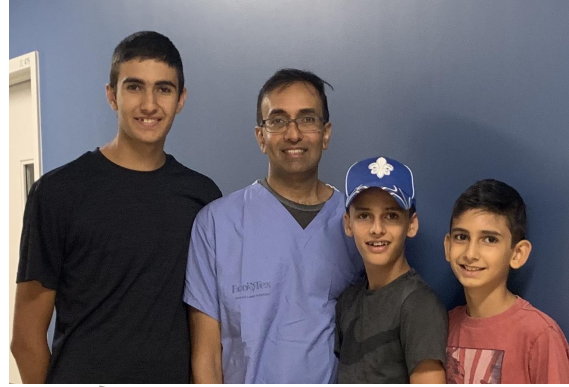


- Declare a city-wide Meatless Monday
- Ban carcinogenic foods from hospital & school programs
- Publish a Hamilton plant based living guide
- Support Nation Rising to help farmers transition
- Cooking classes @ Hamilton Recreation
- 21-day vegan kickstart for Mayor & Councillors in 2020



NATION RISING↑

What inspired me to become a climate activist?



"I AM VEGAN.

I don't eat animal products.
I don't use any animal products
because of ethical, environmental
and climate reasons."

GRETA THUNBERG



**PLANT BASED
BURLINGTON-HAMILTON**

www.planthaseddoctor.ca