

WHAT IS VEGAN/VEGETARIAN?

- **Vegan:** A vegan diet excludes all animal products such as meat, fish, poultry, eggs, dairy products, honey, and any foods containing by-products of these ingredients.

A Vegan/Vegetarian abstains from anything related to direct or indirect killing of animals or fish.

Livestock industry uses up to 70% of the world's clean water supply.

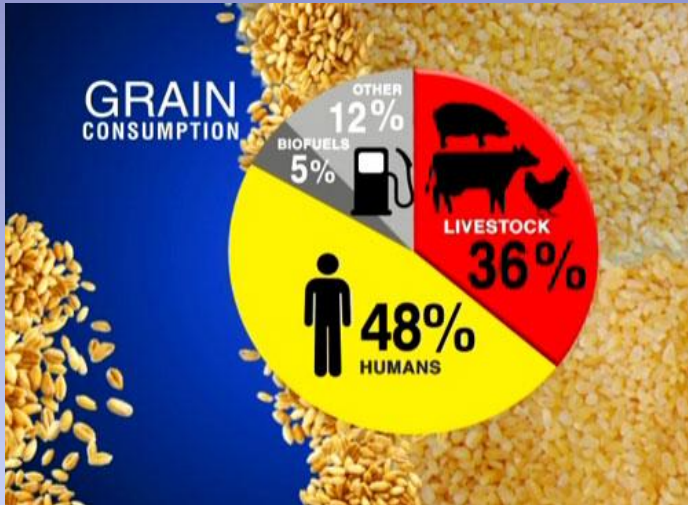
- 10% of all clean water goes to households
- 20% of clean water goes to businesses
- 70% of clean water goes to agriculture



In the book *Ecological Integrity: Integrating Environment, Conservation and Health*, David Pimentel calculated:

"Liters of water required to produce 1 kilogram of food"

Potatoes	60 gallons per pound
Wheat	108 gallons per pound
Corn	168 gallons per pound
Rice	229 gallons per pound
Soybeans	240 gallons per pound
Beef	12,009 gallons per pound



The more meat we eat, the fewer people we can feed.

Be Veg! Go Green!

FOR MORE URGENT INFO:
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- > 820 million hungry people in developing countries go to bed hungry every night.
- > 126.5 million children in developing countries are underweight.
- > 10 million people die every year of hunger and hunger-related diseases.
- > Around 50% of pregnant women in developing countries are iron deficient and need increased intake of food.
- > Every 5 seconds a child dies of starvation.



36% of the world's cereal and 74% of world's soy are used to feed animals.

If freed up, these supply could feed 2 billion people.

➤ **Quiz: Comparing the global warming effect of Carbon Dioxide, Methane, and Nitrous Oxide, which gas is most poisonous?**

a) **Carbon Dioxide (CO₂)**

b) **Methane (CH₄)**

72 TIMES MORE POTENT

c) **Nitrous Oxide (N₂O)**

310 TIMES MORE POTENT

d) **About the same**

WHAT IF...the key factor in climate change is our choice of diet?

➤ A Report from World Watch Institute, October 20, 2009

According to a report released on October 20th, 2009 titled “Livestock and Climate Change,” livestock and their byproducts actually account for at least **51 percent of annual worldwide GHG emissions.**

This research was conducted by **Robert Goodland, former World Bank employee, and Jeff Anhang, from the World Watch Institute, funded by Bill & Melinda Gates Foundation, and supported by the United Nations.**

BE VEGAN – FOR OUR ENVIRONMENT

- By adopting a meat-free diet alone, you can:
 - Conserve up to 70% of the world's clean water and preserve our rivers and lakes
 - Save over 70% of the Amazonian rainforest from clearance for animal grazing and feed
 - **End World Hunger**
 - Free up 3,433 million hectares of land annually
 - Free up half the world's grain supply
 - Consume 2/3 less fossil fuels
 - **Save our Economy**
 - **Put a stop to climate change!**

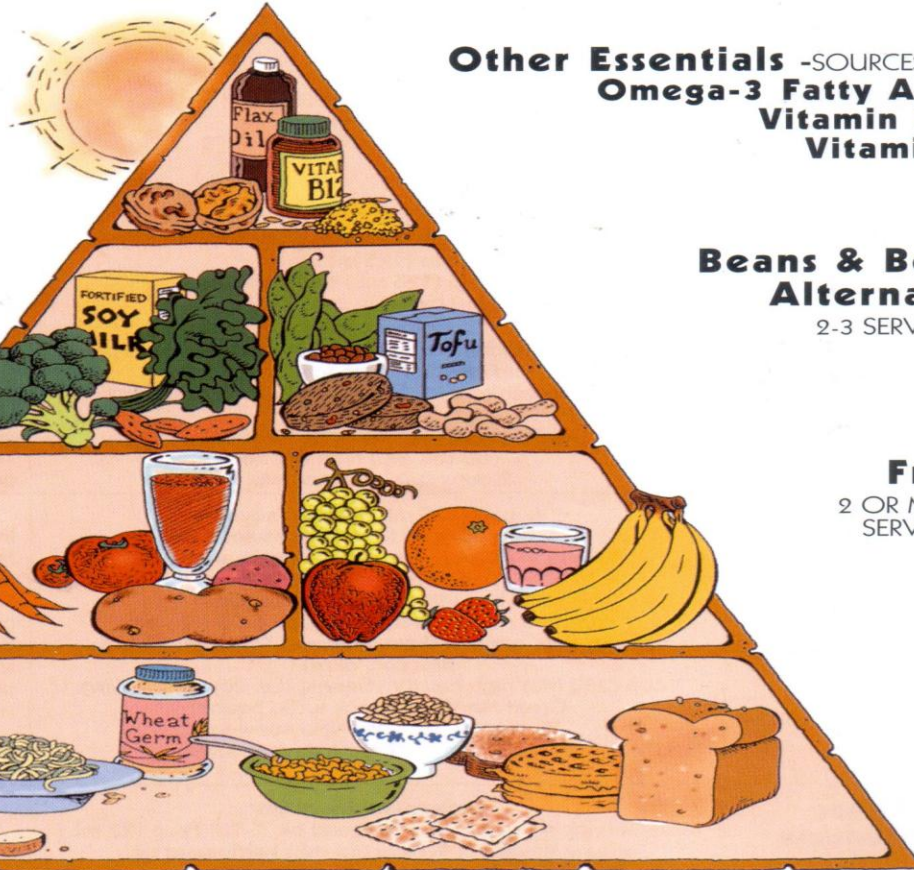
IS A VEGAN DIET NUTRITIOUS?



VEGAN FOOD GUIDE

DAILY PLAN FOR HEALTHY EATING

Get at least 60 minutes of physical activity each day.



Fortified Soymilk & Alternates

6-8 SERVINGS

Vegetables

3 OR MORE SERVINGS

Grains

6-11 SERVINGS

Other Essentials -SOURCES OF:
Omega-3 Fatty Acids
Vitamin B12
Vitamin D

Beans & Bean Alternates

2-3 SERVINGS

Fruit

2 OR MORE SERVINGS

Artwork by Dave Brousseau

Eat a variety of foods from each of the food groups.
Drink 6-8 glasses of water and/or other fluids each day.
Limit intake of concentrated fats, oils, and added sugars, if used.

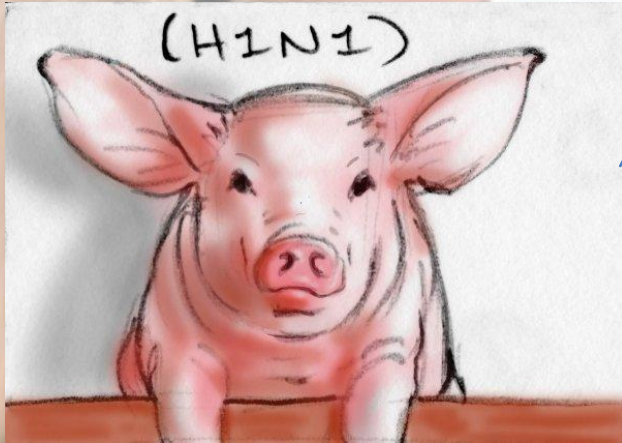


A VEGAN DIET IS NUTRITIOUS

➤ Where do we get our proteins?

Foods	Protein Concentration (Percentage by Weight)
Tofu (from soya)	16 %
Gluten (from flour)	70 %
Corn	13 %
Rice	8.6 %
Soy beans, kidney beans, chick peas, lentils, etc.	10 - 35 %
Almonds, walnuts, cashews, hazel nuts, pine nuts, etc.	14 - 30 %
Pumpkin seeds, sesame seeds, sunflower seeds, etc.	18 - 24 %
<ul style="list-style-type: none">▪ Concentrated multi-vitamin tablets/capsules are also a good source of vitamins, minerals and anti-oxidants.▪ Fruits and vegetables are full of vitamins, minerals and anti-oxidants and contain high-quality fiber for maintaining good health and a long life.▪ The recommended daily allowance: 50 grams of protein (Average adult).▪ Calcium from vegetables is more absorbable than from cow's milk.	

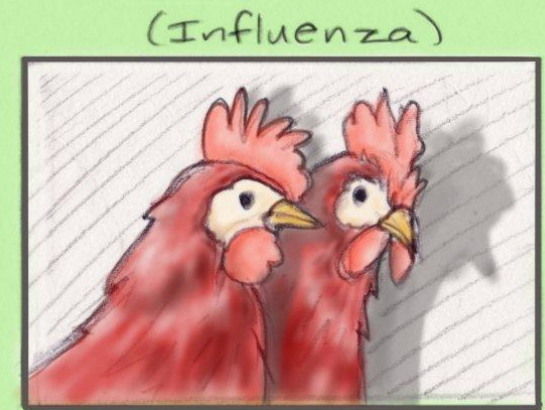
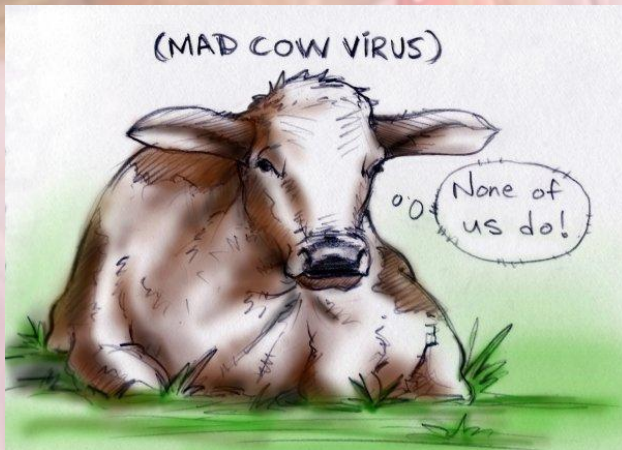
Make the Connection



Did you know...



**Animal factories
are a breeding
ground for viruses
and bacteria.**



➤ Diseases and Costs Directly Related to Meat Consumption:

▪ **Obesity**

- Since 1980, obesity rates in the US has doubled for adults and tripled for children.
- US spends **\$93 billion** on obesity each year.

▪ **Type II diabetes**

- US spends **\$174 billion** on diabetes each year.

▪ **Cardiovascular diseases (CVD)**

- Cardiovascular diseases claim close to 900 thousand lives per year, responsible for 1/3 of annual deaths in the US.
- Annual cost in US is at least **\$1 trillion**.

▪ **Cancer**

- Colon cancer treatment costs about **\$6.5 billion**.

▪ **And many more ...**

If no dramatic change is brought to diet, the US healthcare system will soon be **bankrupt** by diseases related to meat consumption.

DIET OPTIONS

- The **BAD** – **non-vegetarian diet**
- The **GOOD** – **lacto-vegetarian diet**, excluding meat, poultry, fish, and egg
- The **BETTER** – **vegan diet**, further excluding milk product
- The **BEST** – **organic vegan diet**



➤ For the latest news on veg and climate change, please visit

www.SupremeMasterTV.com

- Streams free **constructive news** 24 hours a day, 7 days a week
- Includes program, **Vegetarianism- The Noble Way of Living**, currently featuring 600+ cooking videos

BE VEG. GO GREEN. SAVE THE PLANET

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