

Earthsoft Foundation of Guidance

Edge-Aggressive-Reliable-Trust-Honesty-Soft-Obedient-Fun-Transparent

Be Vegetarian

**Please circulate to all your friends,
colleagues, relatives, associates
and just to everyone on your
mailing list.**

Let them gain too!

Please visit

www.myefg.org

Download the presentations

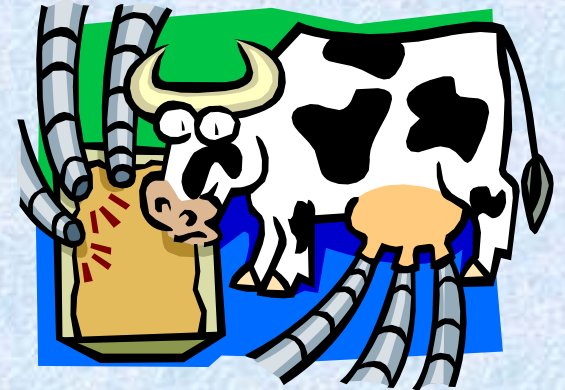
- Why be a vegetarian?
- To be vegetarian
- Vegetarian Pyramid
- Healthy Vegetarian Diet
- Balanced Diet
- Nutrients
- What about protein
- Getting Iron without meat
- Getting Calcium without milk
- Vitamin B12
- Fruits & Vegetables
- Grain & Pulses
- Dairy Products
- Others
- Diet & health
- Energy
- Recommendation for bone health
- Approach
- To be Veggie for environment
- Problems with meat
- Vegetarian Advantages
- Food for thought
- Few famous vegetarians

- Vegetarianism is practice of following a diet based on plant-based foods including fruits, vegetables, cereal, grains, nuts and seeds
- Vegetarians don't eat egg, chicken, meat, poultry, fish, shellfish & products of animal slaughter
- A healthy, viable diet satisfying the nutritional needs for all the stages of life
- Necessary nutrients, proteins, and amino acids for the body's sustenance can be found in vegetables, grains, nuts, soya milk, etc.

Why be a vegetarian?

Following are the reasons to be vegetarian

- Health
- Ecological
- Religious concerns
- Dislike of meat
- Compassion for animals
- Belief in non-violence
- Economics

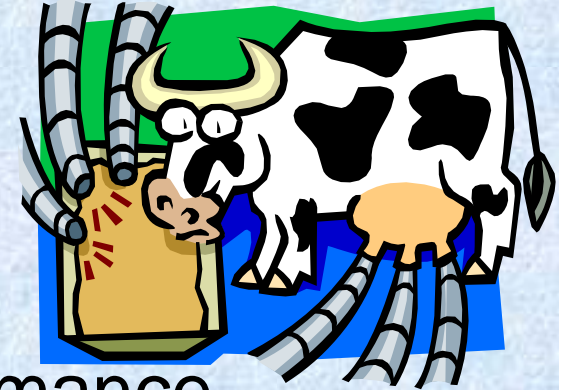


Why be a vegetarian?



A healthy vegetarian diet promotes

- Good health and long life
- Energy for the young and old
- Improved immune system
- Better endurance and athletic performance
- Weight control
- Calm and clarity for the mind, High IQ
- Mild and peaceful temperament



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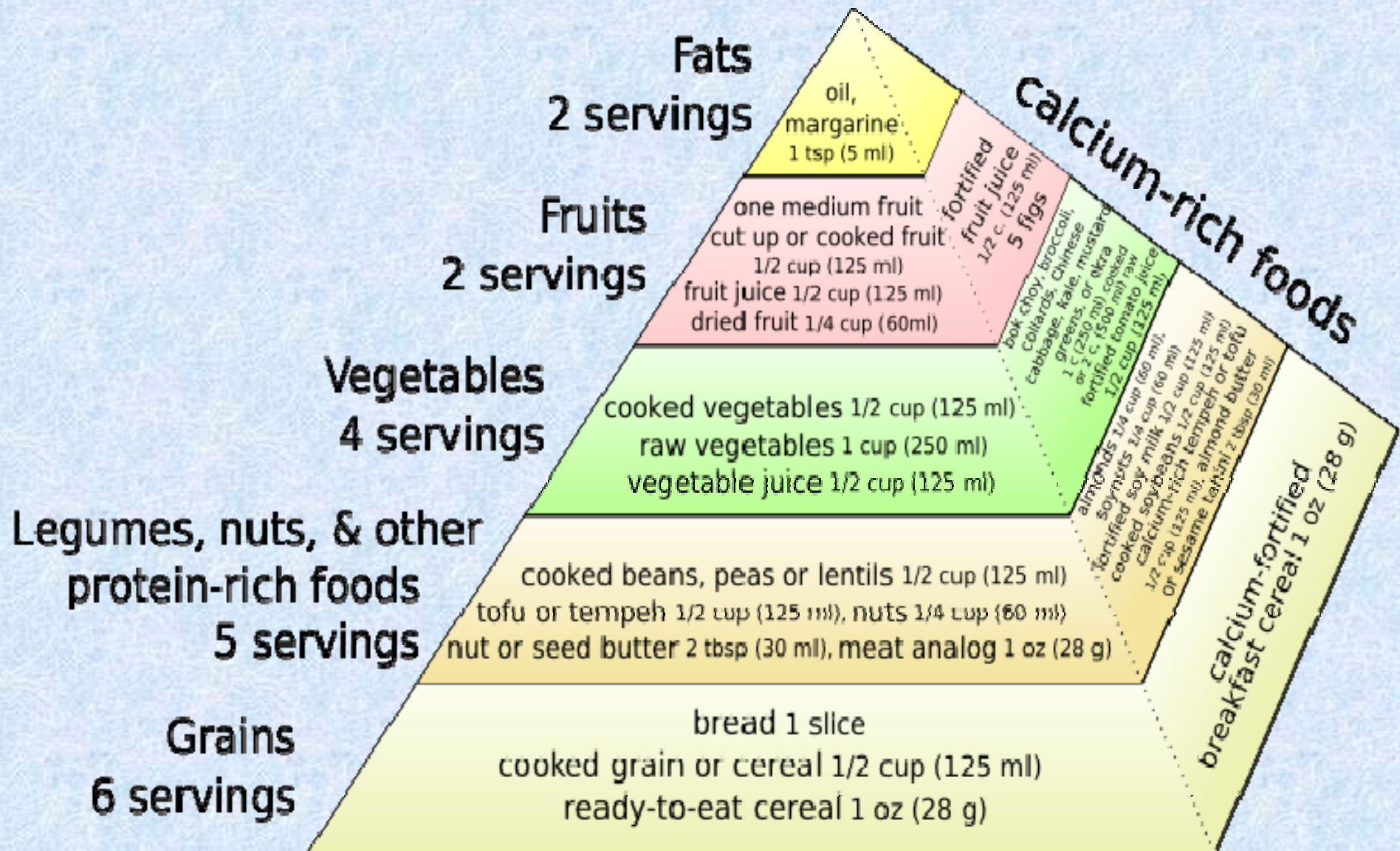
Advantage of vegetarian diet



- Lower levels of saturated fat and cholesterol
- Higher levels of carbohydrates, fibre, magnesium, potassium, folate (folic acid), vitamins C & E and phytochemicals.
- Vegetable fats are mostly mono-unsaturated improves level of good cholesterol
- Tendency to have lower body mass index, lower levels of bad cholesterol, lower blood pressure
- Less incidence of
 - Heart disease, Hypertension, Type 2 diabetes
 - Kidney disease
 - Alzheimer's Disease (Memory related)
 - Trouble due to acidity being less spicy

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Vegetarian Pyramid



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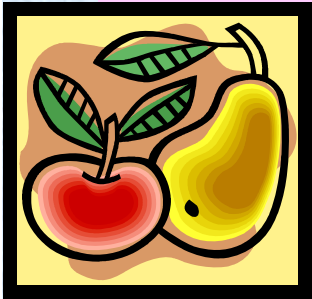
Healthy Vegetarian Diet




Eat a wide variety of foods, including:

Fruits, Nuts,
Seeds, Legumes

Vegetables, Plenty of leafy greens,
Whole grain products.



Just ONE POTENT OUNCE of VIBE is EQUIVALENT to nutrients** found in:

11 Tomatoes Vitamin A			10 Cups Green Beans Folate
30 Broccoli Selenium			19 Wheat Slices Zinc
96 Blueberries Antioxidants†			Certified Organic Aloe Vera Gel
5 Cups Green Tea (EGCG Content)			12 Orange Slices Vitamin C
71 Cantaloupe Vitamin E			25 Asparagus Calcium

Having
Protein
Fat
Iron
Calcium
Vit. B12 & D



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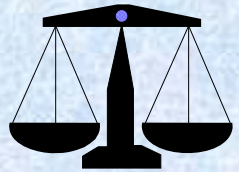
Balanced Diet



Nutrients are food components which have a function in providing energy, material for growth, repair & reproduction

Nutrients include

Fat
Carbohydrate
Minerals
Protein
Vitamins
Water



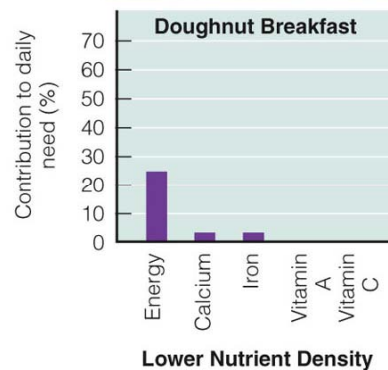
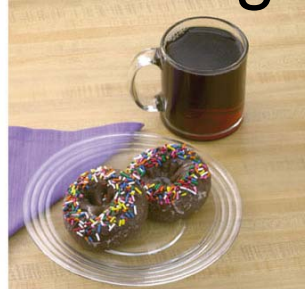
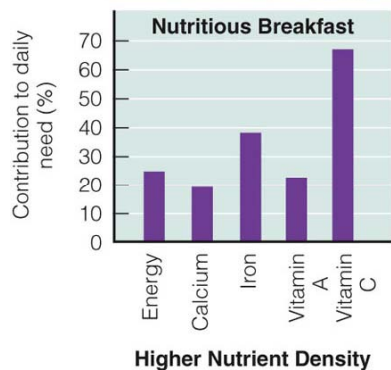
It is to match nutrient & energy requirements regardless of its life-stage or lifestyle

Objective of good nutrition

- Positively influence on age-related metabolic processes & changes
- Enhance life expectancy & Increase quality of life
- Prevent against age-related diseases

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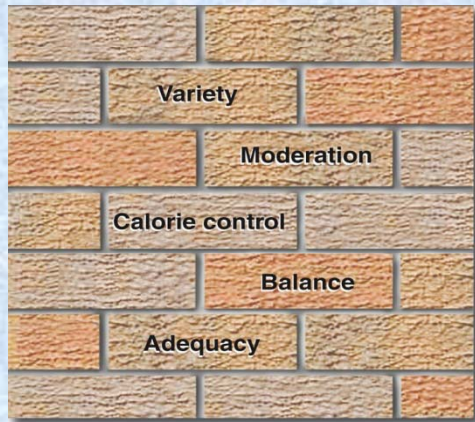
To change the diet, people need to acquire Nutrition knowledge & to change their behaviors & life style



Taking stock & setting goal

- Track food intake over several days and compare to standards
- Set small, achievable goals in areas those need changes

Nutrient Density – a measure of nutrients per calorie
It is suggested to eat higher nutrient food i.e. to get enough nutrients without consuming too many calories



Factors That Drive Food Choices

- Advertising
- Availability
- Economy
- Emotional comfort
- Habit
- Personal preference
- Positive associations
- Region of the country
- Social pressure
- Values or beliefs
- Weight
- Nutritional value

These must be obtained because the body does not make them

Nutrient Class	Essential nutrient
Carbohydrate	Glucose
Fat	Linoleic acid , Linolenic acid
Protein	9 amino acids of 20
Vitamins	All 13
Minerals	25
Water	Yes

Carbohydrate

Energy

(eg for the brain, muscles)

Digestive health - fibre

increases dietary bulk, it produces short chain fatty acids to feed the lining of the digestive tract

Protein

Regulation of metabolism & Energy

e.g. insulin, thyroxin

Tissue building and maintenance

e.g. hair, skin, organs, muscle, antibodies, enzymes, hormones

Fat

Fat soluble vitamins (A D E K)
are stored in fat

Organs - Insulation
& protection

Source of essential fatty acids
Linoleic acid & Linolenic acid

Skin & coat
condition

Water

- Contains hydrogen & oxygen; Essential for normal function
 - required for all body fluids
 - carrier of vitamins (C, B)
 - dissolves nutrients & transports them around the body
 - heat exchange
- **Source** - e.g. Vegetables, direct source

- Inorganic elements (ref to collectively as Ash)
- divided into **macrominerals** eg calcium, phosphorous & **microminerals**
- In excess most are toxic
 - For bones & teeth, e.g. calcium & phosphorous
 - body fluids, e.g. sodium and potassium
 - components of many enzymes

Minerals

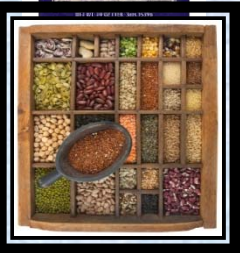
Vitamin

Organic compounds help to regulate body processes

- fat soluble e.g. A, D, E, K (stored in the body)
- water soluble e.g. B, C (excess generally excreted)
- Required for eyesight - vitamin A
- Antioxidants - vitamin C and E
- Skeleton - vitamin D and metabolism - vitamin E

Sources: cereal, fish oils, nuts, liver, fruit & vegetables

What about Protein



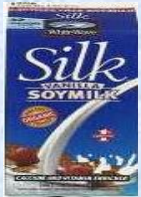
- Proteins made of amino acids & a mixture of proteins provide enough essential amino acids
- Good protein sources are - Lentils, Low-fat dairy products, Nuts, Seeds, Peas, Beans, Whole Grains, Nuts/ Nut Butters, Tofu/ Tempeh, Soya Milk
- Many common foods such as whole grain bread, greens, potatoes, pasta, and corn quickly add to protein intake
- Potato 11% protein, orange 8%, beans 26%
- Dry beans or peas with any grain product, nuts or seeds are a good source of protein

Getting Iron without meat



- Iron is essential in making hemoglobin, which carries oxygen to blood cells
- Enriched bread & cereal, Dried apricots, figs, prunes, Leafy green vegetables; Tomato juice, Dried beans, Nuts, Soya beans & tofu, spinach, chard, beet greens, blackstrap molasses & dry fruit are good sources of iron.
- To increase the amount of iron absorbed at a meal eat a food containing vitamin C, such as Melons, Citrus fruits, Pineapple, Strawberries, Kiwi fruit, Broccoli, Peppers, Tomatoes
- Vitamin C aids in the absorption of iron so vegetarians must eat foods rich in Vitamin C
- Cooking food in iron cookware adds to iron

Getting calcium



- Good for bones & teeth
- Milk, Green & leafy vegetables, low fat dairy products, Calcium fortified orange juice & soya milk, collard greens, broccoli, kale (cabbage), turnip greens & tofu prepared with calcium are good sources of calcium
- Absorption rate of calcium from plants
 - Green vegetables 52-64%, Cow's milk 32%

Mg Calcium in 100 Calories of			
Bok choy (cabbage)	1,055	Tofu	236
Turnip greens	921	Milk	194
Collard greens	559	Fish	38
Kale (green cabbage)	455	T-bone steak	5
Romaine lettuce	257	Pork chop	2

Vitamin B12 & D

B12 Only found in animal products

It's also present in the soil, to get B12 from unwashed vegetables



What vegans do since they don't eat animal products?

- Adequate intake of Vit B12 & Omega 3 fatty acids
- Cow milk & cheese, Fortified cereals & soya products
- Recommended intake: 2 mcg/ day



Vegans need supplements of Vitamin D, found mainly in fortified milk, though it may also be gained through sunlight

**Take
5 a day
everyday!**

Every day we should eat at least **5 portions** of fruit and vegetables. (A portion is about a handful)



Fruit and vegetables give us **fibre** and **vitamins** and **minerals**.

Grain & Pulses

This food group includes wheat, corn, barley, rice, lentils, beans etc.

Grains and pulses give us carbohydrates and proteins.

Nuts are another source of protein.



What is..?

Rice is the staple food in China & East. What is in West (UK, USA)?

Answer

Wheat. They eat in form of bread, pasta, cereals, cakes, biscuits

Dairy Products



Dairy foods are made from milk (usually cow's milk, but can be from other animals like goats or sheep).

These foods include:

- Cheese (hard, soft, cottage), Yogurt

Dairy foods give us **proteins** and **fats**. They are also a good source of **calcium** (good for bones and teeth)

Vegetarians are surprised if they put on weight

It's result of whole milk & cheese – all are high in fat

Nuts & seeds also high in fat

Solution – emphasize for a diet having grain products, fruits & vegetables which are nutrient dense & low in fat



- Foods are classified into starches, sugars and fats.
- Starches include foods like potatoes & provide mainly carbohydrates. It gives the energy for our day-to-day lives.
- Need to limit sugar intake being empty calories
- Little fat is important, but eating too much fat is unhealthy. It leads to clogged arteries (restricted blood supply), high cholesterol and becoming overweight.
- Vitamins & Minerals needed to be healthy. Those are:

Vitamin A	Helps maintain eyesight	Sweet potatoes, carrots
Vitamin B	Help body make protein	Green leafy vegetables
Vitamin C	Healing skin, preventing colds	Citrus fruit, tomatoes
Vitamin D	Strengthen bones	Milk Sunlight
Vitamin E	Helps strengthen cells	Vegetable oils, nuts
Iron	Healthy blood	Green leafy vegetables

Nutrition profoundly affects health

Chronic diseases have a connection to a poor diet & life style

Prevent high blood pressure	Reduce heart surgery risk – 80%
Lower cholesterol levels	Prevent many forms of cancer
Reduce Type 2 diabetes	Stronger immune system
Prevent stroke conditions	Adult bone loss, Dental disease
Reduce heart disease risk - 50%	Increase life expectancy up to 15 years
Reverse atherosclerosis	Higher IQ

Life style related

- Non-Vegetarian food habits
- Smoking & other tobacco use
- Excessive alcohol consumption

TABLE 1-1 Leading Causes of Death, U.S.

Blue shading indicates that a cause of death is related to nutrition; the light yellow indicates that it is related to alcohol.^a

PERCENTAGE OF TOTAL DEATHS	
1. Heart disease	28.0%
2. Cancers	22.7%
3. Strokes	6.4%
4. Chronic lung disease	5.2%
5. Accidents	4.5%
6. Diabetic mellitus	3.0%
7. Pneumonia and influenza	2.7%
8. Alzheimer's disease	2.6%
9. Kidney disease	1.7%
10. Blood infections	1.4%

SOURCE: National Center for Health Statistics.

^aHypertension (high blood pressure), a nutrition-related cause of death, ranks at number 13

Lowering bad cholesterol



Oats - Good source of fibre in diet.

Nuts (walnuts, almonds, peanuts) – Moderate consumption to avoid weight gain. Good source of omega fatty acids (vital to maintain healthy cholesterol levels in body)

Beans (red beans, black beans, white beans) - source of fibre

Spinach - Rich in iron and fibre.

Avocados - Good source of omega fats.

Garlic - Helps in lowering the bad cholesterol, prevents cholesterol from sticking to the arteries

Olive oil - Good source of omega fats

Eat healthy & stay fit along with diet and exercise !

Recommendations for Bone Health earthsoft

- Get some physical activity!
- Achieve positive calcium balance by avoiding calcium depletes
 - high sodium foods
 - caffeine
 - refined sugars
 - excessive vitamin A supplements
- Meet other nutrient needs: protein, potassium, vitamins D, K, and C, magnesium, boron
- High intake fruits and vegetables



- Gradual Approach: eating habits are likely to stick
- Begin by
 - Learning some basic vegetarian nutrition,
 - Grocery shopping & stocking kitchen with veg. staples
 - Learning about meal planning and new recipes
 - Support network: like minded friends and relatives; becoming part of a community with these interests
- Begin by cutting out the meat:
 - Try having meatless meals two to three times a week.
 - Begin with favorites such as spaghetti with tomato sauce, bean burritos, etc
- Be Careful! Be Healthy!
- None of us to be immune to junk food!!

To be Veggie for environment



Meat industry is No.1 Source of Human-Caused Greenhouse Gas Emissions, responsible for 24% of global warming due to emission of methane & CO₂

Meat production, particularly production of feed, consumes large amounts of critically important water resources

Global Grain Crop Production 2109 million tons (2007/08) :

- 36% to feed animals, 47% to people, 5% for bio-fuels
- 760 million tons of grain fed to animals every year
- 16 pounds of grain to produce 1 pound of beef

Meat free diet advantages to environment

- Uses 2/3 less fossil fuels
- Reduces pollution from untreated animal waste
- Maintains cleaner air
- Saves up to 4.5 tons of emissions per household per year
- Stops 80% of global warming

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- If everybody in the UK ate no meat for **2 days** per week, it would save the equivalent of almost **73 million return flights** from London to Ibiza, Spain (1100 miles)
- If everybody in the UK ate no meat for **6 days** per week, it would create greater carbon savings than **removing all the cars off UK roads** (29 million cars).

Disadvantage – Non-vegetarian earthsoft

- The proximity of animals in animal farming leads to an increased rate of disease transmission
- Meat causes a transmission of diseases from animals to humans
- Animal products, like red meat has harmful saturated fat
- Cholesterol in animal foods causes heart disease
- Non-lean red meat, associated with increased risk of cancers of the lung, oesophagus, liver, and colon.

Problems with meat



Saturated Fat – Saturated fats & cholesterol are associated with increased risk of heart disease. Animal foods contain an unhealthy high level

Saturated fat in the animal food is significant cause of an increased cholesterol than cholesterol in food.

High cholesterol : Person consuming 2kcal/day & 200mg cholesterol, if increases cholesterol intake to 600mg/day, increases risk of heart attack by 30%

Food source	Serving Size	Cholesterol content
Beef	90 gm	70 mg
Chicken	90	69
Fish	90	40-60

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Excess Protein

- Too much protein in the diet is associated with increased stress on liver and kidneys
- Excess organ meat consumption is associated with increased risk of gout
- High protein consumption leads to excess homocysteine production & blood vessel diseases

Diseases

- Meat products in most countries contain various parasitic diseases (Trichinosis, Hydatids)
- Bacterial infections are common - Salmonella, Listeria
- Viral diseases such as Bird flu
- Prion diseases such as mad cow disease

Vegetarian Advantages



Less Cancer

- Who consume meat on 4 or more days a week, had a 66% higher mortality from ovarian cancer, and 41% higher mortality from prostate cancer
- Doubling the risk of cancer
 - Consumption of meat, poultry & fish (bladder cancer)
 - Consumption of meat (colon cancer)
 - Red meat eater

Less obesity

- Meat eaters had 2.5 times the risk of being obese compared with vegetarian
- Non-Vegetarians are overweight (Men 20% & Women 32%)
- Obesity doubles the risk of heart attack & increases the risk of breast cancer, endometrial cancer, prostate cancer, colon cancer, and several others

Vegetarian Advantages



Less osteoporosis

- Non-Vegetarian women between ages 50 to 89, lose 35% of their bone mass
- The bone density of 80 year-old vegetarians is comparable to 60 year-old non-vegetarians

Less heart disease

- Non vegetarian at 40's have 4 times as many heart attacks
- Beef eaters 60-70% higher risk of fatal coronary heart disease
- Vegetarians before age 20 had half the risk & at their 30's had 1/3 the number of fatal heart attacks

Vegetarian Advantages



Less diabetes

- Non-vegetarians have 3.8 times the risk of having “diabetes”
- Vegetarians have less than half the mortality from diabetes

Less strokes

- Non-vegetarians had 30% higher risk of stroke than seen in vegetarians

Less dementia

- Meat eating doubles the risk of dementia
- Vegetarians have a delayed onset of dementia

Vegetarians live longer –Up to 12 years longer than non Vegetarians

If slaughter houses had glass walls,
everyone would be a vegetarian. ~ Paul

We all love animals, Why do we call some
"pets" and others "dinner?" ~ K.D. Lang

You put a baby in a crib with an apple and a
rabbit. If it eats the rabbit and plays with the
apple, I'll buy you a new car. ~ Harvey
Diamond

Few famous vegetarians



1. Albert Einstein

2. Newton

3. Charles Darwin

4. Thomas Edison

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**We have only ONE planet,
only ONE chance.**

**Its future depends on
each one of us.**

**And there is ONE thing
we all can do:**

Be Veg, Go Green.

As you like to live in peace let us too



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Thank You