

Meat Myth Busters














1. Why do you choose to not eat meat? (Steve B)

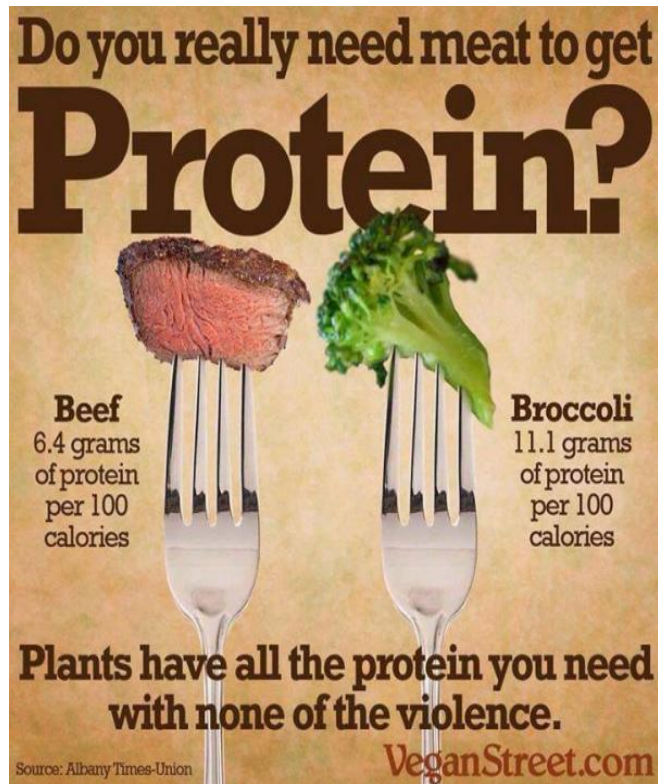
CHANGE IN FOOD CONSUMPTION IN THE LAST 100 YEARS IN THE UNITED STATES

	1900	2000
Sugar	5 lbs/year	170 lbs/year
Soft drinks	0	53 gallons/year
Oils	4 lbs/year	74 lbs/year
Cheese	2 lbs/year	30 lbs/year
Meat	140 lbs/year	200 lbs/year
Homegrown Produce	131 lbs/year	11 pounds/year
Calories	2100	2757

2. How do you get enough protein in your meatless diet? (Kathryn)

- Recommended amount is 0.8 -0.9 gm/kg of body weight.
- Ave person is 150lbs equals 68 kg.
- 54.4-61.2 gm of protein daily.
 - Typical 8 oz piece of meat could have over 50 gm of protein.
 - 1 cup of bean has 16 gm of protein.
- 10-35% of daily calories should be protein.

	Spinach 49% protein		Kale 45% protein		Broccoli 45% protein
	Cauliflower 40% protein		Mushrooms 38% protein		Parsley 34% protein
	Cucumbers 24% protein		Green Pepper 22% protein		Cabbage 22% protein
	Tomatoes 18% protein	Protein in Meat:			
			Beef 25.8% protein		Chicken 23% protein
					Eggs 12% protein



3. Give a sample menu of vegetarian getting enough protein. (Kathryn) www.vrg.org

Table 1: Sample Menus Showing How Easy It Is To Meet Protein Needs

		Protein (grams)
Breakfast:	1 cup Oatmeal	6
	1 cup Soy Milk	7
	1 medium Bagel	10
Lunch:	2 slices Whole Wheat Bread	7
	1 cup Vegetarian Baked Beans	12
Dinner:	5 oz firm Tofu	12
	1 cup cooked Broccoli	4
	1 cup cooked Brown Rice	5
	2 Tbsp Almonds	4
Snack:	2 Tbsp Peanut Butter	8
	6 Crackers	2
	TOTAL	77 grams
	Protein Recommendation for Male Vegan	63 grams

[based on 0.9 gram of protein per kilogram body weight for 70 kilogram (154 pound) male]

Breakfast:	2 slices Whole Wheat Toast	7
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	2 Tbsp Peanut Butter	8
Lunch:	6 oz Soy Yogurt	6
	2 Tbsp Almonds	4
	1 medium Baked Potato	3
Dinner:	1 cup cooked Lentils	18
	1 cup cooked Bulgur	6
Snack:	1 cup Soy Milk	7
	TOTAL	59 grams
	Protein Recommendation for Female Vegan	52 grams

[based on 0.9 gram of protein per kilogram body weight for 57.5 kilogram (126 pound) female]

Additional food should be added to these menus to provide adequate calories and to meet requirements for nutrients besides protein.

4. How is protein best for weight loss? (Jesse)
5. What do you need in terms of supplements if you are not eating meat? B12

Resources

1. www.mimimalistbaker.com
2. www.onegreenplanet.org
3. www.engine2diet.com
4. www.fatfreevegan.com
5. www.foodforlife.com COOKING DEMOS
6. www.pcrm.org -21 day meal plan
7. www.brusselsvegan.com -Instagram-One week vegan challenges-recipe ideas,
8. Best of Vegan-Instagram