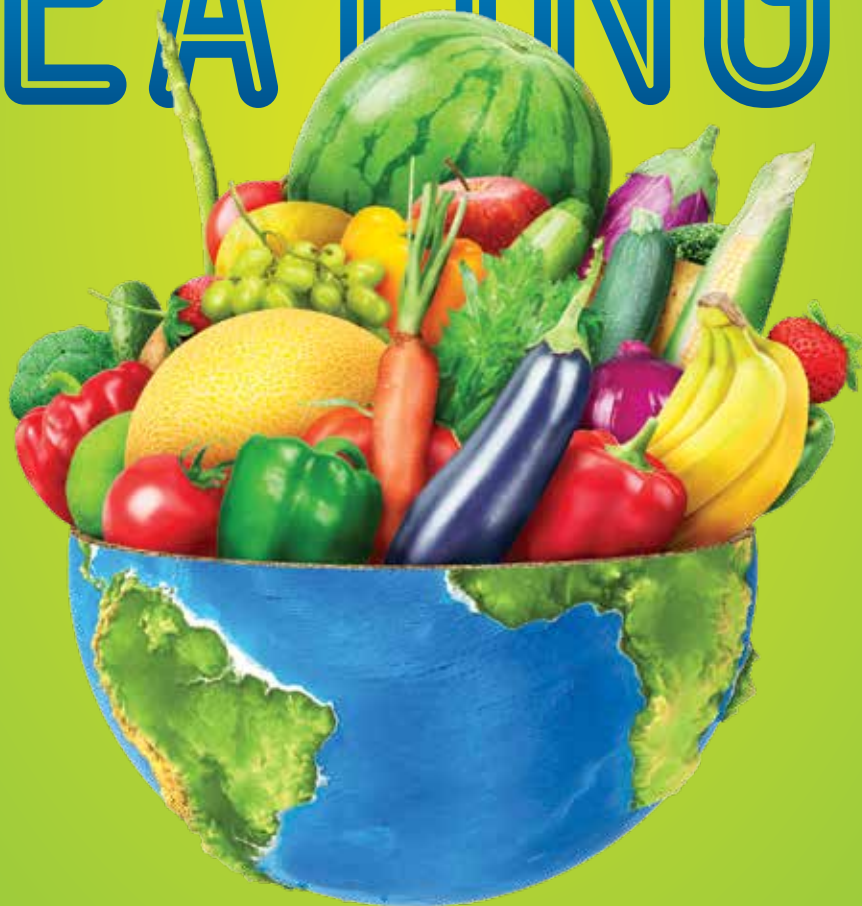


THE **PETA** GUIDE TO

TRULY
Sustainable
EATING



FIGHT CLIMATE CHANGE WITH YOUR FORK

Taking public transit, using refillable bottles, avoiding straws, and taking shorter showers are helpful habits, but what we eat has a much larger impact on the environment. Each of us can make a huge difference three times a day—with every meal.

If we are serious about saving the planet, we must go vegan. According to the United Nations, a global shift toward vegan food is vital to combatting the worst effects of the climate catastrophe.



HOW ANIMAL-DERIVED FOOD IS

Killing Our Planet

- **Greenhouse gases:** Animal agriculture is a leading source of greenhouse gas emissions. By some estimates, raising animals for food is responsible for more of these emissions than the entire transportation sector combined. Producing 1 kilogram (2.2 pounds) of beef generates more greenhouse gas than going driving for three hours while leaving all your house lights on.
- **Methane:** Methane is 80 times more powerful than CO₂ at warming the Earth, and the top source of methane emissions in the U.S. is animal agriculture.
- **Pollution:** Animals raised for food produce more than 10 times as much waste as the entire human population does. Much of it runs off into waterways untreated, causing dead zones, in which aquatic life can't survive.
- **Water waste:** Growing crops for animals to eat, keeping billions of animals hydrated, and cleaning farms and slaughterhouses takes a colossal amount of water. It takes more than 2,400 gallons of water to produce a pound of beef but only 244 gallons to produce a pound of tofu. And it takes approximately 683 gallons of water to produce just 1 gallon of milk. By going vegan, one person can save approximately 219,000 gallons of water a year!



- **Food waste:** It takes up to 13 pounds of grain to produce a single pound of animal flesh. It would be more efficient if people just ate the plants directly. The more people who go vegan, the more food will become available to feed the hungry.
- **Land usage:** A whopping 80% of farmland in the U.S. is used to raise animals for food and to grow the grain needed to feed them. If everyone went vegan, global farmland could be reduced by more than 75% (an area equivalent to the U.S., China, the European Union, and Australia combined) and still feed the entire world.
- **Deforestation:** We need the Amazon to survive—it keeps 400 billion tons of CO₂ out of the atmosphere and is home to 25% of the world's biodiversity. Yet right now, the Amazon is being clear-cut for animal agriculture, including to grow feed that's imported into the U.S. for meat, egg, and dairy production. Researchers found that replacing just 20% of global beef consumption with plant-based foods within the next 30 years could halve deforestation and the carbon emissions associated with cutting down trees.
- **Biodiversity loss:** Biodiversity is a critical component of the economy, food security, and human health. One of the main drivers of biodiversity loss is animal agriculture, because it involves converting diverse ecosystems into farmland to raise both animals and their feed.



FOOD

LABELS OR FABLES?

Some labels use downright fraudulent language to persuade the consumer that an item is “green,” but animal-derived food is extremely harmful to the Earth no matter what you call it.

- **“Regenerative” agriculture:** There isn’t any proof that regenerative agriculture can make animal-derived products “sustainable,” and the practice does nothing to prevent cruelty to animals. But since “regenerative” is a vague term, many brands make claims about it as a way of greenwashing.
- **“Local” or “sustainable” meat:** Whether it was imported or came from animals who were locally raised, meat is never sustainable. You can compare the carbon footprint of foods by weight, protein content, or calories, but the findings are always the same: Animal-based foods have a massive carbon footprint while their vegan counterparts have a minuscule one. Mileage doesn’t change this.
- **“Sustainable seafood”:** Fish farms, or “aquafarms,” discharge waste, pesticides, and other chemicals directly into ecologically fragile coastal waters, destroying local ecosystems. And catching wild fish is just as bad. Entanglement in fishing gear continues to be a leading cause of death among large whales in waters near the U.S.—300,000 whales die from entanglement every year—and more than half of some species of large whales have been entangled at some point in their lives. So, let’s save whales by not eating fish or any other aquatic animals.



IF YOUR MEAL HAD A MOTHER, THEN IT'S NOT 'HUMANE'

Compassionate consumers care about the environment and animals, but some companies attempt to exploit that by pretending to care, too. For example, some companies sell so-called “humanely raised” turkey corpses for over \$200 each.

A PETA eyewitness captured video footage of these expensive turkeys suffering and dying as workers shoved 1,400 of them into cramped cages on a truck bound for the slaughterhouse. After a 12-hour journey without any food or water, the birds were shackled upside down and their throats slit—just like the turkeys killed for any other brand. But these dead birds were sold for exorbitant prices.

PETA has also exposed Nellie’s Free Range and Plainville Farms for their misleading “humane” labels, which did not reflect that they used many of the same factory-farm practices as other companies, proving that the only truly humane, eco-friendly food is vegan.



EXCEPTIONAL ENVIRONMENTALISTS



- **Greta Thunberg:** Thunberg encourages us to reject anything stolen from an animal. As a vegan, she organizes climate strikes and refuses to sit by and watch as the planet is destroyed and animals are killed, all for a fleeting taste.

“The climate crisis, the ecological crisis, and the health crisis—they are all interlinked. The way we make food, raising animals to eat, clearing land to grow food to feed those animals—it just doesn’t make sense.”



- **César Chávez:** Chávez’s compassion for all living, feeling beings inspires us to speak up and take action. Although he is best known as the founder of the United Farm Workers of America, his passion for justice extended to animals.

“I became a vegetarian after realizing that animals feel afraid, cold, hungry, and unhappy like we do. ... It was my dog ... who led me to question the right of humans to eat other sentient beings.”



- **Gandhi:** Called “Mahatma” (meaning “Great Soul”), Gandhi taught that peace begins with what we eat. In his total commitment to nonviolence, he included all species.

“The greatness of a nation and its moral progress can be judged by the way its animals are treated.”

GIVE PEAS A CHANCE

Filling our grocery carts and our dinner plates with vegan foods is the kindest thing that we can do for animals and the environment. Animals are individuals with their own needs and desires. They exhibit joy, pain, devotion, and fear and don’t deserve to be treated like objects. And by respecting them, we bolster our own health and the health of the planet.





Recipes

**TO PROTECT ANIMALS,
YOUR HEALTH, AND THE ENVIRONMENT**



Berry Fields Forever:

BERRY OVERNIGHT OAT CRUMBLE

Adapted and published with permission from Marco Borges

Ingredients

- 1 cup rolled oats
- 1½ cups unsweetened almond milk
- ½ cup plus 2 tsp. flax meal
- 2 tsp. ground chia seeds
- 1 Tbsp. plus 1 tsp. maple syrup
- 1 cup berries (try strawberries, raspberries, and blueberries)
- 1 banana, sliced



Ingredients

- 2 Tbsp. olive oil
- ½ cup diced red onion
- ½ cup diced bell pepper
- 1 clove garlic, minced
- 1 jalapeño, minced
- 2 cups black beans
- ½ cup corn
- ½ cup bread crumbs
- ½ tsp. cumin
- 2 Tbsp. chopped cilantro
- 1 tsp. salt
- ½ cup flour

Instructions

1. Mix the oats and almond milk in a glass container and store covered in the refrigerator overnight.
2. When ready to enjoy, preheat the oven to 350°F and line a baking sheet with parchment paper.
3. In a mixing bowl, combine the flax meal, ground chia seeds, and maple syrup.
4. Transfer to the baking sheet and bake for about 8 to 10 minutes, or until light golden brown.
5. Remove the crumble from the oven and let cool slightly. Divide the oats into two bowls and top each with half of the crumble, berries, and banana slices.

Makes 2 servings

Eco-Burger Bliss:

BLACK BEAN VEGGIE BURGER

Instructions

1. In a saucepan over medium heat, in 1 tablespoonful of the olive oil, sauté the onion, bell pepper, garlic, and jalapeño for 4 to 5 minutes. Remove from the heat and set aside.
2. In a mixing bowl, mash the black beans, then add the sautéed vegetables, corn, and bread crumbs and mix well. Season with cumin, cilantro, and salt and mix again.
3. Shape into 6 patties, then coat each in flour.
4. Place a pan over medium-high heat and add the remaining tablespoonful of oil. Cook each patty for about 5 minutes on each side, or until lightly browned.

Makes 6 small patties



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Fiery Earth: CAJUN TOFU WRAPS

Ingredients

- 2 Tbsp. Cajun seasoning (or more, to taste)
- 1 pkg. extra-firm or super-firm tofu, drained and thickly sliced
- 1 Tbsp. olive or vegetable oil
- 2 Tbsp. lemon juice
- 3 whole wheat wraps
- 1 cup chopped lettuce
- 1 large tomato, sliced
- 2 Tbsp. capers
- 3 Tbsp. Follow Your Heart or other vegan Caesar dressing

Instructions

1. Place the Cajun seasoning in a bowl and dip the tofu slices in it, covering all sides.
2. Heat the oil in a frying pan and brown the tofu. Add the lemon juice and flip the tofu to brown the other side.
3. Layer the wraps with the tofu, lettuce, tomato, and capers and drizzle with the Caesar dressing.
4. Wrap up and enjoy!

Makes 3 servings

Maple Symphony:

MAPLE-MISO TEMPEH CUTLETS

Ingredients

- 2 8-oz. pkgs. tempeh
- ¼ cup low-sodium vegetable broth
- ¼ cup liquid aminos (or gluten-free tamari)
- ¼ cup maple syrup
- 2 tsp. white soy miso (or chickpea miso)
- 1 tsp. dried sage
- 1 tsp. dried thyme
- Salt and black pepper, to taste

Instructions

1. Chop each tempeh block in half horizontally, then chop each half diagonally so you have eight triangles.
2. Fill a large shallow saucepan with a couple of inches of water and fit with a steamer basket. Place the tempeh triangles in the steamer basket and cover with a lid. Bring to a boil, then reduce to a simmer. Steam the tempeh for 15 to 20 minutes, flipping the triangles once halfway through. Remove the steamer basket from the pan (keep the tempeh in the basket) and set aside.

3. Dump the water from the saucepan. Combine the vegetable broth, liquid aminos, maple syrup, miso, sage, and thyme in the pan and stir to mix. Add the tempeh triangles and bring to a boil. Once boiling, reduce the heat to a low simmer. Let the tempeh simmer in the sauce for 10 to 12 minutes, flipping once halfway through, until the sauce is absorbed and starts to caramelize. Remove from the heat and add salt and pepper. Serve immediately. Leftovers will keep in an airtight container in the fridge for 4 to 5 days.

Adapted from a recipe in *But My Family Would Never Eat Vegan!: 125 Recipes to Win Everyone Over* © Kristy Turner, 2016. Reprinted by permission of the publisher, The Experiment. Available wherever books are sold. theexperimentpublishing.com



Makes 4 servings

Sustainable Comfort:

VEGAN MAC AND CHEESE

Ingredients

- 3½ cups elbow macaroni
- ½ cup vegan margarine
- ½ cup flour
- 3½ cups boiling water
- 1 tsp. salt
- 2 Tbsp. soy sauce
- 1½ tsp. garlic powder
- Pinch of turmeric
- ¼ cup vegetable oil
- 1 cup nutritional yeast flakes
- Paprika, to taste

Instructions

1. Preheat the oven to 350°F.
2. Cook the elbow macaroni according to the package directions. Drain and set aside.
3. In a saucepan, melt the margarine over low heat. Whisk in the flour.
4. Continue whisking over medium heat until smooth and bubbly.
5. Whisk in the boiling water, salt, soy sauce, garlic powder, and turmeric.
6. Continue whisking until dissolved. Once thick and bubbling, whisk in the oil and the nutritional yeast flakes.
7. Mix ¾ of the sauce with the noodles and place in a casserole dish. Cover with the remaining sauce and sprinkle with the paprika.
8. Bake for 15 minutes.
9. Broil for a few minutes until crisp.



Makes 5 servings

Garden Fresco Medley:

TOMATO, CUCUMBER, AND BASIL SALAD

Ingredients

- ½ large English cucumber, peeled, quartered, and sliced
- 4 fresh tomatoes, quartered and sliced
- ½ cup fresh basil leaves
- 3 Tbsp. balsamic vinegar
- Fresh cracked black pepper, to taste

Instructions

Arrange the cucumber and tomato in a flat bowl. Add the basil leaves, dress with the balsamic vinegar, and sprinkle with fresh cracked black pepper.

Makes 4 servings



Tropical Frolic: BANANA NICE CREAM

Ingredients

- 1 banana, peeled and frozen
- 1 Tbsp. peanut butter
- 1 tsp. cocoa powder
- Additional flavorings (optional)

Instructions

1. Combine all ingredients in a food processor or blender and mix until well combined and creamy.
2. If desired, add additional flavors or toppings, such as cookies, fresh fruit, shredded coconut, cinnamon, or pieces of candy.
3. Serve immediately.

Makes 1 serving



Meet Your Meat:

CONFINED, MUTILATED, AND SCALDED TO DEATH

Not only do we help mitigate the climate catastrophe by going vegan, we also help spare animals the misery of cramped, filthy living conditions and the terror and pain of being slaughtered at the end of their short lives. Most of these animals spend their lives in intensive confinement—from the moment they draw their first breath until the day their throats are slashed.

Most chickens and turkeys are suspended upside down by their fragile legs, and their heads are dragged through a tank of electrified water intended to stun them. But many manage to dodge the water, so they're still completely conscious when their throats are slit. However, if the blade fails to cut their throat properly (not uncommon), they enter the defeathering tank still alive and are scalded to death.

The beef industry often castrates male calves without any painkillers. And the dairy industry separates mother cows from their babies, causing them both great distress. Cows, pigs, chickens, and turkeys can be trucked to the slaughterhouse on days-long journeys in all weather extremes, and millions die from hypothermia, heatstroke, dehydration, or injury every year before they even make it to their destination, where others endure violent deaths.



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WHEN YOU EAT WITH COMPASSION, YOU'RE KIND TO THE PLANET

From the standpoint of land use, deforestation, water pollution, and greenhouse gasses, selecting vegan foods is always the lowest-impact choice, and every meal matters. Each vegan individual saves 1,100 gallons of water, nearly 40 pounds of grain, and 30 square feet of forested land every day.

“Eating beef raised on grain produced in the Amazon is like coal-fuelled power plants—the worst thing you could possibly do.”

—Walter Willett, a leading nutritionist at Harvard University

EACH YEAR

- **250,000** sea turtles
- **300,000** whales and dolphins
- **345,000** seals and sea lions
- **400,000** birds, including penguins
- **50 million** sharks and rays

become unintended **victims of fishing.**

**IF YOU EAT FISH, OTHER ANIMALS
SUFFER AND DIE, TOO.**

GO VEGAN.

