

# The Power of Your Meal

## FOR THE ENVIRONMENT

*“The livestock sector produces more green-house gases than **all** forms of transport: cars, trucks, and airplanes combined.”*

– The FAO (Food and Agriculture Organization)  
UN organization, 2006



## FOR HEALTH

*“Appropriately planned vegetarian diets are healthful, nutritionally adequate, and provide health benefits in the prevention and treatment of certain diseases.”*

– American Dietetic Association and  
Dietitians of Canada



## FOR COMPASSION

In the world, every year, **53 billion animals live and die in terrible conditions** simply to satisfy our desire for meat.



## **The hunger crisis?**

According to the UN, if we used the grains to feed humans instead of livestock, we would be able to feed **3.5 billion** more humans.



**According to the FAO, the livestock sector takes up 70% of agriculture land on the planet**

**One pound of beef =**  
- 13 pounds of grain  
- 5.9 kg of CO<sub>2</sub>  
- 6 000 litres of water  
- 3.7 litres of gasoline  
- 147 m<sup>2</sup> of land  
- 40 pds of excrement



*“The vegetarian manner of living by its purely physical effect on the human temperament would most beneficially influence the lot of mankind.”*

– Albert Einstein

## **FOR HEALTHY NUTRITION**

***With vegetables, I have all I need!***

**Good sources of protein:** legumes, soy, nuts, grains, cereals, vegetables.

**Good sources of iron:**

lentils, beans, tofu, edamame, green vegetables, quinoa, pumpkin and sesame seeds, blackstrap molasses, ...



**Iron absorption:**

vitamin C doubles absorption, milk products reduces absorption by half.

**Good sources of calcium:** enriched soy beverage, tofu, edamame, white beans, cabbage (bok choy, kale, collard, ...), sesame seeds, almonds, blackstrap molasses, ...

**The Montreal Vegetarian Association:**  
**newsletter, conferences, social and educational events, cooking classes, media, reports, discounts ...**

**BECOME A MEMBER**

**[www.vegemontreal.org](http://www.vegemontreal.org)**



Montreal  
**Vegetarian**  
Association  
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For health, the animals, the environment