

# CELEBRATING PLANT POWER

## PLANT-POWERED DIET BENEFITS

Event organized by PHC's Environmental Stewardship Team (EST) Food Working Group

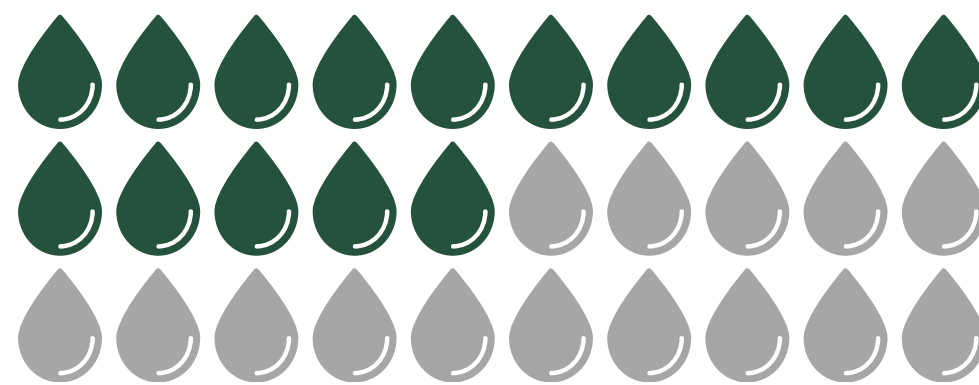
### Greenhouse Gas Emission

↓ 49%



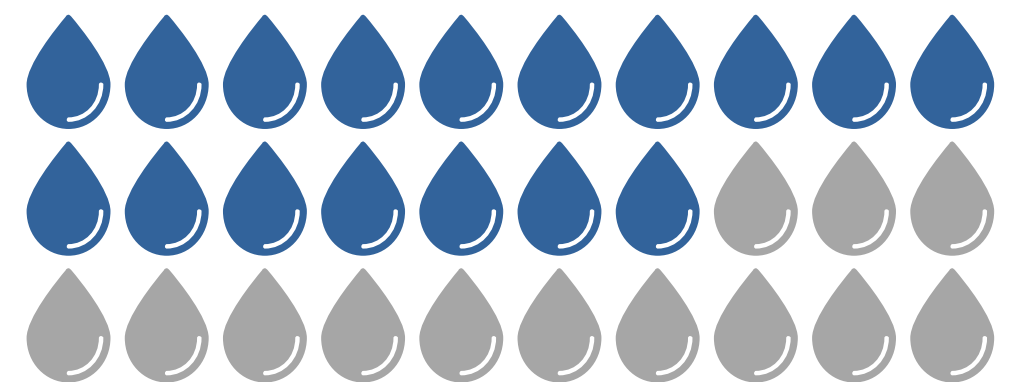
OF GHG CAN BE REDUCED BY ADOPTING PLANT-BASED DIETS [1]

### Fresh Water Use



↓ 21%

OF GREEN WATER USE\* CAN BE REDUCED BY PLANT-BASED DIETS [1]



↓ 14%

OF BLUE WATER USE\*\* CAN BE REDUCED BY PLANT-BASED DIETS [1]

### Land Use



↓ 76%

OF LAND USE CAN BE REDUCED BY ADOPTING PLANT-BASED DIETS [1]

Want to learn more?



\*Green water = the amount of rainfall that enters the soil and is picked up and put back into the atmosphere by plants; is the water source for rainfed agriculture [2]

\*\*Blue water = "the amount of rainfall that enter lakes, groundwater"; main source of water used for industry, irrigation, and domestic purposes [2]

### REFERENCES

1. Gibbs, J., & Cappuccio, F. P. (2022). Plant-Based Dietary Patterns for Human and Planetary Health. *Nutrients*, 14(8), 1614. MDPI AG. Retrieved from <http://dx.doi.org/10.3390/nu14081614>
2. <https://wmc.landfood.ubc.ca/webapp/VWM/course/global-water-challenges/green-and-blue-water-cycle/>

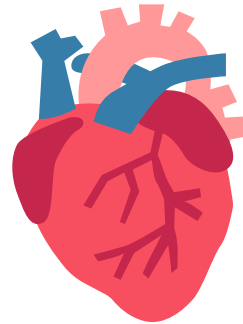
# CELEBRATING PLANT POWER

## PLANT-POWERED DIET BENEFITS

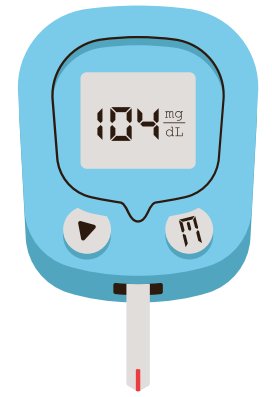
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### REDUCED RISK OF:

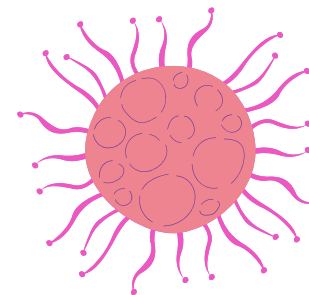
**CORONARY AND  
CARDIOVASCULAR  
HEART DISEASE [1]**



**TYPE 2  
DIABETES [1]**



**SOME  
CANCERS [1]**



Want to learn  
more?



### REFERENCES

1. Gibbs, J., & Cappuccio, F. P. (2022). Plant-Based Dietary Patterns for Human and Planetary Health. *Nutrients*, 14(8), 1614. MDPI AG. Retrieved from <http://dx.doi.org/10.3390/nu14081614>

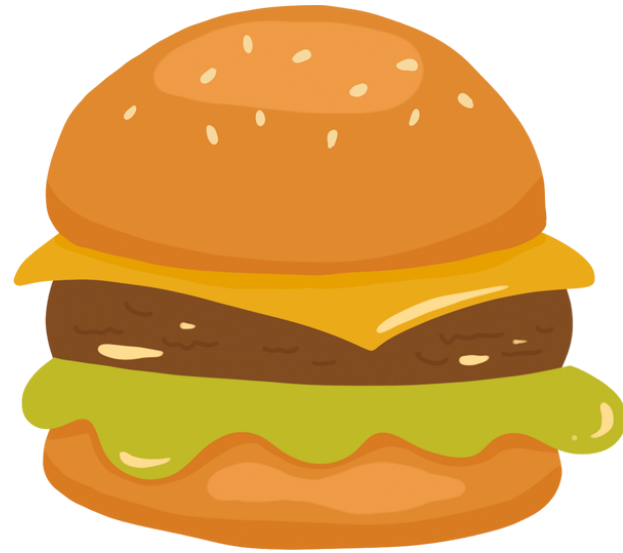
# CELEBRATING PLANT POWER

## FOOD MYTHS

Event organized by PHC's Environmental Stewardship Team (EST) Food Working Group

### MYTH

**PLANT-BASED DIETS ARE ALWAYS HEALTHY**



- Many plant-based meat alternatives are ultra-processed foods (UPF) which have refined and added salt, sugars, fats [1]
- Vegetarians and Vegans are more likely to consume more UPF compared to meat eaters [2]
- Higher intakes of UPF are associated with **increased risk of overweight or obesity** [2]

### MYTH

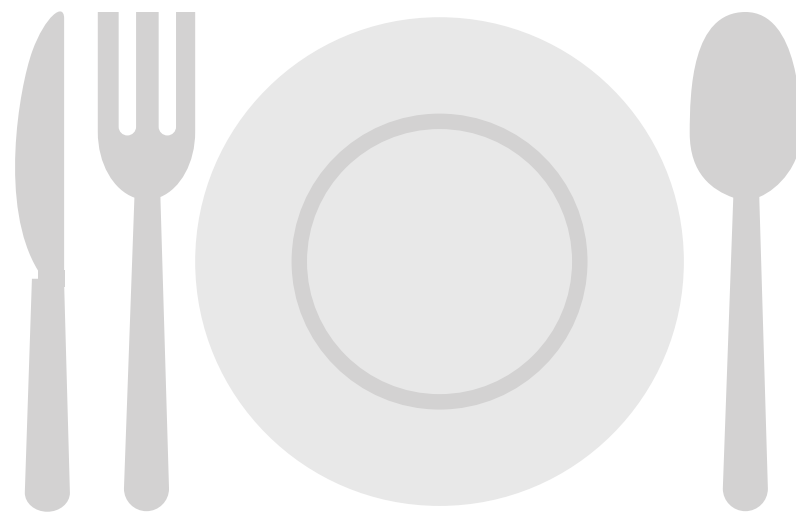
**EATING LOCAL IS ALWAYS THE BEST CHOICE**



- Transport is **not** the biggest contributor to food production carbon footprint [3]
- **What** you eat has a more significant impact than where your food was from [3]

### MYTH

**PLANT-BASED MEALS ARE NOT FILLING**



- Plant-based meals are not limited to only vegetables!
- Add **protein, fibre, and solid foods** to trigger satiety [4]
  - Lentils
  - Oats
  - Nuts and Seeds

Want to learn more?



## REFERENCES

1. Hu, F. B., Otis, B. O., & McCarthy, G. (2019). Can plant-based meat alternatives be part of a healthy and sustainable diet?. *Jama*, 322(16), 1547-1548.
2. Gehring, J., Touvier, M., Baudry, J., Julia, C., Buscail, C., Srour, B., ... & Allès, B. (2021). Consumption of ultra-processed foods by pescovegetarians, vegetarians, and vegans: associations with duration and age at diet initiation. *The Journal of nutrition*, 151(1), 120-131.
3. <https://ourworldindata.org/food-choice-vs-eating-local>
4. <https://food.ok.ubc.ca/plant-based-ingredients-to-improve-satiety/>