

MORE INFORMATION ABOUT THE BENEFITS OF A PLANT-BASED FOODS IN TODAY'S



A Plant Based Diet is a good way to protect our environment and our health. This is a very important topic to me since I wanted to address some positive changes we can start making during this terrible time with the spread of the Coronavirus and also with Earth Day coming up. This is the time for us to start changing our behavior that will benefit our health and the earth's health. The earth is in trouble with the impacts of climate change and three out of every 4 new or emerging infectious diseases in people come from animals. These are enough reasons to start eating a plant based diet since this is the single most impactful way for us to boost our health and the earth's health. "With food, you have the absolute power to make an impact," "It's probably the number one thing a person could do to make an impact today." (Loken) A report, published in The Lancet, found if people around the world followed a plant-based diet, it would save over 10 million lives preventing 20 percent deaths per year. "A plant based diet is a win-win, according to the scientists, as it would save at least 11 million people a year from deaths caused by unhealthy food, while preventing the collapse of the natural world that human life depends upon." (The Guardian) With 10 billion people expected to live on Earth by 2050, a continuation of today's unsustainable diets would inevitably mean even greater health problems and severe global warning. Since we are all quarantined to stop the spread of the coronavirus it is a good time to make a positive impact for the planet and our health.