

\*600 toxic chemicals in this country's meat supply.

266 animals killed every second



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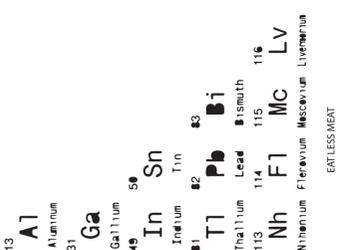


EAT LESS MEAT

# EAT LESS MEAT

The residues of as many as 500 to 600 toxic chemicals may be present in this country's meat supply.

23,000,000 every day



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## The Meat Diet

The Western American meat diet, which typically includes a high consumption of processed and red meats, has been associated with a number of potential health risks. Some of the harmful effects of a meat-heavy diet may include:

- Increased risk of heart disease: Research has shown that a diet high in red and processed meats can increase the risk of heart disease. This is because these meats are high in saturated fats and cholesterol, which can clog arteries and increase the risk of heart attack and stroke.
- Increased risk of cancer: Several studies have linked a high intake of red and processed meats with an increased risk of certain types of cancer, such as colon, prostate, and pancreatic cancer. Increased risk of diabetes: A diet high in red and processed meats may also increase the risk of developing Type 2 diabetes. This is because these meats are often high in saturated fats, which often can kill the body.

lead to insulin resistance and impaired glucose tolerance. Environmental impact: The Western American meat diet also has a significant impact on the environment. The meat industry is a major contributor to greenhouse gas emissions, water pollution, and deforestation. It's worth noting that not all meats are created equal, and leaner cuts of meat, such as chicken or turkey, may be a healthier option than processed or fatty cuts of beef or pork. Additionally, a diet that includes a variety of whole foods, including fruits, vegetables, and whole grains.

There are several reasons why eating less meat can be beneficial to people: Health: High consumption of red and processed meat has been linked to an increased risk of chronic diseases such as heart disease, type 2 diabetes, and some types of cancer. Eating more plant-based foods, such as fruits, vegetables, and lentils,

whole grains, can help reduce this risk and improve overall health. Environment: Meat production has a significant impact on the environment, including greenhouse gas emissions, deforestation, and water pollution. Eating less meat can help reduce the demand for meat production and its associated environmental impact. Animal welfare: Many people choose to eat less meat because of concerns about animal welfare. The raised and slaughtered for food can be inhumane and cause unnecessary suffering. Cost: Meat can be expensive compared to plant-based foods. Eating less meat can be a cost-effective way to maintain a healthy and balanced diet. Overall, reducing meat consumption and incorporating more plant-based foods into one's diet can have positive effects on health, the environment and even finances.

## Today's SPECIAL

E C C O L I \*  
H O R M O N E S  
A N T I B I O T I C S  
A M M O N I A

\$ \$ \$

## A Better Lifestyle

Reducing your meat consumption can have a positive impact on your health and the environment. Here are some tips for eating less meat:

- Start small: You don't have to give up meat entirely all at once. Start by cutting back on your meat intake gradually, such as having meatless meals a few times a week. Find meat substitutes: Try incorporating plant-based proteins into your meals, such as tofu, tempeh, beans, lentils, and chickpeas. These can be used in place of meat in many recipes. Explore new recipes: Look for vegetarian or vegan recipes online or in cookbooks to try out new dishes. You may be surprised by how tasty and satisfying meatless meals can be. Experiment with flavors: Use spices, herbs, and sauces to add flavor to your meals. This can help make up for the flavor that you may be used to getting from meat. Choose meat-free options when eating outside of the house.

spices, herbs, and sauces to add flavor to your meals. This can help make up for the flavor that you may be used to getting from meat.

Choose meat-free options when eating out: When eating out, look for vegetarian or vegan options on the menu. Consider reducing portion sizes: When you do eat meat, consider reducing your portion sizes. This can help you cut back on your overall meat intake while still enjoying it occasionally.





# WE HAVE THE MEATS\*

1	2											3	4	5	6	7	8	9	10								
H	He											Ne						Ar	Kr	Xe	Rn	Og					
Li	Be											B	C	N	O	F	Ne						Ar	Kr	Xe	Rn	Og
Na	Mg											Al	Si	P	S	Cl	Ar						Ar	Kr	Xe	Rn	Og
K	Ca	Sc	Ti	V	Cr	Mn	Fe	Co	Ni	Cu	Zn	Ga	Ge	As	Se	Br	Kr						Ar	Kr	Xe	Rn	Og
Rb	Sr	Y	Zr	Nb	Mo	Tc	Ru	Rh	Pd	Ag	Cd	In	Sn	Sb	Te	I	Xe						Ar	Kr	Xe	Rn	Og
Cs	Ba		Hf	Ta	W	Re	Os	Ir	Pt	Au	Hg	Tl	Pb	Bi	Po	At	Rn						Ar	Kr	Xe	Rn	Og
Fr	Ra		Rf	Db	Sg	Bh	Hs	Mt	Ds	Rg	Cn	Nh	Fl	Mc	Lv	Ts	Og						Ar	Kr	Xe	Rn	Og

57	58	59	60	61	62	63	64	65	66	67	68	69	70	71
La	Ce	Pr	Nd	Pm	Sm	Eu	Gd	Tb	Dy	Ho	Er	Tm	Yb	Lu
Lanthanum	Cerium	Praseodymium	Neodymium	Promethium	Samarium	Eurpium	Gadolinium	Terbium	Dysprosium	Holmium	Erbium	Thulium	Ytterbium	Lutetium

C

89	90	91	92	93	94	95	96	97	98	99	100	101	102	103
Ac	Th	Pa	U	Np	Pu	Am	Cm	Bk	Cf	Es	Fm	Md	No	Lr
Actinium	Thorium	Protactinium	Uranium	Neptunium	Plutonium	Americium	Curium	Berkelium	Californium	Einsteinium	Fermium	Mendelevium	Nobelium	Lanthanum

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