

Team Nature Nerds
Day 15



*Meatless
Meals*

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Reasons to Go Meatless

Reduces Carbon Footprint

The UN estimates that the meat industry **ALONE** generates nearly one-fifth of the man-made greenhouse gas emissions that accelerate climate change.

Minimizes Water Usage

The water needs of livestock are **HUGE** and are, by far, greater than those of veggies or grains. An estimated 1,800 to 2,500 gallons of water go into a **SINGLE POUND** of beef!

Reduce Fuel Dependence

Nearly 40 calories of fossil fuel energy goes into every calorie of feedlot beef in the U.S. This is a huge difference when compared to the 2.2 calories needed for a calorie of plant-based proteins.

even MORE

Reasons to Go Meatless

Health Benefits

On average, Americans consume 8 ounces of meat a day, 45% MORE than the recommended amount by the USDA, and more than the majority of the rest of the world! Going meatless once a week can drastically reduce the risk of chronic preventable conditions, like cancer, cardiovascular disease, diabetes, and obesity. According to the CDC, over 1/3 of Americans are obese!

Economic Benefits

Going meatless can benefit both individuals and a nation. With food prices rising, especially in packaged items and meat, cutting out meat once a week can greatly decrease one's food expenses. Cutting down meat consumption, as mentioned before, can also prevent chronic diseases whose treatments account for 70% of U.S. health spending.

For today's Meatless Monday Challenge, Jennifer and her mom went a day without eating any meat.

Breakfast



To the left, you can see Jen's breakfast of Cinnamon Toast Crunch and coconut water. Though the cereal may not be that healthy, it is more eco-friendly than having bacon in the morning

Unfortunately, Jen's mom didn't have the opportunity to eat breakfast this morning. Although it is common knowledge that missing breakfast is very unhealthy habit, breakfast time is a very rushed time for many, and many people end up skipping breakfast on a daily basis.

Lunch



To the left you can see Jen's mom's lunch. She had stir-fried Korean Glass Noodles with bean sprouts and Chinese Water Spinach! Yummy :)

Jen was slightly less fortunate in what she had for lunch, but still had a nice one! She indulged bagel with cream cheese, fat-free chocolate milk, some applesauce, and a piece of lettuce.



Dinner



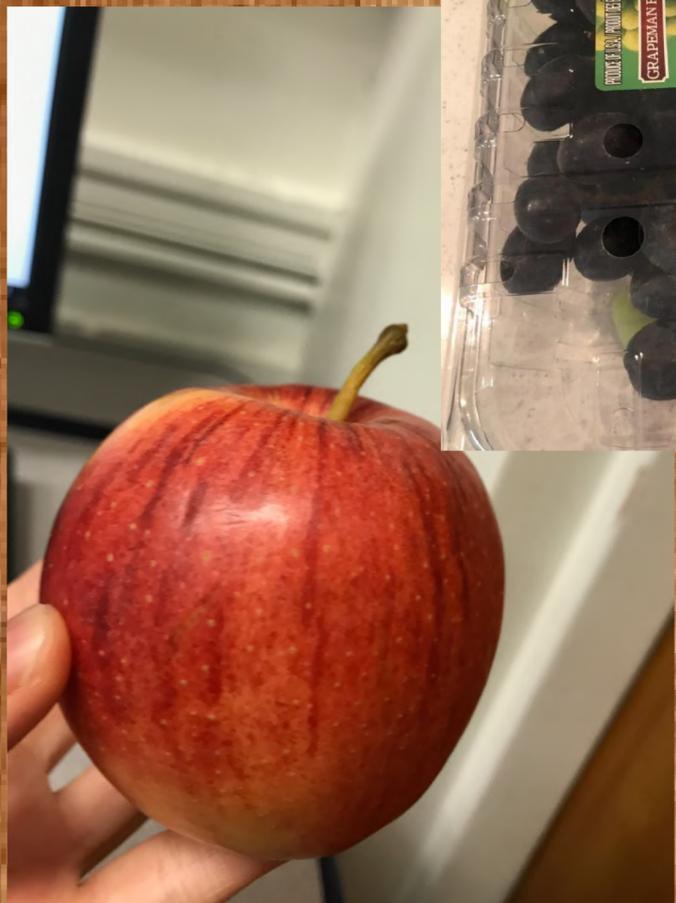
Both Jen and her mom had noodles for dinner! Here was Jen's Mom's dinner. She had a light Vietnamese Pho made with noodles, green onions, with a spicy, vegan, hot and sour soup base.

To the left is Jen's. She had Japanese ramen with onion, potato, and a mushroom soup base.

She also had some Korean Spicy Stewed tofu, which had soy sauce, scallion, garlic, Korean gochujang, sesame oil, loose red pepper, onion, ginger, and corn.



Snacks and Desserts



While Jen was trudging through the school day, she enjoyed an apple. Her mom also decided to have a healthy snack and ate some grapes.

At the end of their meatless day, Jen and her mom shared a frozen, vegan coconut dessert. It had a real coconut shell on the outside, coconut flesh, and water on the inside.



Was it easier or harder than you thought to go meatless for the day?

It was much easier than we thought to go meatless for the day. It is not uncommon for people to think that vegans and vegetarians live a terrible, and depriving life, but going meatless for Jen and her mom was, surprisingly, not too hard.

How do you feel after a day of no meat?

Right now, Jen feels the same as she would if she had eaten meat today, but she hears from her friend that used to be vegan that her diet would cause her to feel extremely tired. However, Jen felt great that she did not contribute to an immense problem Americans support everyday by eating meat: the unethical factory farming and the disproportionate amount of methane emissions caused by it.

Do you think you'll continue to participate in Meatless Mondays or consider adopting a plan based, vegetarian, vegan, or flexitarian diet?

Jen thinks she will try to adopt a flexitarian diet, and that she will convince her mom to too. She thinks that being flexitarian is a good transitioning stage to becoming a complete vegetarian or vegan. Many of her friends have tried to make a jump to being completely vegan, and have failed after a couple of weeks, or days. This transition will give her body more time to adapt to a change in her diet, and ensure a smoother change. In the future, in addition to a new flexitarian diet, she will try to participate in Meatless Mondays, and garner Meatless Monday participation and awareness by announcing it in my school's Environmental Club.