

- \* Colorful food charts
- \* Free blood pressure checks by our Director nurse

Food for Life programs illustrate that eating plant-based vegetarian food is healthy, easy, economical and delicious.



### Exhibits

Food for Life provides eye-catching, informative displays as well as educational materials on the various aspects of a plant-based vegetarian diet. Topics include:

- \* Nutritional Guidelines for a Plant-Based Vegetarian Diet
- \* Protein: How much and where to get it
- \* Calcium: What we need to build strong bones
- \* Suggestions for meat and dairy substitutes
- \* Charts on the Fat Content of Common Foods
- \* Cooking and Baking without Eggs
- \* And much more...

We also have children's programs. **Sprouts**, our program for young people, provides age appropriate coloring books, recipes, games, stories and fun projects to convey the many benefits of eating fruits, vegetables, grains and beans.

From children to seniors, our programs are tailored to the needs of the audience.

Food for Life demonstrates that eating healthily and humanely can be enjoyable and delicious!

### Contact Us

To schedule a presentation or exhibit, or for more information on the services we provide, call 732-446-6963 or email us at [sdragan@nj-ara.org](mailto:sdragan@nj-ara.org). Coming soon on the web at [www.NJFoodForLife.org](http://www.NJFoodForLife.org).




**Food for Life** is a program of New Jersey Animal Rights Alliance (NJARA), a NJ registered charity since 1983. A community service organization, NJARA endeavors to make the world a better place for animals and people.

Food for Life strives to improve the public's health by promoting a plant-based vegetarian diet which is good for people, animals and the environment.




### References:

- 1) Giovannucci E, Rimm EB, Stampfer MJ, Colditz GA, Ascherio A, Willett WC. "Intake of fat, meat, and fiber in relation to risk of colon cancer in men." *Cancer Research*, 1994, 54, pp.2390-7.
- 2) Willett WC, Stampfer MJ, Colditz GA, Rosner BA, Speizer FE. "Relation of meat, fat, and fiber intake to the risk of colon cancer in a prospective study among women." *New England Journal of Medicine* 1990, 323, pp.1664-72.
- 3) Mangels A, Messina V, and Melina V, "Position of the American Dietetic Association and Dietitians of Canada: Vegetarian Diets." *Journal of the American Dietetic Association*, June 2003, pp.748-65.
- 4) Hegsted DM. "Calcium and osteoporosis." *Journal of Nutrition*, 1986, 116, pp.2316-9.



*"Helping Animals & a Healthier You"*

## Community Outreach Program



**FOOD FOR LIFE** is a community outreach program promoting healthy plant-based vegetarian eating. Our mission is to:

- 1) Promote the health, humane, environmental and economic benefits of a plant-based diet
- 2) Offer support and guidance to transition from a meat-based diet to a plant-based one by providing dietary guidelines, nutritional information, meal planning and delicious plant-based recipes
- 3) Plant seeds of compassion for animals traditionally raised for human consumption

### The Standard American Diet (SAD)

The dangers of eating a meat-based diet are in the news all the time. To quote former U.S. Surgeon General C. Everett Koop: "70% of all Americans die from diseases related directly to their eating habits."

Animal products contain artery-clogging cholesterol and have no fiber. Harvard studies that included tens of thousands of men and women have shown that regular meat consumption increases the risk of colon cancer by 300%.<sup>1,2</sup> High-cholesterol, high-fat diets (typical meat-based eating) are implicated in heart disease.<sup>3</sup> Eating meat can promote osteoporosis as animal protein can leach calcium out of bones.<sup>4</sup> And the list goes on and on.

### The Better Way – Plant-Based

A Plant-Based Vegetarian Diet includes the *New Four Food Groups*.

- 1 The whole grain group** includes bread, pasta, breakfast cereal, rice dishes, corn, and other grains which provide fiber, complex carbohydrates, important vitamins and protein.
- 2 The vegetable group** includes broccoli, carrots, lettuce, cabbage, potatoes, and cauliflower. Vegetables are particularly rich in vitamins and minerals. Green leafy vegetables are also very good sources of fiber, complex carbohydrates, and calcium.
- 3 The fruit group** includes apples, bananas, peaches, pears, and oranges, as well as exotic

fruits, such as kiwis and star fruit. Because they are rich in complex carbohydrates, vitamins, and fiber, fruits provide valuable resistance to heart disease, cancer, and other degenerative diseases.

- 4 The legume group** includes foods that come in a pod, such as beans, peas, lentils, soy, tofu, and tempeh. These foods are excellent sources of fiber, complex carbohydrates, protein, and minerals.

### Why Food for Life?

Medical studies have demonstrated time and again that eating a plant-based vegetarian diet can reduce the risk of heart disease, diabetes, stroke, cancer and obesity.<sup>3</sup> A plant-based diet is life enhancing.

The benefits of plant-based eating are numerous. People often:

- ✓ Have more energy
- ✓ Feel satisfied longer after a meal
- ✓ Lose weight more easily
- ✓ Lower their blood sugar
- ✓ Lower their cholesterol
- ✓ Experience improved bowel movements
- ✓ Feel good knowing they are helping themselves, the environment and animals



### Food for Life - Our Program Services

Food for Life participates in health fairs, community events, festivals and more where we exhibit, provide literature and offer lectures and workshops, all free of charge. We are available to give presentations to service organizations, schools, clubs at libraries and special events.

### Public Presentations

Our talks center around informing the public on the health benefits of a plant-based vegetarian diet. To that end, we provide:

- \* Dietary guidelines to meet daily minimum nutritional requirements
- \* Healthy and easy-to-prepare delicious recipes the whole family will enjoy
- \* Information on the adverse effects of a meat-based diet
- \* Ways to save money on food costs
- \* Shopping lists
- \* Easy to understand literature in English and Spanish
- \* DVDs, Videos, PowerPoint presentations
- \* Free samples or coupons