

# Food Matters Campaign

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"More than 50% of the corn grown in the United States is fed to animals."

## How can we help the environment?

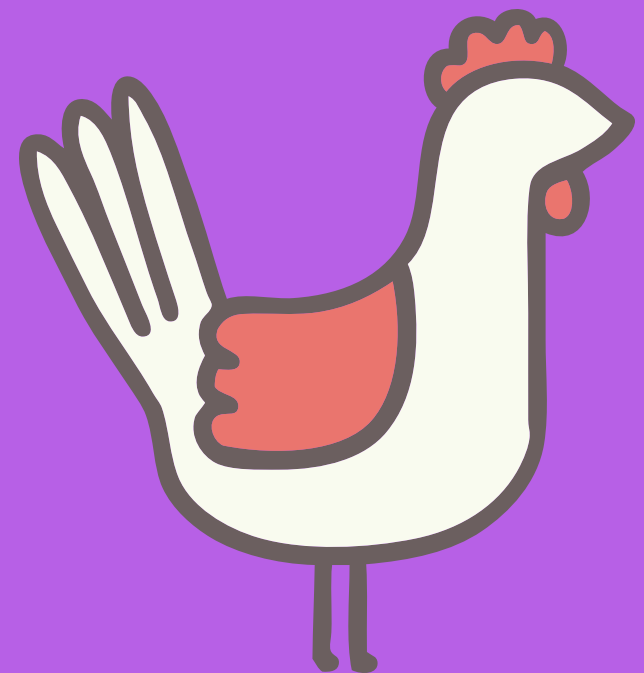
"Eat less meat and junk food, eat more vegetables and whole grains."

- By eating less meat, it will decrease in the demand for livestock.
- Decreased health problems, such as obese.



"We might love meat, we might benefit from eating it in moderate quantities, but we don't to eat meat to live."

"Food manufacturers take a similar route. They add or change ingredients to make their products appear healthier; they'll sneak "healthy" product into otherwise less desirable foods; they make health claims that are borderline nonsense."





"Whenever you eat what might be called inefficient food-and beef is among the leaders in this category-you're consuming more of the planet's energy than you need to live well."

"Industrialized meat production has contributed to climate change and stimulated a fundamental change in our diets that has contributed to our being overweight, even obese, and more susceptible to diabetes, heart disease, stroke, and perhaps even cancer."

