

**Eat Less Meat,  
Eat More  
Wheat**

**Food Matters**

**Aj Washington & Tyheim  
Price**

# Introduction

Thanksgiving, the mecca of food holidays. It's the only time of year you can eat your weight in stuffing, mac and cheese, cranberry sauce and Turkey. It's the favorite holiday of many food enthusiasts worldwide. Something they probably don't know is that the average american ate 16 pounds of turkey on thanksgiving. That's 40 MILLION turkeys. And it doesn't stop there. On Christmas there's over 22 million turkeys, and 19 million on easter.

# Food Matters

Mark Bittman, is the writer of Food Matters. He is not a scientist or a doctor, he is just a journalist. He talks about how people do not think about what they eat. He addresses the problems that Americans face like overeating, polluting, and food industries. He talks about how we raise and eat more animals than we need. He believes that we do this because of history. He believes that “Due to historical struggle to obtain enough calories, people have an instinct to eat when they are surrounded by food. Which may just be true.” He also talks about how our overeating is bad for our health. He says that eating animals that have been raised cruelly and has been shoot up with drugs are not good for you. He also talks about how this gives a negative impact on the environment.

# How To Help

Well, if you want to help stop global warming, stop obesity, stop the slaughter of billions of animals, all you have to do is cut back on the meat. Not stop entirely. Just slightly. Eat less meat, eat more wheat. Eat less cheetos, eat more vegtebos. Eat less sweet & sour, eat more cauliflower!

You will be helping to stop global warming by stopping the process of meat. It takes more energy to produce plants than meats. So, we'd be saving energy by eating more plants than meats. You would also stop obesity because you, and hopefully others around you, would cut back on the sugary foods and drinks and eat healthier foods. Lastly, you would help stop the slaughter of billions of animals by obvious reasons. If we switch to healthier foods, like whole grains and vegetables, the demand for animals would drop and animals would stop being killed in large quantities.

# Statistacs

## Pepsi

## Vitamin Water

878 calories	300 calories
105 Carbs	0 Carbs
904 mg of sodium	0 mg of sodium
27 g of fat	0 g of fat

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