



# food

## - a gift from Mother Nature

Every faith celebrates food as a gift from Mother Nature. To provide nourishment to our bodies and minds, food should be wholesome - **Satvik** for Hindus, **Kosher** for Jews and **Halal** for Muslims. Today we consume more processed foods and fewer fresh fruits and vegetables. It is impacting the environment and is not healthy. Eating meat and fish in larger quantities also poses the moral question of how we treat our fellow living creatures, especially through industrial-scale farming which involves animal cruelty.



### Impact on Environment

Consumption of animal products makes up a third of the average Australian's ecological footprint, uses 50% of agricultural land and accounts for over 90% of land degradation. Cattle and sheep are a major source of methane emissions.



### Impact on our Health

62.8% of the population in Australia is either obese or overweight. The numbers of people with high blood pressure, type-2 Diabetes, colorectal and bowel cancer are increasing. Poor diet can also contribute to mental depression, anxiety and loss of self-esteem.



### Impact on Economy

Total cost of caring for obese and overweight people to the Australian economy is over \$56 billion a year, as per the study published in the Medical Journal of Australia. It is over US \$150 billion in the USA & over \$1 trillion worldwide according to World Health Organisation estimates.



### Our Moral Dilemma

The number of land-based animals killed annually for food worldwide is over 60 billion (UN FAO estimates). It will double by 2050 if no action is taken. These factory-farmed animals are subjected to appalling conditions. We love our pets. These animals deserve our compassion too.

EAT LESS MEAT & SAVE THE PLANET

# Making sustainable food choices for healthy living

“Eat food, not too much, mostly plants”

- Michael Pollan



- ✓ Eat a moderate amount of food. Watch the portion size to prevent obesity. Be mindful of what and how you eat.
- ✓ Plan in order not to waste food - 40% of all food grown is wasted. Food in landfill gives off methane, a 25 times more potent greenhouse gas than carbon dioxide.
- ✓ Reduce animal-based food. Many Australians eat more meat than is recommended by National Health and Medical Research Council's Dietary guidelines.
- ✓ Favour plant-based foods - a properly planned vegetarian diet can provide all necessary nutrients. It is also *Satvik*, *Kosher* & *Halal*. Try to choose organically grown food and avoid genetically modified produce; it causes a loss of biodiversity.
- ✓ Reduce pre-processed and packaged food. Eat more home-cooked food. Grow your own produce or buy seasonal, local produce. It supports local farmers and reduces pollution due to refrigeration and transportation.
- ✓ Drink plenty of tap water, and avoid excess of alcoholic and sugary drinks.
- ✓ Be happy and live a simple and physically active lifestyle.

## More Information

Please visit our website : [www.arrcc.org.au/eat-less-meat](http://www.arrcc.org.au/eat-less-meat)

National Health & Medical Research Council Dietary Guidelines for Adults :

[www.nhmrc.gov.au](http://www.nhmrc.gov.au)

Delicious vegetarian recipes : [www.vegsoc.org](http://www.vegsoc.org)

A directory of organic animal products : [www.organicfooddirectory.com.au](http://www.organicfooddirectory.com.au)

Information about the ethical treatment of animals : [www.hsi.org.au](http://www.hsi.org.au)

[www.humanechoice.com.au](http://www.humanechoice.com.au)



**A multi-faith network  
committed to taking action  
on climate change.**

Email: [info@arrcc.org.au](mailto:info@arrcc.org.au) Phone: 02 9150 9713