



# VEGGABOLS

PLANT BASED ENTRÉES



Eating healthy while saving the environment!

## Health & Sustainability Facts

### ANIMAL WELFARE

- Over 70 billion animals are raised for food worldwide each year.
- Roughly 99% of all farmed animals in the United States live on factory farms.

### PLANT-BASED FOUNDATIONS

- One cup of cooked chickpeas has about 15 grams of protein.
- One cup of firm tofu contains about 20 grams of protein.
- One cup of boiled lentils contains about 18 grams of protein.
- Eating more plant-based foods decreases the risk of heart disease, stroke, obesity, high blood pressure, high cholesterol, type 2 diabetes, many cancers.
- It takes two football fields worth of land to feed one person on a standard American diet. That same amount of land could feed 14 people on a plant-based diet.
- Beef production is the leading cause of deforestation in tropical rainforests such as the Amazon.
- It takes 1,840 gallons of water to produce 1 lb. of beef vs less than 250 gallons of water to produce 1 lb. of soy.
- Over 70 billion animals are raised for food worldwide each year.
- Roughly 99% of all farmed animals in the United States live on factory farms.
- Animal agriculture produces 9% of CO<sub>2</sub>, 65% of nitrous oxide (296x more global warming potential than CO<sub>2</sub>) and 37% of all methane (23x as warming as CO<sub>2</sub>).
- Beef emits 36.44 kg of CO<sub>2</sub> per Calorie while tofu only emits 1.17 kg of CO<sub>2</sub> per Calorie.
- 38.5% of all livable land in the world goes to raising animals for meat and dairy.
- It takes 2,714 liters of water to produce 1 kg of beef vs 149 liters of water for kg of tofu.

Check out our new Plant Based Meal Options!