

SWITCHING TO A VEGETARIAN OR VEGAN DIET

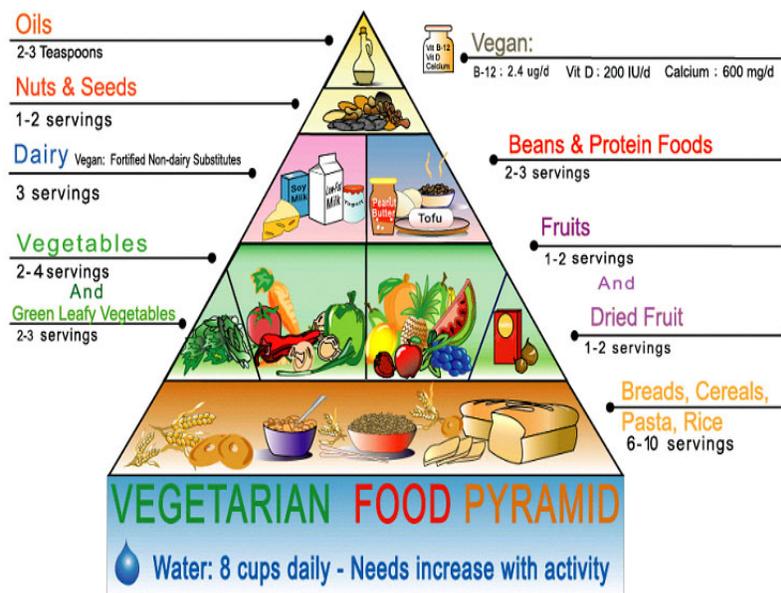
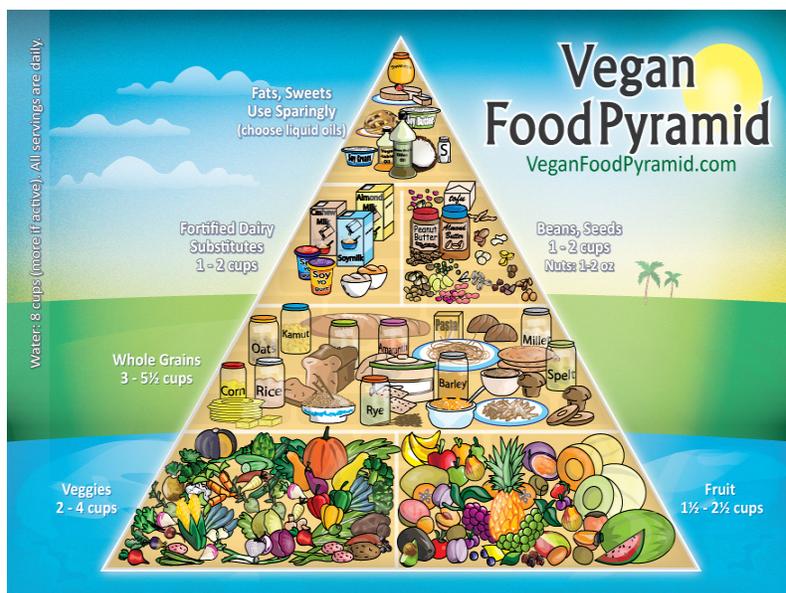


Should you decide to adopt a vegetarian diet, there are several things to keep in mind. Many processed foods could contain unwanted ingredients; you may want to check the ingredient list on most food items. At Community Market, we check the ingredient list before products reach the shelf to ensure compliance with our standards. Also consider that certain supplements and body care items do contain animal products (i.e. gelatin capsules). For a multitude of delicious, healthy vegetarian foods, see our produce, grocery and bulk shelves.

One of the best things about the natural foods marketplace is that when you commit to an intentional diet, there is practically nothing you can't substitute. Between nondairy frozen desserts, grain derived milk alternatives, seitan, milk free cheeses, and all the home-cooked goodies you can dream up, you are likely to eat a greater variety of foods while developing a new appreciation for flavors and textures.

There are different ways people choose to limit their animal derived food intake:

- **Vegans:** Do not eat animal products of any type, including animal flesh, dairy products, eggs and in some cases, honey. Many vegans also strive to eat, wear and use no animal products such as leather, feathers, and wool.
- **Lacto-Ovo Vegetarians:** Do not eat any animal flesh (red meat, fowl, pork, fish, shellfish), but do use dairy products and eggs.
- **Lacto Vegetarians:** Do not eat any animal flesh or eggs but do use dairy products.



FOR THE ANIMALS

The competition is fierce to produce inexpensive meat, dairy and eggs. Most small farms have been replaced by factory farms; large windowless warehouses where animals are confined in crowded cages or stalls with no access to the outside world. Choosing a plant based diet is an effective way to avoid supporting such farming practices.

MEATLESS MONDAY

What a difference a day makes.

HERE IS WHY...

The percentage of human-caused global greenhouse gas emissions caused by animal agriculture.



How much less "Flexitarians" (people who often replace meat with vegetarian foods) may weigh than the average American.



It can take about 50 times more water to produce meat than plant-based foods.

31%



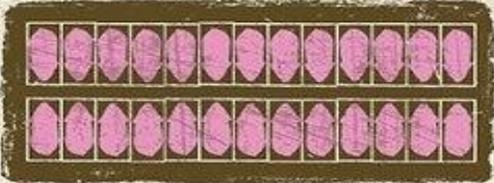
500 MILLION TONS: How much manure factory farmed animals in the U.S. produce annually.

How much lower the odds "Flexitarians" are to have diabetes than the average American.

285: The number of animals killed for food in the U.S., every second of every minute of every day.



FACTORY FARMING (not a pretty sight)



Mother pigs are crammed into tiny crates so small they can't turn around, chickens are crammed into tiny barren cages, and more.

JOIN THE MEATLESS MONDAY MOVEMENT

Visit humansociety.org/meatlessmonday today for free recipes and tips.



THE HUMANE SOCIETY OF THE UNITED STATES

MEAT-FREE MOMENTUM

12%: How much America's meat demand dropped between 2007 and 2012.



57%



The percentage of Americans who have cut back on meat.



3,500

The number of schools, hospitals, and restaurants participating in Meatless Monday!

Top public figures like Bill Clinton, Oprah Winfrey, Al Sharpton and Ellen DeGeneres now tout the benefits of eating more plant-based foods.

SKYROCKETING SALES

40%

The increase in new food products labeled as "vegetarian" over a five-year period.



From veggie burgers at Denny's to Taco Bell's bean burritos, virtually every major restaurant chain now offers an array of animal-free fare.



WHAT ABOUT PROTEIN?

Adequate protein intake is a common concern voiced when individuals go vegetarian or vegan. It is nearly impossible to be protein deficient on a reasonably varied daily diet of grains, legumes, fruits and vegetables.

WHERE DO YOU GET YOUR PROTEIN?



QUINOA
8g



GREEN PEAS
8g



PEANUT BUTTER
7g



KALE
2g



CHICK PEAS
15g



TOFU
6g



BEANS
15g



BROCCOLI
3g



HEMP
10g

PROTEIN ISN'T JUST MEAT

WOMEN SHOULD GET 46g PER DAY AND MEN 56g.

ANIMAL TESTING

Community Market's product policy assures that we are constantly striving to keep our store free of products tested on animals. To ensure a product is cruelty free look for the logo.



VISIT US ONLINE AT: cmnaturalfoods.com