

Serve the Planet

presents

**Now is the Thyme:
Journey to be a Holistic Vegetarian**

Monthly Environmental Awareness Online Programme Series

7 March 2020



STEP-BY-STEP PROGRAMME

Learn How to Improve your Diet and Transform your Life





Programme Overview

1. Expand awareness of the concept of food
2. Explore a step-by-step programme on becoming a vegetarian
3. Learn how to balance nutrients
4. Understand how our eating habits impact the planet
5. Share the message with our family and community

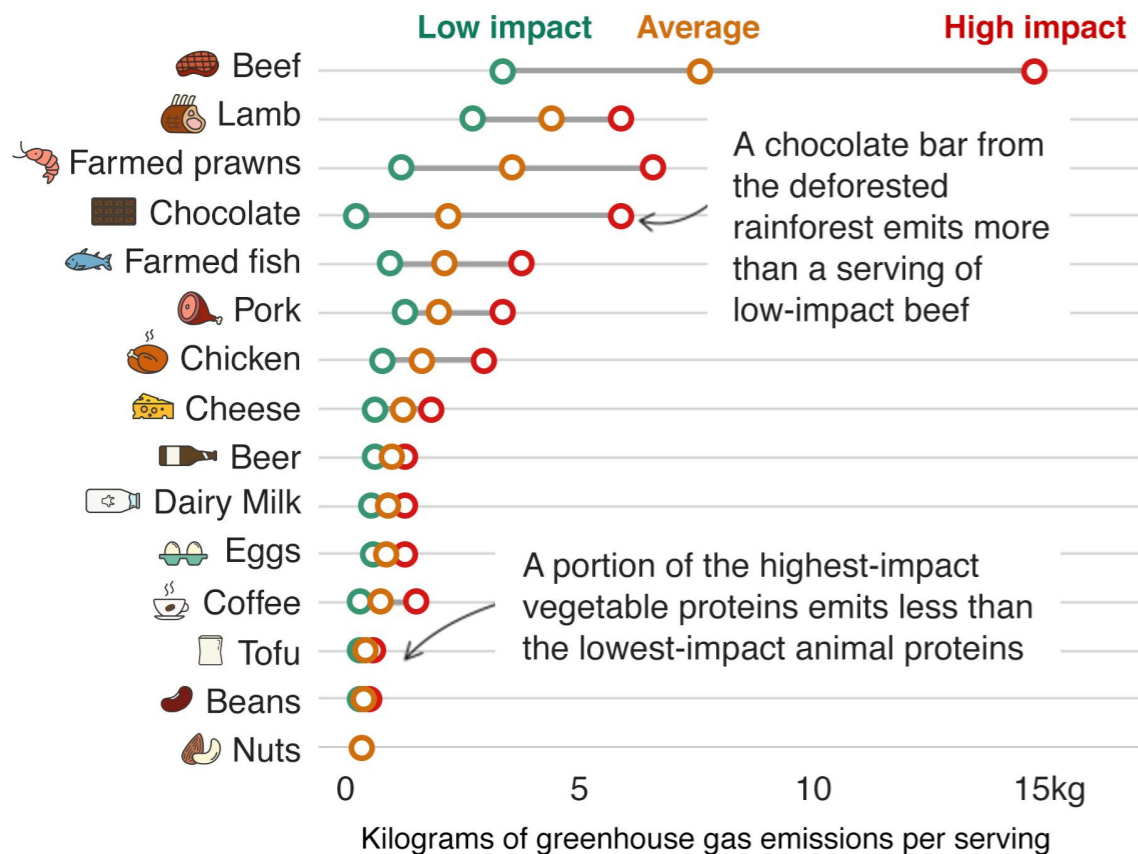


What motivates us to improve our diet?

The Environmental Impact of our Food Choices

Beef has the biggest carbon footprint - but the same food can have a range of impacts

Kilograms of greenhouse gas emissions per serving



Source: Poore & Nemecek (2018), Science

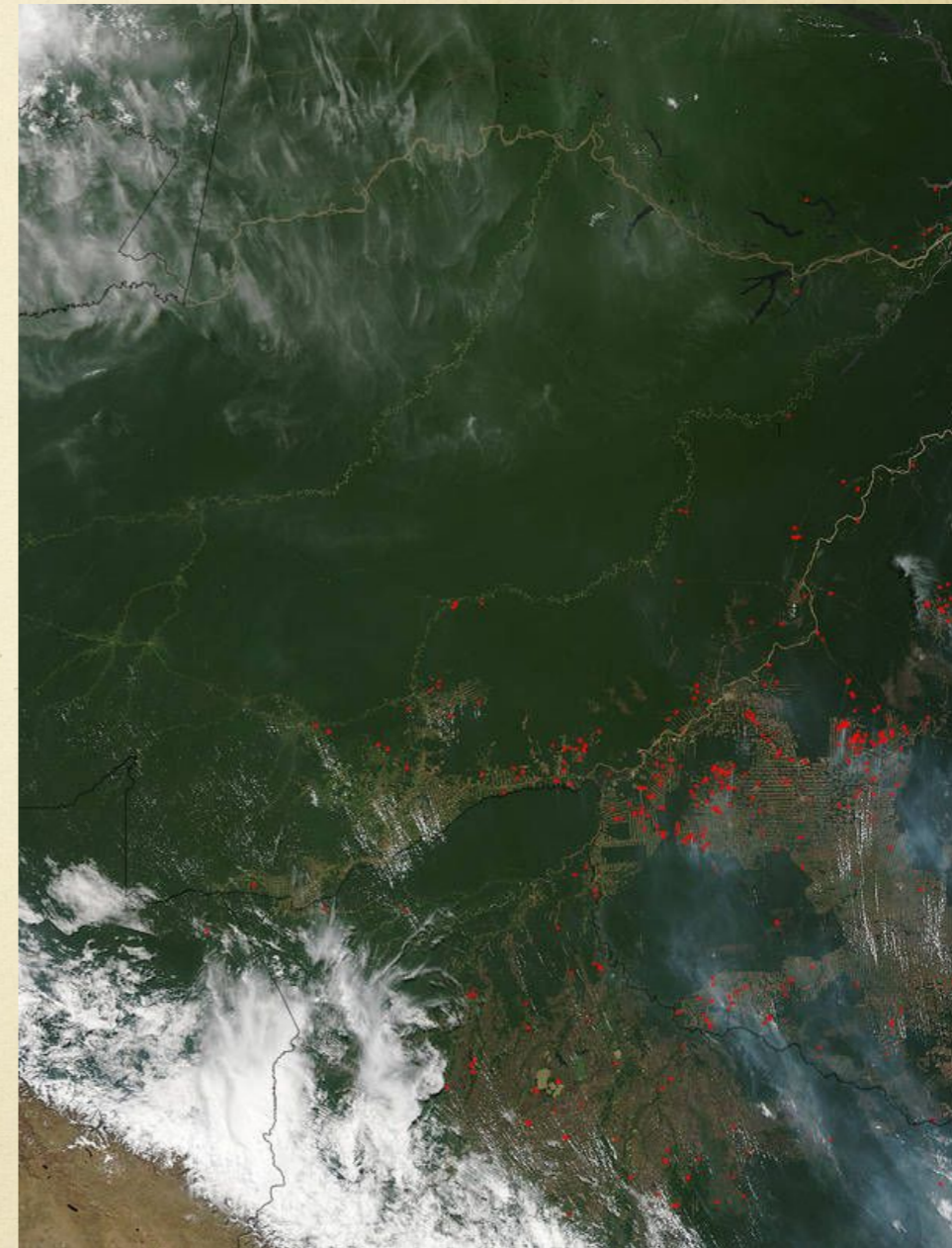
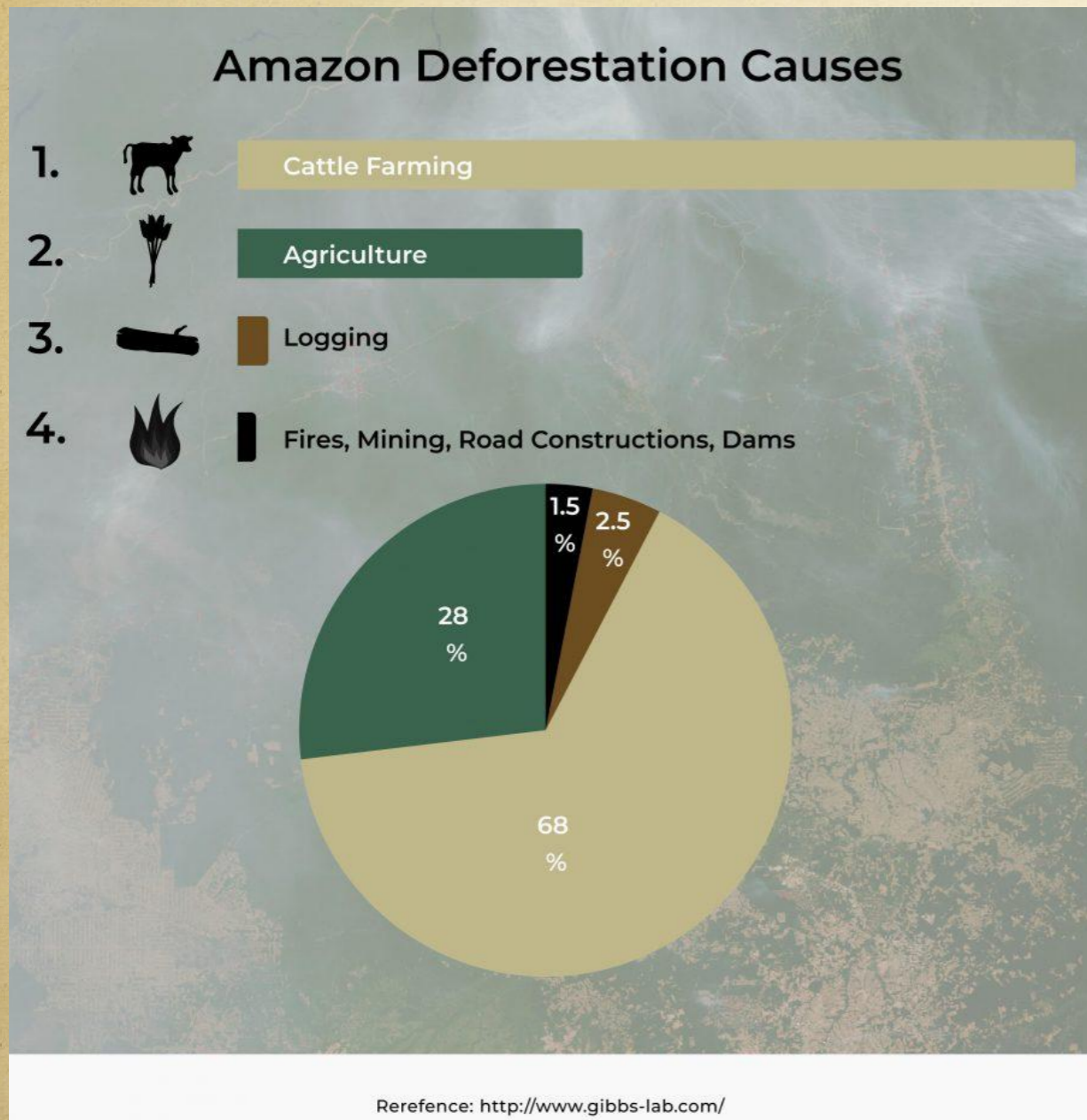


Typical values for the volume of water required to produce common foodstuffs		
Foodstuff	Quantity	Water consumption, litres
Chocolate	1 kg	17,196
Beef	1 kg	15,415
Mutton (sheep)	1 kg	10,412
Pork	1 kg	5,988
Butter	1 kg	5,553
Chicken	1 kg	4,325
Cheese	1 kg	3,178
Rice	1 kg	2,497
Pasta (dry)	1 kg	1,849
Bread	1 kg	1,608
Apple	1 kg	822
Banana	1 kg	790
Potatoes	1 kg	287
Milk	1 x 250 ml cup	255
Cabbage	1 kg	237
Tomato	1 kg	214
Egg	1	196

Meat requires more water to produce vs. vegetables and grains, and emits more greenhouse gases to produce.

Are there other Impacts?

The Environmental Impact of our Food Choices



Red dots=
active fires
in the
Amazon as
of 10
September
2015

Cattle farming also contributes to deforestation, habitat loss, soil degradation, and pollution of soil and ground water with antibiotics and pesticides.

Why make changes to improve your food choices?

- Improve your environmental impact
- Improve your health
- Aids you on the spiritual path

What changes can I make?



People who want to develop themselves along the path of the Atma must have good health and, for this purpose, the control of food is essential. By eating clean food, we can get a clean mind and through a clean mind, we can get a clear idea of the goal. Through such a clean concept of the Atma, we will be able to get rid of the illusion of maya. Through this method, the knot that is present in our heart will open up, and this is the basis for getting a divine vision. We should not think that the importance that is being given to the aspect of food is unnecessary. For all types of Yoga - Pranayama, Niyama, Pratyahara, Samadhi, etc. - correct type of food is the most important basis.

– Summer Showers 1978: 26 June 1978

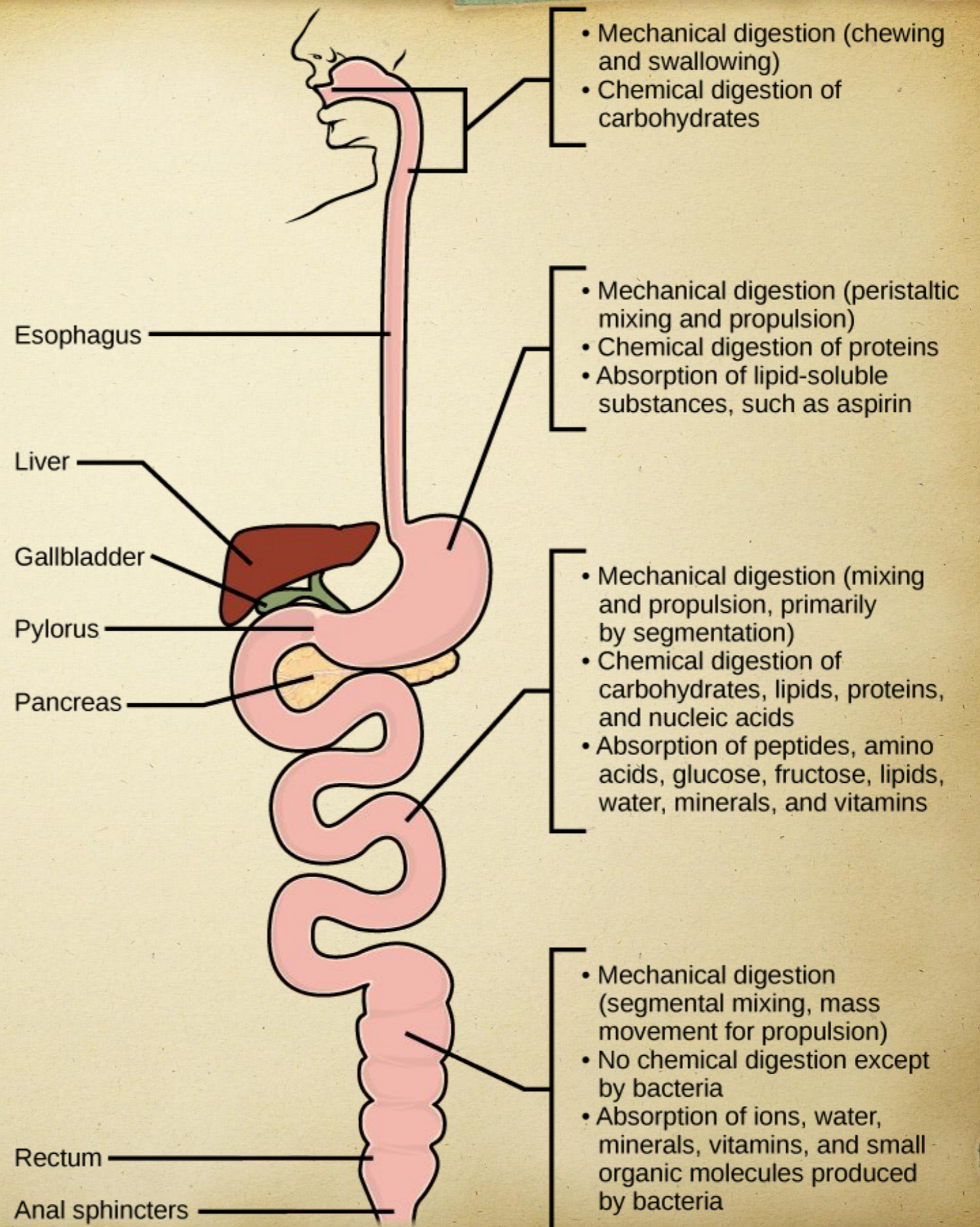


What is the role of food in generating physical energy?

How carbohydrates are converted to energy?

When we eat **carbohydrate**, the **body breaks it down into simple sugars, such as glucose**, and absorbs them into the bloodstream. As the sugar level rises in our body, the pancreas releases insulin. Insulin is needed to move glucose from the blood into the cells, where it provides energy. **Glucose is the energy currency of the body.**

Proteins and fats are also converted to energy. Proteins break down into amino acids while fats break down into fatty acids and glycerol.





The body and the mind are mightily interdependent, no one can afford to neglect it. As the food, so the mind, as the mind so the thought, as the thought so the act. Food is an important factor which determines the alertness and sloth, the worry and the calm, the brightness and the dullness.

– Sathya Sai Speaks, Vol.14/Ch.31: 21 September 1979



Food is one of the most important sources of energy and essential to help the body function properly. The food we eat is composed of the following key components, some of which provide the body the energy it requires, but all of which are important for good health and well-being.

Carbohydrate: body's main source of energy; it can also be converted into proteins.

Protein: provides amino acids, which **makes most of the cells structure** including cell membrane

Fat: Gives energy and protects organs, absorb other nutrients and making steroid and hormone. It has the highest caloric content.

Vitamin and Mineral: are present in trace amounts in the food; they are **essential for normal metabolism, growth, development and cell function**. They work together with enzymes and other substances that are necessary for a healthy life.

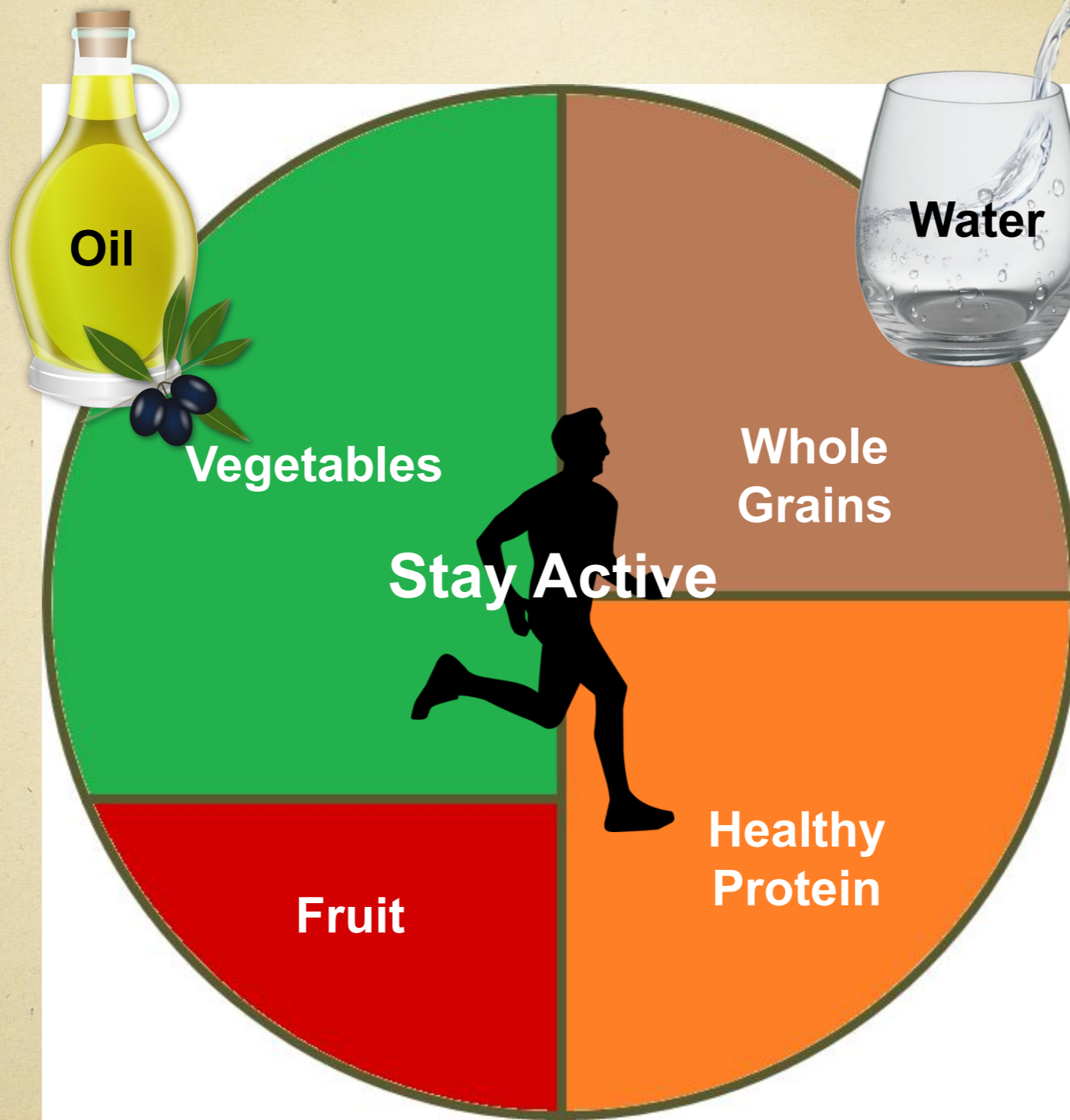
Water: makes up 60% of our body weight. It **helps regulating body temperature and maintaining other bodily functions**. Our body needs more water every day than any other nutrient.

How to Balance Nutrients

Use healthy oils (e.g. canola and olive oil) for cooking, on salad and at the table. Avoid trans fats.

The more vegetables – and the greater the variety – the better. Potatoes and French fries do not count.

Eat plenty of fruits of all colours.



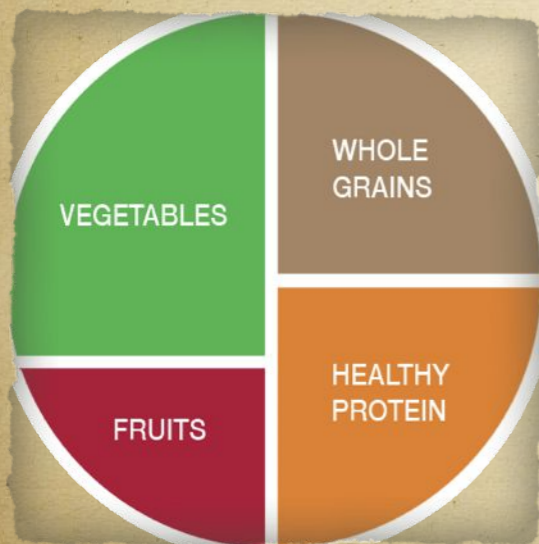
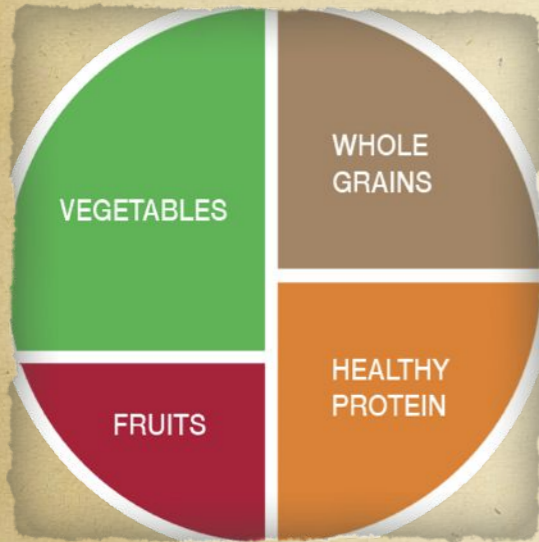
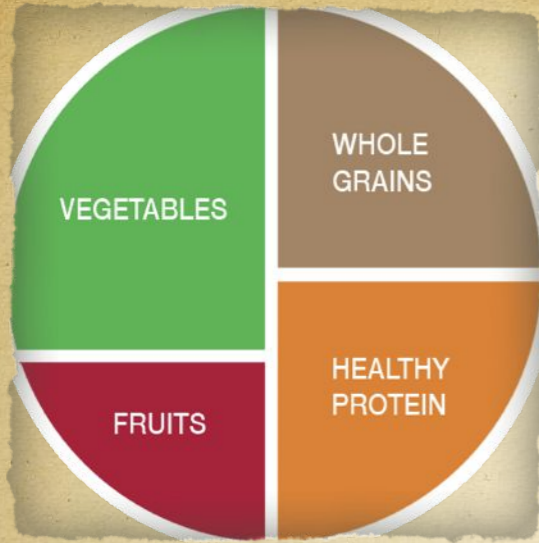
Drink water. Limit tea/coffee. Limit milk/dairy and juice to 1 serving each, per day. Avoid sugary drinks.

Eat a variety of whole grains (whole wheat bread and pasta, brown rice, buckwheat, etc). Limit refined grains like white rice and white bread.

Choose beans, peas, lentils, and tofu. Limit highly refined proteins found in vegetarian burgers/sausages, and other processed food, etc.

Healthy Eating Plate

Adapted from: <https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>



BREAKFAST

vegetables	carrot juice, green juice
fruits	Any seasonal fruit, natural marmalade and spreads
healthy protein	plant-based milk, plain yogurt (curd), coconut yogurt, nuts, lentils
whole grains	cereals, bread and toast, pumpernickel bread, oats, arepas, idlis, ragi, pap

Beverage: Drink water, coffee or tea, also citrus drinks.

Healthy fat: Avocado, tahini, sunflower seeds, chia seed, peanut butter

LUNCH

vegetables	any vegetables – all colors and textures; raw or cooked
fruits	any seasonal fruits
healthy protein	tofu, beans, soya chunk, humus, broad beans, chickpeas, lentils
whole grains	wheat pasta, wholemeal bread, pita bread, tortilla, roti, rice, arepas, noodles

Beverage: Drink water, coffee or tea, also citrus drinks

Healthy fat: Avocado, tahini, olive oil, avocado oil, chia seed, almond cheese, nuts, sunflower seeds

DINNER

vegetables	raw or cooked vegetables, mushrooms
fruits	neutral fruits like apple, pear, papaya
healthy protein	soy/oat milk, tofu, humus, lentils
whole grains	rice, oats, bagels, toast, flat breads (roti, tortilla, pita bread)

Beverage: Drink water, jasmine tea, green tea, or any flower tea, almond milk

Healthy fat: Nuts, almond/soy cheese, avocado, tahini

3 Complete Meals per Day: What to Include



Breakfast

Wholewheat or rye toast with nut butter, black beans and tortilla.
Tea, citrus juice, plain yogurt, fruit, nuts, oatmeal.



Lunch

Type of carbohydrate is more important than the amount. Vegetable sources (other than potatoes), fruits, whole grains and beans are healthier. Use healthy oils and healthy sources of fat.



Dinner

Eat with your family or friends.
Relax, eat slowly.
Fruits and fibre, tea, nuts, soy/almond/oat milk. Vegetables.

3 Complete Meals per Day: **What to Avoid**



Breakfast

Eggs, doughnuts, croissants, waffles, meat, and your fast food restaurant. Fatty and salty food.

Boxed, processed cereals. Skipping breakfast (is associated with increase in the risk of obesity).



Lunch

Sugar beverages. Diet or low-fat products and food. Hydrogenated oils. Meat, processed meats.

Limit milk and dairy. Limit juice to a small glass per day.



Dinner

Eating too much. Fats. Cheese. Eating alone. Stimulants like coffee, black tea, alcohol, chocolate. Bread. A whole served plate.



How to schedule food?

Is a simple 1...2...3

Morning Tea



Breakfast

Snack 1

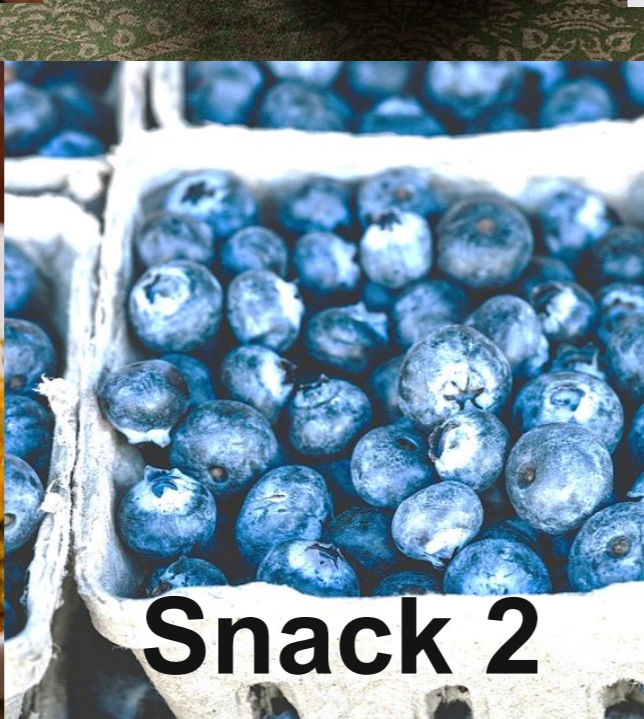


1. Morning tea/coffee and breakfast
2. Snacks between meals
3. Complete meals (breakfast, lunch and dinner)

Snack smart
according to Harvard M. S.

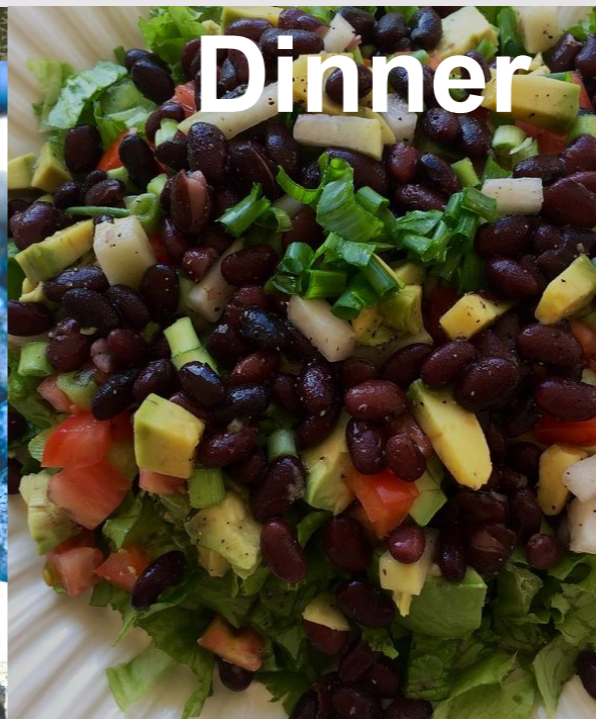
1. Go for the grain
2. Bring back breakfast
3. Try a high-low combination
4. Go nuts
5. The combo snack
6. Snack mindfully
7. Take it with you

Lunch



Snack 2

Dinner



7 ways to snack smarter

According to the Harvard Medical School

1. **Go for the grain:** Whole grain snacks like whole-grain low-salt pretzels or tortilla chips, or high fiber cereals.
2. **Bring back the breakfast:** i.e. a slice of whole-grain toast topped with nut butter. Low sugar granola also works.
3. **Try a “high-low” combination:** Combine a small amount of healthy fat like peanut butter with something very light e.g. apple slices.
4. **Go nuts:** Use unsalted nuts, almonds, walnuts, peanuts, roasted pumpkin seeds, cashews, filberts, etc. in moderation
5. **The combo snack:** Try to have more than just one micronutrient. Try whole-grain crackers with some low-fat cheese.
6. **Snack mindfully:** Don't eat your snack while doing something else.
7. **Take it with you:** Think ahead and carry your snack in your purse or in a small lunch box; don't turn in desperation to the candy bars in the workplace/school machine.



Suggested Step-by-Step Guide

1. Cut on meat. Use a plant-based protein.
2. Cut out refined sugars.
3. Cut out processed foods and frozen foods.
4. Cut out fried food and junk food.
5. Reduce dairy intake; opt for plant-based milk and cheese if and when possible.
6. Avoid genetically modified foods.
7. Avoid excess condiments, onion and garlic.
8. Reduce the ecological footprint of your food.
9. Buy ethically sourced, seasonal and locally grown food.
10. Get closer as much as possible to a healthy and environmentally friendly diet. Practice moderation with food consumption.



Methodology

Cut out meat	Use lentils, beans, tofu, tempeh, almond cheese and mushrooms. Also, seitan is a good choice for people beginning the vegetarian journey.
Cut out refined sugars	Substitute them with sweet fruits and also homemade cookies (use whole grain like oats).
Cut out processed and frozen foods	Switch those foods for fresh- homemade -food.
Cut out fried food and junk food	Use whole grains like oats, wheat, also potatoes and other starches.
Reduce dairy intake; opt for plant-based milk and cheese if and when possible	Use almond, soy or oat milk, and tofu or almond cheese.

Methodology contd.

<p>Avoid genetically modified foods</p>	<p>Read labels and prefer organic products. Grow a home garden and harvest your own food as much as you can.</p>
<p>Avoid excess condiments, onion and garlic</p>	<p>Instead of using too much salt or sugar in foods try to enjoy its natural flavour. Use spices to flavor it instead of onion and garlic.</p>
<p>Reduce the carbon footprint of your food</p>	<p>Consume local food so as the emissions generated by transport and by the food industry are reduced.</p>
<p>Buy ethically sourced, seasonal and locally grown food</p>	<p>Buy food from companies that treat their workers fairly as their thoughts and feelings influence our mind through the food.</p>
<p>Get closer as much as possible to a healthy and environmentally friendly diet. Practice food moderation</p>	<p><i>Man should realize that there should be no excessive indulgence in any desire, whether it be food or other necessities. – Sathya Sai Speaks, Vol.30/Ch.24: 05 October 1997</i></p>

DIFFERENT FOOD DIFFERENT IMPACT

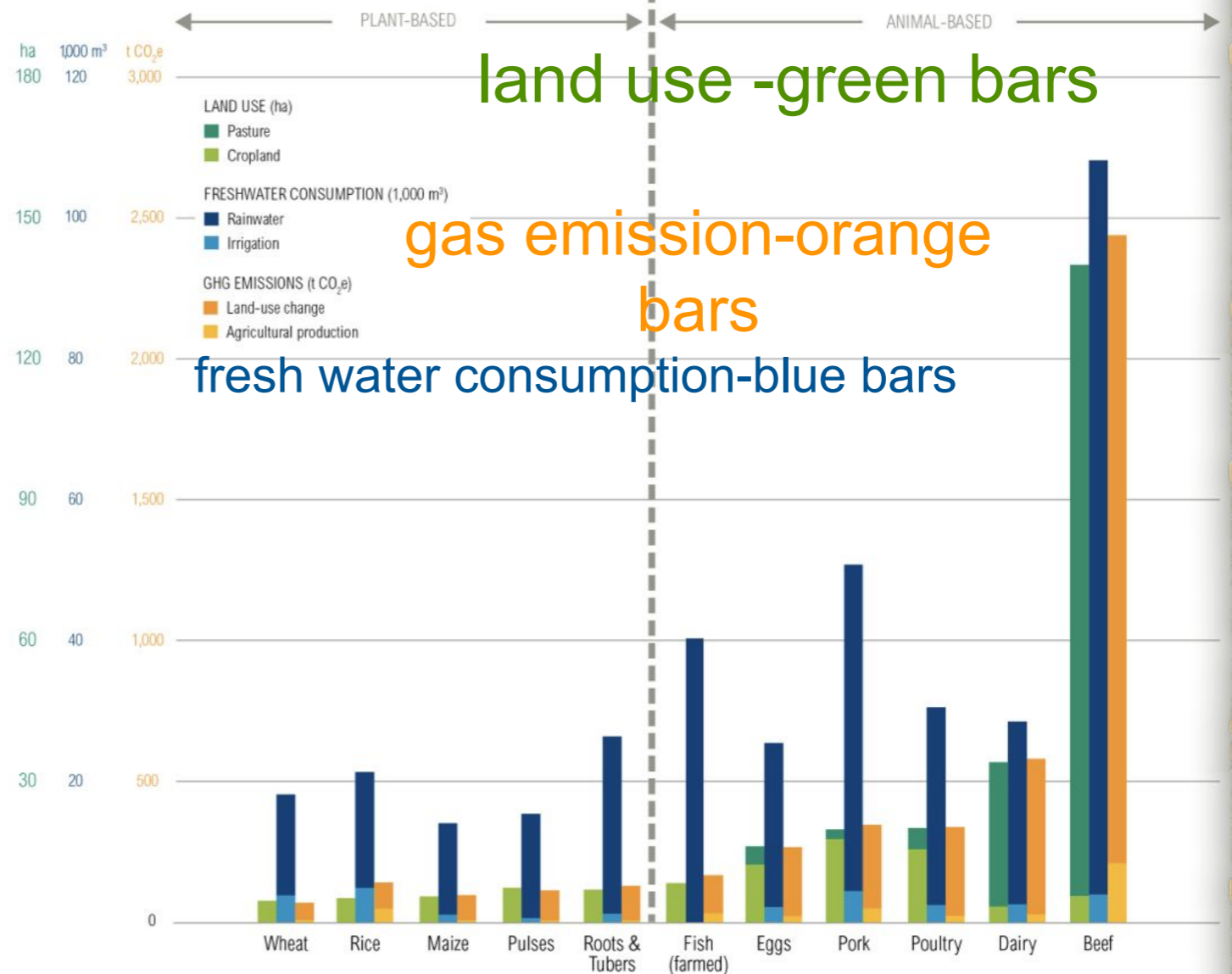
Along with varying impacts on human health, **food also have differing environmental impacts.**

As shown in the figure below, **the production of animal-based foods tends to have higher greenhouse gas emissions (orange bars) than producing plant-based foods.** And dairy and red meat stand out for their disproportionate impact.

Beyond emissions, it is also important to note that **food production places an enormous demand on natural resources**, as agriculture is a major contributor to **deforestation, species extinctions, and freshwater depletion and contamination.**

Animal-Based Foods Are More Resource-Intensive than Plant-Based Foods

PER TON PROTEIN CONSUMED



wri.org/shiftingdiets

WORLD RESOURCES INSTITUTE

(Source: World Resources Institute. [4] Details about the data used to produce this figure [available here.](#))

Methodology (10 weeks)

1. Adhere to the suggested step-by-step guide.
2. Write down your daily meals.
3. Analyse which elements from your diet you should change and start changing them.
4. Find your motivation (read Sathya Sai Divine discourses on food or read scientific journals about natural resources and food).
5. Try following the suggested Step-by-Step programme starting on number one and moving forward one number per week (at your own pace) while you keep motivating yourself every day. (10 weeks)
6. Every time you eat, whether served on a plate or prepared for a lunch box, remember to use the Healthy Eating Plate as a guide.
7. Keep reading about how to 'Serve the Planet' with your food choices.
8. Share with others, family or community but only after you practice, so you can talk about your own experience.



Be aware of your food waste- world hunger continues to climb while 1/3 of food produced is wasted.¹ Food waste means that the water and energy used to produce the food is also wasted.

<http://www.fao.org/food-loss-and-food-waste/en/>



Human life will find fulfillment only when ecological balance is maintained. Balance in human life and balance in Nature, both are equally important. The food that we eat, the water that we drink, the air that we breathe, are all polluted. In fact, all the five elements, which are of utmost importance for man, are polluted.

– Sathya Sai Speaks, Vol.33/Ch.15: 25 September 2000



Love all. Serve all.

Help ever. Hurt never.

Sathya Sai Baba

quote fancy

Every effort should be made to keep the human body healthy. Health is wealth. Wealth cannot be enjoyed by a person with poor health. Health is more important because it gives physical and mental strength to a person.

– Sathya Sai Speaks, Vol.35/Ch.15: 27 May 2002



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For more information and resources, please visit the Serve the Planet Webpage:
sathyasai.org/ya/serve-the-planet

For questions or feedback, please contact
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