

# *Ethical Eating*

*By*

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# CONGREGATIONAL ACTIONS

As congregations, we covenant to:

- Provide and sell organic and fair trade food at congregational events where practical
- Assisting charities in providing food assistance
- Provide programs for all ages to inform them about the issues of food and environmental justice
- Conduct educational programs on nutrition
- Become Green Sanctuary certified
- Engage in direct action in solidarity with workers and labor advocacy groups to support agricultural and food workers

"This is dreadful! Not only the suffering and death of the animals, but that man suppresses in himself, unnecessarily, the highest spiritual capacity—that of sympathy and pity towards living creatures like himself—and by violating his own feelings becomes cruel."

Leo Tolstoy

*“The most violent weapon on earth is the table fork.”*

*Mahatma Gandhi*

“As long as men massacre animals, they will kill each other. Indeed, he who sows the seeds of murder and pain cannot reap joy and love.”

Pythagoras

“My refusing to eat flesh occasioned an inconveniency, and I was frequently chided for my singularity, but, with this lighter repast, I made the greater progress, from greater clearness of head and quicker comprehension.”

Benjamin Franklin

*“Human beings are not natural carnivores. When we kill animals to eat them, they end up killing us because their flesh, which contains cholesterol and saturated fat, was never intended for human beings, who are natural herbivores.”*

*William C. Roberts, M.D., Editor-in-Chief,  
The American Journal of Cardiology*

*“The pain and suffering inflicted on children by the American diet is so brutal that if it were administered with a stick, parents would be put in jail.”*

*John McDougall, M.D.*

*“Earth provides enough to  
satisfy every man’s needs,  
but not every man’s greed.”*

*Mahatma Gandhi*

*“There’s nothing more difficult than waking someone who is only pretending to be asleep.”*

*Bishop Desmond Tutu*

*“All things tremble before violence.  
All fear death. All love life. See  
yourself in others. Then whom can  
you hurt? What harm can you do?”*

*Buddha*

*“Everybody, soon or late,  
sits down to a banquet of  
consequences.”*

*Robert Louis Stevenson*

*“Pain is a more terrible lord . . .  
than even death himself.”*

*Albert Schweitzer*

*“I believe in my heart that faith in Jesus Christ can and will lead us beyond an exclusive concern for the well-being of other human beings to the broader concern for the well-being of the birds in our backyards, the fish in our rivers, and every living creature on the face of the earth.”*

*John Wesley*

*“Never think of anyone as inferior to you. Open the inner Eye and you will see the One Glory shining in all creatures.”*

*Sufi saint Misri*

*“There is no religion without love, and people may talk as much as they like about their religion, but if it does not teach them to be good and kind to beasts as well as man it is all a sham.”*

*Anna Sewell, Black Beauty*

*“Tis said that the view of nature held by any people determined all their institutions.”*

*Ralph Waldo Emerson,  
English Traits*

“When a human kills an animal for food, he is neglecting his own hunger for justice. Man prays for mercy, but is unwilling to extend it to others.”

Isaac Bashevis Singer

“The impact of countless hooves and mouths over the years has done more to alter the type of vegetation and land forms of the West than all the water projects, strip mines, power plants, freeways, and subdivision developments combined.”

Philip Fradkin in *Audubon*,  
National Audubon Society

*“The worst sin towards our fellow creatures is not to hate them, but to be indifferent to them. That is the essence of inhumanity.”*

*George Bernard Shaw*

*“We must fight against the spirit of unconscious cruelty with which we treat the animals. Animals suffer as much as we do . . . . It is our duty to make the whole world recognize it.”*

*Albert Schweitzer*

*“First, live a compassionate life.  
Then you will know.”*

*Buddha*

*“By having reverence for life,  
we enter into a spiritual relation  
with the world.”*

*Albert Schweitzer*

“There are a thousand hacking  
at the branches of evil to one  
who is striking at the roots.”

Henry David Thoreau, *Walden*

*“Every day forty thousand children die in the world for lack of food. We who overeat in the West, who are feeding grains to animals to make meat, are eating the flesh of these children.”*

*Thich Nhat Hanh*

# ARGUMENT #1

*Less Chronic Disease*

*and*

*Better Overall Health*

# EATING GREEN: BY THE NUMBERS

## HEALTH

**3 years:** how much longer vegetarian Seventh-day Adventists live than nonvegetarian

**4.9 servings:** servings of fruits and vegetables consumed daily, compared to the recommended 5 to 10

**16 percent:** decreased mortality from heart disease by eating one additional serving of fruits or vegetables each day

**24 percent:** how much lower the rate of fatal heart attacks is in vegetarians vs. non-vegetarians

**25 percent:** the proportion of food-poisoning deaths due to pathogens from animals or their manure

**33 percent:** the decrease in beef consumption since 1976

**50 percent:** how much less dietary fiber Americans consume than is recommended

**51 percent:** the reduction in risk of heart attack for people eating nuts five or more times per week compared to less than once a week

**90 percent:** the proportion of chickens contaminated with Campylobacter bacteria

**100 percent:** how much fattier meat is from a typical steer that's fed grain rather than grass

**199 pounds:** the combined amount of meat, poultry, and seafood produced per American (2003)

**1,100:** mortalities each year due to foodborne illnesses linked to meat, poultry, dairy, and egg products

**46,000:** number of illnesses annually due to antibiotic-resistant strains of Salmonella and Campylobacter

**63,000:** the number of deaths from coronary heart disease caused annually by the fat and cholesterol in meat, dairy, poultry, and eggs

**\$7 billion:** the annual medical and related costs of foodborne illnesses

**\$37 billion:** the annual cost of drugs to treat high blood pressure, heart disease, and diabetes

**\$50 billion:** the annual cost of coronary bypass operations and angioplasties

# ARGUMENT #2

*Less Foodborne Illness*

# ARGUMENT #3

*Better Soil*

# ARGUMENT #4

*More and Cleaner Water*

# ARGUMENT #5

*Cleaner Air*

# EATING GREEN: BY THE NUMBERS

## ENVIRONMENT

**1 pound:** the amount of fertilizer needed to produce 3 pounds of cooked beef

**5 times as much:** the irrigation water used to grow feed grains compared to fruits and vegetables

**5 tons:** the soil lost annually to erosion on an average acre of cropland

**7 pounds:** the amount of corn needed to add 1 pound of weight to feedlot cattle (some of that weight gain is not edible meat)

**19 percent:** the proportion of all methane, a greenhouse gas, emitted by cattle and other livestock

**41 percent:** the share of irrigated land planted in livestock feed crops

**66 percent:** the proportion of grain that ends up as livestock feed at home or abroad

**331:** the number of odor-causing chemicals in hog manure

**4,500 gallons:** the rain and irrigation water needed to produce a quarter-pound of raw beef

**8,500 square miles:** the size of the “dead zone” created in the Gulf of Mexico by fertilizer runoff carried by the Mississippi from the upper Midwest

**33 million:** the number of cars needed to produce the same level of global warming as is caused by the methane gas emitted by livestock and their manure

**22 billion pounds:** the amount of fertilizer used annually to grow feed grains for American livestock

**3.3 trillion pounds:** the amount of livestock manure produced annually

**17 trillion gallons:** the amount of irrigation water used annually to produce feed for U.S. livestock

# ARGUMENT #6

*Less Animal Suffering*

# PRINCIPLE #1

*Nutrition represents the combined activities of countless food substances.*

*The whole is greater than its parts.*

# NUTRIENTS IN SPINACH

Macronutrients		Fatty Acids	
Water	Fat (many)	Myristic acid	Oleic acid
Calories	Carbohydrate	Palmitic acid	Eicosenoic acid
Protein (many)	Fiber	Stearic acid	Linoleic acid
<b>Minerals</b>		Palmitoleic acid	Linolenic acid
Calcium	Sodium	<b>Amino acids</b>	
Iron	Zinc	Tryptophan	Valine
Magnesium	Copper	Threonine	Arginine
Phosphorus	Manganese	Isoleucine	Histidine
Potassium	Selenium	Leucine	Alanine
<b>Vitamins</b>		Lysine	Aspartic acid
C (Ascorbic Acid)	B-6 (Pyridoxine)	Methionine	Glutamic acid
B-1 (Thiamin)	Folate	Cystine	Glycine
B-2 (Riboflavin)	A (as carotenoids)	Phenylalanine	Proline
B-3 (Niacin)	E (tocopherols)	Tyrosine	Serine
Pantothenic acid		<b>Phytosterols (many kinds)</b>	

# PRINCIPLE #2

*Vitamin supplements are not a panacea for good health.*

# PRINCIPLE #3

*There are virtually no nutrients on animal-based foods that are not better provided by plants.*

## NUTRIENT COMPOSITION OF PLANT AND ANIMAL-BASED FOODS (PER 500 CALORIES OF ENERGY)

Nutrient	Plant-Based Foods*	Animal-Based Foods**
Cholesterol (mg)	-	137
Fat (g)	4	36
Protein (g)	33	34
Beta-carotene (mcg)	29,919	17
Dietary Fiber (g)	31	-
Vitamin C (mg)	293	4
Folate (mcg)	1168	19
Vitamin E (mg_ATE)	11	0.5
Iron (mg)	20	2
Magnesium (mg)	548	51
Calcium (mg)	545	252

\* Equal parts of tomatoes, spinach, lima beans, peas, potatoes

\*\* Equal parts of beef, pork, chicken, whole milk

# PRINCIPLE #4

Genes do not determine disease on their own. Genes function only by being activated, or expressed, and nutrition plays a critical role in determining which genes, good and bad, are expressed.

# PRINCIPLE #5

*Nutrition can substantially control the adverse effects of noxious chemicals.*

# PRINCIPLE #6

*The same nutrition that prevents disease in its early stages (before diagnosis) can also halt or reverse disease in its later stages (after diagnosis).*

# PRINCIPLE #7

Good nutrition creates health in all  
areas of our existence.  
All parts are interconnected.

*“A human being is a part of the whole, called by us the ‘Universe’, a part limited in time and space. He experiences himself, his thoughts and feelings, as something separated from the rest – a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.”*

*Albert Einstein*