

# The Mind-Blowing Truth About Food

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## Supplementary Material

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### The talk

Recordings of “The mind-blowing truth about food” (and “Climate for electric cars?”) by Anthony Simpson can be found at: <https://everybighelps.org/talks/>.

Dates for upcoming talks can be found at: <https://everybighelps.org/events/>.

To arrange talks about the climate crisis, request copies of the slides from my talks, or send queries – contact me via **ant\_simpson@yahoo.co.uk**

### Nutrition

Plant-based diets can be a great option for optimal health, if they include an abundance of different plant groups, such as vegetables and leafy greens; fruit and berries; nuts and seeds; pulses and legumes; whole grains; herbs and spices. Plant-based diets that centre on a wide variety of whole foods, and minimise processed foods are full of fibre, phytonutrients, and antioxidants.

It will be necessary on a plant-based diet to pay attention to a few important nutrients that are not naturally occurring in plants, but that can be easily obtained through supplementation or fortification. **These are B12; Vitamin D; Iodine.**

The following information is taken from Plant-Based health professionals UK. For a selection of factsheets on a variety of nutritional needs for specific circumstances (e.g. for children; pregnancy; coeliac disease etc) see <https://plantbasedhealthprofessionals.com/factsheets>. Further health and nutrition resources are listed below).

<b>Fibre</b>	Abundant in a WFPB diet, promoting a healthy gut microbiome, improving satiety, ↓ cholesterol, ↓ cancer.
<b>Vitamin B12</b>	Not made by plants or animals but microorganisms. Deficiency is an issue for all dietary patterns. Supplementation is required on a WFPB diet (tablet or fortified foods).
<b>Calcium &amp; vitamin D</b>	Calcium is easily obtained from plant sources, including greens, beans, fortified foods. No negative effect on bone health if dairy is avoided. Vitamin D is mainly made by the action of the sun on skin. A supplement is recommended for all during the winter months.
<b>Omega-3 fatty acids</b>	Plant sources include algae, walnuts, flax seeds, hemp seeds, chia seeds and soya beans. This avoids the pollutants in fish, such as mercury, dioxins, PCBs.
<b>Iron</b>	Iron stores may be lower but will not be associated with deficiency. The avoidance of haem iron is beneficial given its role in cancer, diabetes and CVD.
<b>Iodine, zinc &amp; selenium</b>	Iodised salt and seaweed provide iodine, which is needed in moderation. Phytates in grains and beans can reduce zinc absorption, however, soaking, fermenting and sprouting can increase absorption. Good sources of zinc are tempeh and miso, nuts and seeds. Selenium is found in grains, seeds and nuts. Just two brazil nuts will provide your daily requirement.

NB: The Vegan Society sells a supplement called VEG1 designed to meet vegans' needs, but others are available! <https://www.vegansociety.com/shop/veg-1-supplements>

**Protein and amino acids** -> Dr Katz is a world respected Director of Preventative Disease at Yale – here is what he says about the myths and truth circulating about this - <https://heated.medium.com/most-of-what-you-know-about-protein-is-wrong-2e8950c78c48>

## Resources

Environmental impacts of food:

Talks:

- **Dr Joseph Poore – 45 min talk – Addressing climate through food, 2019 -**  
<https://www.youtube.com/watch?v=8miQs3mPGu8>
- **Dr Helen Harwatt – 17 min talk – "Exploring the Impacts of Animal to Plant Food Shifts in Mitigating Climate Change", 2018 -** <https://www.youtube.com/watch?v=YrbimgxxfyM>
- **Prof. Mike Berners-Lee – 45 min talk – “There is no planet B”, 2019 -**  
<https://www.youtube.com/watch?v=bLa3CnM7sSg>

#### Books:

- **Sarah Bridle, 2020, *Food and Climate Change Without the Hot Air: Change your diet: the easiest way to help save the planet.*** Cambridge: UIT. Available in paperback and free as ebook <http://sarahbridle.net/faccwtha.html>
- **Mike Berners-Lee, 2020, *How Bad Are Bananas; the carbon footprint of nearly everything.*** London: Profile Books. (N.B. the updated edition has just been released).

#### Web:

- The Carbon Brief have just released a set of reports and infographics on the environmental impacts of food. E.g. <https://www.carbonbrief.org/in-depth-qa-what-does-the-global-shift-in-diets-mean-for-climate-change> and <https://interactive.carbonbrief.org/what-is-the-climate-impact-of-eating-meat-and-dairy/>
- Our World in Data have a range of very clear summaries and infographics on the environmental impact of food. E.g. <https://ourworldindata.org/land-use>
- Organic food - I brushed over this because the slide was a little complicated for a brief description. I recommend this article (email me if you would like to discuss further): <https://ourworldindata.org/is-organic-agriculture-better-for-the-environment>

#### Health:

#### Talks:

- Plant-based Health Professionals UK have a programme of talks on a range of health issues. Keep your eye out for forthcoming talks. Previous talks are available to members here <https://plantbasedhealthprofessionals.com/health-zone#cvd>

#### Videos:

- Non-profit Nutrition Facts is an excellent source of the peer-reviewed science on all aspects of nutrition, and features countless bitesize videos on a range of particular issues. <https://nutritionfacts.org/>

#### Documentaries:

- *What the Health*, available on Netflix
- *Forks Over Knives*, available to rent <https://www.forksoverknives.com/the-film/>
- *Game Changers*, also on Netflix

#### Books:

- Dr Michael Gregor, 2015, *How Not to Die*, New York: Macmillan
- Dr Michael Gregor, 2019, *How Not to Diet*, New York: Macmillan
- Dr Michael Gregor, 2020, *How to Survive a Pandemic*, New York: Macmillan
- Dr Joel Fuhrmann, 2014, *Super Immunity*, San Francisco: Harper One
- Dr Joel Fuhrmann, 2011, *Eat to Live*, Boston, MA: Little Brown.
- Dr Will Bulsiewicz, 2020, *Fibre Fuelled*, New York: Avery

#### Apps:

- Daily Dozen – to make sure you are optimizing health through daily intake
- Forks Over Knives – recipes/meal planning
- Cronometer and My Fitness Pal – monitor your nutritional intake

#### Ethics:

#### Books:

- **Gary Francione and Anna Charlton, 2013, *Eat Like You Care: An examination of the morality of eating animals***, CreateSpace. Very concise, clear and compelling
- **Gary Francione, 2000, *An Introduction to Animal Rights: Your child or your dog?*** Philadelphia: Temple University Press

#### Documentary

- Dominion, 2019 – Free to watch at – <https://www.dominionmovement.com/>

Blogs, videos and webinars: <https://www.abolitionistapproach.com/>

## Practical Tips

#### Cooking:

Veganising recipes is fun, creative and easy! There is a wealth of vegan recipes online, but if you want some trusty cookbooks, these are pretty good:

- 15 Minute Vegan
- Bosh
- The Happy Pear
- How Not to Die Cookbook
- And many more!

One easy way to start is to **pick your top 5 meals**, and learn their vegan versions – it is usually pretty simple. If in doubt, go to social media and ask... there are plenty of very helpful vegans out there.

Made in Hackney host themed cook-alongs. This is a wonderful initiative that has been handing out free meals for thousands during lockdown. <https://madeinhackney.org/our-program/online-cook-alongs>

#### Peer support:

- If you are on social media, make sure to join the national and local vegan Facebook groups, or follow a load of vegans on Twitter or Instagram – they are easy to find. Their collective wisdom on anything from eating out recommendations; recipes; vegan products or dealing with uncomfortable social situations is invaluable.
- If you are struggling, don't give up – reach out to the online vegan community for support.

#### Top tips:

- Give it a go, and then read up on animal rights (easier to digest that way, and will inspire you to keep going!)
- Familiarise yourself with the environmental and health literature (i.e. from the above links) as much as you can. This will make dealing with difficult family members or colleagues much easier!
- Use Happy Cow (app/website) for finding vegan and vegan friendly restaurants and shops and even B & Bs <https://www.happycow.net/>
- If you don't want to put people out, offer to cook or bring food to avoid awkward situations – it's a great way to show how delicious PB food is!

*Please send in your favourite tips, books and talks to [ant\\_simpson@yahoo.co.uk](mailto:ant_simpson@yahoo.co.uk)*