

## WEBVTT

1 00:04:37.890 --> 00:04:42.360 Robert Dubrow: Okay, well. Hi, everyone. I don't think we ever picked a moderator. So I guess I'll just

2 00:04:43.380 --> 00:04:47.190 Robert Dubrow: Started so I'm Robert Dubrow.

3 00:04:48.480 --> 00:04:59.400 Robert Dubrow: I'm a co chair a co Chair of the school sustainability committee and we're pleased to be offering this informal panel.

4 00:05:01.080 --> 00:05:01.620 Robert Dubrow: And

5 00:05:02.850 --> 00:05:04.230 Robert Dubrow: Why don't I just let

6 00:05:05.700 --> 00:05:13.830 Robert Dubrow: I see we have five of our panelists here. I know that Nicole Deziel, who was supposed to be a panelist said that she couldn't come do it to a conflict.

7 00:05:15.390 --> 00:05:25.020 Robert Dubrow: But maybe we could just have the panelists introduce yourselves and then get started with with the informal discussion about

8 00:05:26.220 --> 00:05:37.320 Robert Dubrow: You know why what the advantages are plant based diets and why you adhere to such a diet and what the issues are, you know, and what the what.

9 00:05:38.520 --> 00:05:41.970 Robert Dubrow: What's good about it, you know, are there any downsides, etc.

10 00:05:43.560 --> 00:05:45.450 Robert Dubrow: So, Zoe. Could you start

11 00:05:48.090 --> 00:06:03.540 Zoe Novic: Sure. Um, hi I'm Zoe. I'm a second year in the SPS program. And thank you so much everyone for joining on of an early Thursday morning during finals week I'm so pleased to see so many people here.

12 00:06:05.100 --> 00:06:06.390 Zoe Novic: I am

13 00:06:07.830 --> 00:06:11.760 Zoe Novic: My main like concentration, I guess in public health.

14 00:06:11.820 --> 00:06:12.690 Zoe Novic: Is in

15 00:06:13.470 --> 00:06:18.150 Zoe Novic: The connection between industrial factory farming and

16 00:06:19.650 --> 00:06:22.830 Zoe Novic: Human. Human health, nutrition, health population health

17 00:06:23.880 --> 00:06:29.490 Zoe Novic: And environmental health and I came to wise pH.

18 00:06:30.960 --> 00:06:40.170 Zoe Novic: Because previously. I was working for a farm animal advocacy organization called the humane league and I really loved it.

19 00:06:41.070 --> 00:06:53.160 Zoe Novic: I've been basically I grew up sort of in the animal rights world. Both my parents are animal rights advocates. My mom actually runs an animal sanctuary and animal rescue organization so

20 00:06:53.670 --> 00:07:01.770 Zoe Novic: That's that's like the world that I'm coming from is very animal rights focused and I really love it. And that's like where my passion lies.

21 00:07:03.030 --> 00:07:07.110 Zoe Novic: But I found while I was working for the farm animal advocacy group.

22 00:07:08.340 --> 00:07:26.520 Zoe Novic: I really wanted to focus more from like a systems perspective and a more holistic and I didn't know the term one health existed. So, but I when I came to wise pH I found that one health was really like where my heart is and so yeah that's that's where I'm coming from and

23 00:07:27.720 --> 00:07:51.180 Zoe Novic: This semester I started the plant based for public health student group which we have many Members present on this call. And yeah, so that's basically what we focus on we focus on amplifying the One Health perspective, from a student org and and focusing on how a plant based diet can

24 00:07:52.260 --> 00:07:58.680 Zoe Novic: Really like amplify that connection between animal welfare environmental health and human health.

25 00:08:00.990 --> 00:08:05.010 Zoe Novic: So I'll pass it on. I'll just popcorn over to Cheyenne

26 00:08:06.630 --> 00:08:06.960 Yeah.

27 00:08:08.160 --> 00:08:18.330 Cheyenne Liberti (she/her): Exactly. Um, hi, everyone. I'm Cheyenne. I'm a second year in the Environmental Health Science Department mph and I

28 00:08:19.890 --> 00:08:28.050 Cheyenne Liberti (she/her): Have been practicing plant based diet for about three or four years now. I started the college in my undergraduate degree. So I'm really passionate about.

29 00:08:28.320 --> 00:08:30.000 Dana Greene: Sustainability and

30 00:08:30.270 --> 00:08:42.120 Cheyenne Liberti (she/her): Just how our choices and our lifestyle impact the environment. Um, and that's how I came into practicing a plant based diet.

31 00:08:42.510 --> 00:09:03.240 Cheyenne Liberti (she/her): But since I started, you know, cutting out, meat and eggs for send them cutting out other um you know like dairy and other things that didn't I felt aligned with my values like

it's been such a positive experience and I feel like I enjoy food so much more. And I'm really excited to like

32 00:09:04.350 --> 00:09:14.610 Cheyenne Liberti (she/her): I don't know, like find new ways to express my values through my choices. Um, and, yeah, like that positive experience is something I

33 00:09:15.720 --> 00:09:17.520 Cheyenne Liberti (she/her): Want to share and

34 00:09:18.240 --> 00:09:20.130 Cheyenne Liberti (she/her): I think the great thing about

35 00:09:20.610 --> 00:09:35.220 Cheyenne Liberti (she/her): Like food choices. Is that, like, you don't have to be completely vegan to live in a more sustainable way like there are really like easy switches, you can make. Um, and, like, be proud of to

36 00:09:36.360 --> 00:09:50.340 Cheyenne Liberti (she/her): Like cause less harm and just, I don't know, live more sustainably and that's something I am really passionate about and excited to talk about more I'm Natalie, would you like to go next.

37 00:09:51.930 --> 00:09:53.130 Natalie Henning: Sure. Yeah. Thank you.

38 00:09:54.390 --> 00:10:06.210 Natalie Henning: Hi I'm Natalie. I am a first year student in the CTE department. And I guess my interests are very similar to, I guess, what's the we and Cheyenne have talked about. I'm really interested in

39 00:10:06.750 --> 00:10:17.550 Natalie Henning: The intersection between human and environmental health and I'm also really passionate about climate change. And so I think food is just really, you know, the key intersection of all those topics.

40 00:10:18.330 --> 00:10:27.480 Natalie Henning: And so, like, so he was saying it's really, you know, approaching a plant based diet is really a way to, you know, seems issues in a holistic framework.

41 00:10:28.020 --> 00:10:35.460 Natalie Henning: And so when I came to, I was so excited that they had just started the plant based for public health group, which has been so awesome.

42 00:10:36.060 --> 00:10:47.730 Natalie Henning: And I think I've been transitioning to a plant based diet for a few years now. And so much as Cheyenne like was saying I'm not 100% vegan, but you know it's been a process for me but

43 00:10:48.360 --> 00:11:01.980 Natalie Henning: Just having a community here that you know is really supportive and just makes it, you know, really fun to find me recipes has been really helpful. So I'm excited to share any tips or recipes that people are curious about

44 00:11:03.960 --> 00:11:07.800 Natalie Henning: I'm Cassie, do you want to go next.

45 00:11:08.880 --> 00:11:09.420 Natalie Henning: Sure.

46 00:11:09.870 --> 00:11:14.100 Cassie Clark: I'm Cassie, I'm a fourth year doctoral student Environmental Health Sciences

47 00:11:15.690 --> 00:11:27.510 Cassie Clark: I started kind of transitioning to a plant based diet, probably for the first time in college. So I wouldn't really even call myself a fully vegetarian until probably three or four years ago.

48 00:11:29.070 --> 00:11:36.270 Cassie Clark: And for me, like a lot of people have already said, it kind of started with learning about sustainability and learning about climate change.

49 00:11:37.500 --> 00:11:44.100 Cassie Clark: Which, you know, was something that I started studying in college when I started studying biology and Environmental Sciences

50 00:11:45.540 --> 00:11:54.810 Cassie Clark: So I don't know that I have anything really novel to add at this point but um my research really focused kind of that interface between human and environmental health

51 00:11:55.860 --> 00:12:09.870 Cassie Clark: So sustainability something that's really close to both, you know, my interests and also my heart and like everyone else has already said, food is food is a great way for an individual to try to make an impact on these things we care so much about

52 00:12:14.490 --> 00:12:15.420 Robert Dubrow: Why don't you go next.

53 00:12:19.980 --> 00:12:35.010 Rashonda Winters: Hello, my name is Shonda, and I am a senior administrative assistant and the dean's office. I've been at Yale for budding year and a half, and I've been a vegetarian for in January would be 12 years, um,

54 00:12:35.940 --> 00:12:49.530 Rashonda Winters: I started out, I started out cutting out beef and pork. That was how I initially started and then I did that for about, I started that and 99 and once I did that I

55 00:12:50.220 --> 00:13:00.660 Rashonda Winters: Decided to stop eating me and then I got pregnant in 2006 so when I got pregnant with my son, my husband was really worried about my nutrition.

56 00:13:01.050 --> 00:13:13.620 Rashonda Winters: So I started eating meat. Again, but after that it was hard to go you know from going to eat meat to becoming a vegetarian again. So my son was born in 2007. So then in 2009 and made the decision.

57 00:13:14.310 --> 00:13:25.440 Rashonda Winters: That I was going to totally cut out me in my diet again. So once I did that I never went back, it was really, um, I don't know, kinda like a

58 00:13:26.190 --> 00:13:37.140 Rashonda Winters: I don't even know I made the decision to become a vegetarian. But then after a while. I started watching different videos about animal cruelty and how animals are being killed, you know, for

59 00:13:37.890 --> 00:13:46.050 Rashonda Winters: For meat products and those really bothered me. And I think that was the icing on the cake to make me never go back to me again. So

60 00:13:46.560 --> 00:13:54.810 Rashonda Winters: Although in the past when I first day before I was pregnant. I was always tempted. Once I started watching these videos and started becoming more informed.

61 00:13:55.200 --> 00:14:00.210 Rashonda Winters: I think that that's what made me really make that decision that I just didn't want to go back to it.

62 00:14:01.170 --> 00:14:08.460 Rashonda Winters: I'm my husband and my son. So I'm married. And I have a son who's 13 they both eat meat. So I think that

63 00:14:09.300 --> 00:14:14.220 Rashonda Winters: People always wonder like, how am I vegetarian. I'm the one who cooks in the house.

64 00:14:14.640 --> 00:14:25.800 Rashonda Winters: But I tell people you give me a recipe long as I know how to cook it out. I follow a recipe to the tea because I know there's things I can't taste, because you know when I cook. So, um,

65 00:14:26.220 --> 00:14:40.920 Rashonda Winters: And they're pretty much not picky eaters. I mean, if it doesn't taste good. They never told me they just eat it. So, um, so that's pretty much how we're sustaining in my house, but it's it's been a journey. I think the most difficult thing for me has been cutting out dairy products.

66 00:14:42.360 --> 00:14:50.790 Rashonda Winters: The dairy is really hard for me. I love ice cream. I love cheese meat that's fine, but the dairy products, I've

67 00:14:51.180 --> 00:15:06.270 Rashonda Winters: Been on and off. Been a vegan, like, I'll do it. I usually start the beginning of the year. I'll do it for a couple of months. Then there's always something calling me back. So that's something I'm trying to work on. So other than that, you know, it's been pretty much an easy journey.

68 00:15:08.340 --> 00:15:10.410 Robert Dubrow: And Rachel, I think you're the less panelists.

69 00:15:12.810 --> 00:15:16.590 Rachel Hennein: Hi everybody, my name is Rachel and I

70 00:15:17.970 --> 00:15:20.880 Rachel Hennein: So I kind of got interested in doing a plant based diet.

71 00:15:21.900 --> 00:15:25.770 Rachel Hennein: Really like when I started medical school and I was learning

72 00:15:26.970 --> 00:15:44.970 Rachel Hennein: A lot about how plant based diets are really good for you. Nutrition wise and health wise but then also that they're good on the environment. So that's kind of when I started like really thought it was important. It was like, you know, getting two birds with one stone kind of thing.

73 00:15:46.440 --> 00:15:58.260 Rachel Hennein: And I've been really interested in climate justice. So my my thinking around it is kind of like if I have kind of the privilege and the money to be able to do a plant based diet that I should do that.

74 00:15:59.940 --> 00:16:04.560 Rachel Hennein: Kind of like ethically for those who can't do that. And so

75 00:16:05.760 --> 00:16:14.340 Rachel Hennein: So I started it was actually my New Year's resolution last year and I and I basically done it. My the way I transitioned was

76 00:16:15.540 --> 00:16:27.810 Rachel Hennein: I so my family. They don't understand what vegetarians are lone vegans and my partner is definitely meat eater. And so it was definitely a hard transition

77 00:16:28.410 --> 00:16:35.040 Rachel Hennein: Especially for like family holidays and stuff like that. So I would kind of make you know some exceptions.

78 00:16:35.730 --> 00:16:44.730 Rachel Hennein: At the beginning, I also traveled to Uganda for a global health project and I definitely made exceptions there if I was like invited into someone's home.

79 00:16:45.390 --> 00:16:55.410 Rachel Hennein: Especially, they're like, you know, you serve guests meet because that's like the most expensive like luxury item. So I was gonna say no to it like I thought that would be kind of rude. So

80 00:16:56.610 --> 00:17:01.230 Rachel Hennein: Yeah, the first year has been definitely not fully vegetarian or vegan, but

81 00:17:02.820 --> 00:17:06.960 Rachel Hennein: But transitioning there. I think next year. My next step is going to be

82 00:17:08.790 --> 00:17:10.200 Rachel Hennein: Probably to cut out

83 00:17:11.670 --> 00:17:14.940 Rachel Hennein: So my main thing that I'm having a hard time cutting out on this is eggs.

84 00:17:16.320 --> 00:17:23.580 Rachel Hennein: So I'm going to try and think of ways that I can do that better. But I'm happy to to be here and I'm really new to this process. So,

85 00:17:24.990 --> 00:17:31.410 Rachel Hennein: Yeah, it's and I also really like to bake. So I've really liked vegan baking and my family can't really say no

to that stuff.

86 00:17:36.930 --> 00:17:39.270 Robert Dubrow: So we could open it up to

87 00:17:39.330 --> 00:17:51.750 Robert Dubrow: comments and questions from the audience. And if there are no comments or questions. I have a few to get things started. But let me first see if anyone else wants to say something.

88 00:17:54.060 --> 00:17:54.630 Denise Meyer: So,

89 00:17:58.980 --> 00:17:59.130 Denise Meyer: Let's

90 00:17:59.310 --> 00:18:01.620 Robert Dubrow: See, I think, raise your hand. Oh, and

91 00:18:01.860 --> 00:18:03.990 Robert Dubrow: So why don't Kathy and then Denise.

92 00:18:06.570 --> 00:18:15.330 Catherine Yeckel: Hi everybody I'm Kathy and I i come from sort of a nutrition background as well. So one of the things that I find

93 00:18:15.750 --> 00:18:25.080 Catherine Yeckel: Fascinating with everything that everyone has said this morning is also the fact that one of the classifications of plant based is not necessarily that you eliminate

94 00:18:25.590 --> 00:18:38.940 Catherine Yeckel: Everything else, it's the, the idea of sustainability and promoting mostly plant based, so it's it's the distinction from vegetarian or vegan to something that that is

95 00:18:39.360 --> 00:18:49.260 Catherine Yeckel: Forward Thinking for hopefully more, you know, a huge population at large, with the idea that most of the plate should be a plant based

96 00:18:49.680 --> 00:19:03.450 Catherine Yeckel: Impact and i and i just i think that's a, I just wanted to throw that out there because I think in the end if we are trying to global sustainability, climate change and thinking about diet in a real

97 00:19:04.230 --> 00:19:13.500 Catherine Yeckel: You know, an animal treatment, Matt. Everything that that there may be solutions that aren't so so aren't so severe, one way or the other.

98 00:19:14.610 --> 00:19:21.210 Catherine Yeckel: And I actually found that that the I love this sort of definition of plant based, actually.

99 00:19:22.170 --> 00:19:22.890 Denise Meyer: So just

100 00:19:22.950 --> 00:19:23.970 Catherine Yeckel: Just throwing that out there.

101 00:19:28.320 --> 00:19:34.830 Cassie Clark: I think that I think the gate, keeping people based on really strict dietary definitions can really only hurt.

102 00:19:35.340 --> 00:19:50.910 Cassie Clark: I think that sometimes it's already kind of been mentioned, but because of kind of class boundaries and kind of cost barriers. Sometimes I think like a full vegan diet, although it can be really cost effective seems out of reach for some people, and it can seem like there's a lot of judgment.

103 00:19:52.230 --> 00:20:09.120 Cassie Clark: Especially if you kind of are looking for, like, an online forum of people have, like, particularly vegan diets and so i think i think plant based could be a really kind of inclusive and inclusive way to spread a plant based diet. Yeah, I like that point. Kathy.

104 00:20:10.590 --> 00:20:11.850 Robert Dubrow: Denise you wanted to say something.

105 00:20:12.510 --> 00:20:13.590 Denise Meyer: Yeah, so

106 00:20:14.070 --> 00:20:14.940 Denise Meyer: I i

107 00:20:14.970 --> 00:20:26.850 Denise Meyer: Sort of shifted in this direction about 15 years ago when I went on a meditation retreat for 10 days and have full vegetarian diet and I really liked how I felt.

108 00:20:27.630 --> 00:20:39.270 Denise Meyer: Um, and, having said that, I'm not a full vegetarian. I'm really a Presbyterian, I still eat on occasion, seafood, it does make family gatherings a lot easier.

109 00:20:40.110 --> 00:20:50.280 Denise Meyer: Um, but one of the things in the last couple years that I've been sort of thinking about as I make my choices is the

110 00:20:50.820 --> 00:21:05.070 Denise Meyer: Climate Impact of my choices. So if I'm eating cheese. I recently, like I'm really leaning towards sheep or goats cheese, because the environmental impact of raising those animals as opposed to cattle.

111 00:21:05.460 --> 00:21:15.720 Denise Meyer: Is so different. And I'm wondering if there are other food choices that you see that in in your work. Rub

112 00:21:21.150 --> 00:21:23.040 Robert Dubrow: Hmm. You're putting me on the spot here.

113 00:21:26.460 --> 00:21:32.040 Denise Meyer: Either some vegetables that are so resource intensive intensive for us to be buying

114 00:21:32.370 --> 00:21:40.830 Denise Meyer: That maybe that's not the best choice and I'm going to make this up. Like are there is the amount of water in an avocado.

115 00:21:42.210 --> 00:21:52.620 Denise Meyer: And the environmental disaster for for us to be, you know, making that a big part of the diet. And that's just, I'm just pulling that one out of the of the third



116 00:21:53.700 --> 00:22:01.020 Denise Meyer: For their choices like that in what foods in a plant based diet, you can make

117 00:22:02.340 --> 00:22:11.580 Robert Dubrow: So I know I don't know much about that. So I'll throw it in case the panelists do I'll throw it to them, except for what I do know that almonds are very water intensive

118 00:22:12.420 --> 00:22:25.680 Robert Dubrow: And so there. And especially, and they're grown like when they're grown in a place like California where waters that are premium. Maybe you're not the best thing to be doing. But let me see if any of the panelists know more about this than I do.

119 00:22:27.660 --> 00:22:47.160 Natalie Henning: Yeah, I don't know if I know a lot more about it. But that was the example that I was going to bring up. So when I started my transition to a plant based diet I switched to almond milk, but recently I've switched to oat milk instead because I find that to be a less climate impacts option.

120 00:22:48.630 --> 00:23:05.190 Natalie Henning: But I think generally i don't know i i don't know if this is the wrong way to approach it, but I hope that you know my choice to do a you know any plant based option is going to have a lower impact. And so it's kind of, you know, I don't want to be discouraged.

121 00:23:07.140 --> 00:23:16.530 Natalie Henning: To approach a plant based diet, just because I think you know the research is you know too overwhelming to see what is the, you know, least impactful option so

122 00:23:17.220 --> 00:23:25.800 Natalie Henning: I think that's definitely you know kind of the next step in the process to see, you know what, you know, just in a plant based diet. What are the best options.

123 00:23:26.580 --> 00:23:33.000 Natalie Henning: But that's definitely a challenge. And I think, you know, that's definitely depends how much time and research. You want to put in to some extent.

124 00:23:36.570 --> 00:23:40.020 Robert Dubrow: But actually, I have a question. Oh, sorry, did you want to say something about this.

125 00:23:41.190 --> 00:23:41.520 Zoe Novic: Um,

126 00:23:41.700 --> 00:23:43.740 Zoe Novic: I was just going to say, I totally

127 00:23:43.740 --> 00:23:45.150 Zoe Novic: Agree with Natalie, and I think

128 00:23:46.020 --> 00:23:50.280 Zoe Novic: The, the nitpicky nature of

129 00:23:52.770 --> 00:24:03.060 Zoe Novic: plant based diets. Like, I mean we can research like which vegetable is the most water intensive. I know like asparagus is very water intensive

130 00:24:04.260 --> 00:24:16.710 Zoe Novic: But I think the bottom line is sort of back to Professor yokels point that like everybody like systems perspective and like holistically, like everybody should just be incorporating more

131 00:24:17.640 --> 00:24:30.630 Zoe Novic: Fruits and vegetables into their diet and it like in comparing just sort of systems like fruits and vegetables versus meat and dairy. I think fruits, fruits and vegetables sort of win every time in terms of more sustainable and

132 00:24:31.950 --> 00:24:36.480 Zoe Novic: And better for the planet and obviously better treatment for the animals and

133 00:24:38.220 --> 00:24:38.640 Zoe Novic: Yeah.

134 00:24:39.750 --> 00:24:40.710 Zoe Novic: I agree, Natalie.

135 00:24:46.860 --> 00:24:52.320 Robert Dubrow: So yeah, and also better for health, it's it's really great how everything aligns in this case.

136 00:24:53.520 --> 00:24:55.140 Robert Dubrow: But when I was gonna ask is,

137 00:24:56.490 --> 00:25:01.710 Robert Dubrow: So free range animals. You know, it's a lot

138 00:25:02.820 --> 00:25:21.000 Robert Dubrow: Less cruel to the animals, and it's also a lot more sustainable. So I just wanted to raise to the panel, the issue of, like, what are your. And I should say I'm a vegetarian. Also, so I don't I don't eat meat and I'm largely a vegan, but what are the reasons.

139 00:25:22.020 --> 00:25:31.140 Robert Dubrow: For going for doing vegetarian or vegan, as opposed to not eating animals or animal products that are raised.

140 00:25:32.370 --> 00:25:46.650 Robert Dubrow: You know, in cave in factories using fact industrial agriculture methods, but do eat products you know that or or from animals that are humanely treated

141 00:25:51.210 --> 00:26:02.580 Rachel Hennein: Yeah, I think that's, that's a great point. And like, especially for me. The reason why I explained. I think it's really important when you're introducing this to your family and friends like you explain why you're doing it and so

142 00:26:03.360 --> 00:26:10.440 Rachel Hennein: I explained, like I'm really nervous about climate change. I think that you know people's personal food choices until we have some sort of

143 00:26:10.830 --> 00:26:20.220 Rachel Hennein: National Policy on anything related to climate change mitigation like I need to do something myself. And so this is what I'm choosing to do

144 00:26:20.730 --> 00:26:30.450 Rachel Hennein: It, you know, having a plant based diet, you know, is way better in terms of carbon emissions and all that. And so my family has respected that in, like, for example,

145 00:26:32.070 --> 00:26:51.630 Rachel Hennein: for Thanksgiving. Instead of, you know, buying a, a, just a random Turkey, they made sure it was a free

range like Turkey that, you know, was on a Sustainable Farm and all that stuff. So I think when you kind of frame it in in those terms people

146 00:26:53.010 --> 00:27:03.150 Rachel Hennein: People understand it. And when you're making exceptions. They kind of respect that and and pay attention to, like, what kind of products you're willing to to eat.

147 00:27:04.920 --> 00:27:06.240 Rachel Hennein: See, I really like that point.

148 00:27:10.260 --> 00:27:10.800 Rachel Hennein: I think

149 00:27:11.160 --> 00:27:19.770 Cassie Clark: One thing that I've learned is that you just have to be really cautious with those definitions, because there. There's a lot of smoke and mirrors in the food world.

150 00:27:21.000 --> 00:27:33.390 Cassie Clark: And you know cage free and free range don't mean the same thing. And even, you know, a farm receiving like a grass fed or a free range kind of designation can depend upon

151 00:27:33.930 --> 00:27:44.550 Cassie Clark: You know the inspector. I got actually a really good document from like the Environmental Working Group recently about all these different distinctions and how they can vary based on the place and based on the inspector.

152 00:27:45.960 --> 00:27:57.900 Cassie Clark: And if I find a virtual version will forward that on, but I think, you know, for someone transitioning to a plant based diet, who still wants to incorporate some animal products. I think certainly looking for things with with those labels.

153 00:27:59.310 --> 00:28:09.120 Cassie Clark: Would would help in the transition, but I would just advise being really cautious because sometimes it's not really a reflection of the true circumstances that the animals are in

154 00:28:12.060 --> 00:28:14.220 Cassie Clark: Maybe Zoe has has a little more knowledge about it.

155 00:28:16.680 --> 00:28:22.080 Zoe Novic: Um, yeah, I, you, you totally nailed it. There's a lot of smoke and mirrors. There's a lot of

156 00:28:22.230 --> 00:28:23.820 Zoe Novic: Different definitions.

157 00:28:25.080 --> 00:28:32.580 Zoe Novic: For example, I think for chickens, who are who live on free range farms and I, and this goes for turkeys as well.

158 00:28:34.170 --> 00:28:37.830 Zoe Novic: Some of those farms, they can still live inside

159 00:28:38.880 --> 00:28:53.700 Zoe Novic: You know, giant warehouses pack together really tightly, but it qualifies as free range because they they have the ability to go outside because there's a door and they might have access to

160 00:28:54.390 --> 00:29:06.900 Zoe Novic: You know, a yard. However, if you're a chicken or a turkey who just happens to be living on the other side of

the warehouse and and not know that there's a door out available to the outside.

161 00:29:07.920 --> 00:29:15.090 Zoe Novic: Your life is the same. Um so yeah you. You nailed it. Cassie, there's a lot of

162 00:29:16.590 --> 00:29:23.820 Zoe Novic: There's a lot of power and lack of transparency in the ag industry. Um, I do think

163 00:29:25.380 --> 00:29:29.400 Zoe Novic: About the question about like dairy versus

164 00:29:30.780 --> 00:29:44.670 Zoe Novic: Meat and just that transition. Um, I was vegetarian for a long time and I just thought like, Yeah, obviously, like, I don't want to eat a dead animal and

165 00:29:45.330 --> 00:29:56.880 Zoe Novic: Dairy like animals don't have to die for my dairy, but the industries are very much linked and there's an immense amount of cruelty in the dairy industry.

166 00:29:57.930 --> 00:30:10.860 Zoe Novic: And so that's why I stopped eating dairy and luckily that was about 10 years ago and I really thought that my life was over. Because I wouldn't get to eat cheese anymore and I wouldn't get to like have a cake or anything. And luckily there's been

167 00:30:11.310 --> 00:30:28.710 Zoe Novic: So much improvement in dairy alternatives and my life is great and I get to enjoy a lot of vegan cheeses and baking cakes and all of that, but it is I think a couple people mentioned like

168 00:30:29.970 --> 00:30:36.780 Zoe Novic: Getting off eggs and cheese and all that stuff. It's that is for sure the toughest transition

169 00:30:38.340 --> 00:30:51.240 Zoe Novic: But also as other people have said like, you know, it doesn't have to be like 100%, you can still make a lot of difference in your own personal health and environmental impact impact just in, you know, any kind of transition that you can make

170 00:30:54.240 --> 00:30:56.370 Zoe Novic: I think we had a good time. Oh.

171 00:30:56.880 --> 00:30:57.210 Hi.

172 00:30:58.230 --> 00:31:09.090 Leah Puklin: Um, I HOW ARE YOU. I'M I am really passionate about this as well. And so thank you for hosting this and I'm really excited to participate and

173 00:31:09.570 --> 00:31:17.310 Leah Puklin: I don't really have a question. It's just kind of just some comments that might spur some conversation. But you know, I think.

174 00:31:17.850 --> 00:31:34.650 Leah Puklin: A lot of people. So I'm very interested in the like nutrition component of a plant based diet. And I think there's a lot of people who are unhealthy vegetarians, you know, they, they eat potato chips and french fries, like those are plant based, and so kind of

175 00:31:36.180 --> 00:31:46.080 Leah Puklin: Making sure we explain more about kind of what that truly means. And also, I'm sure you know you guys talk about this all the time, but the

176 00:31:47.070 --> 00:31:55.200 Leah Puklin: Emerging of these kind of plant alternative meats in and like the impossible burgers and all that and

177 00:31:55.860 --> 00:32:15.390 Leah Puklin: You know, it's obviously in the sustainability perspective moving people hopefully away from the actual meats, but in terms of nutritional impact. You know, I don't think they're the best option for our health. And so just bringing up two points that we can maybe discuss

178 00:32:21.810 --> 00:32:22.260 Rashonda Winters: Hi.

179 00:32:22.470 --> 00:32:31.290 Rashonda Winters: I just wanted to say. I think you brought up a really good point because one of the things for me is what being a vegetarian is so long I started

180 00:32:32.430 --> 00:32:41.460 Rashonda Winters: I've always been a picky eater. So I started leaning toward more carbs and like you said, potato chips french fries pasta things that

181 00:32:42.210 --> 00:32:53.520 Rashonda Winters: It wasn't a meat, but it also wasn't the best for me to eat on a daily basis. So what will happen is when you initially start you change your diet you drop a lot of weight and well for most people.

182 00:32:54.390 --> 00:33:04.950 Rashonda Winters: And that's what happened. So then I started to gain a lot of weight because I started making you know not the smartest choices, just to like when I go out to restaurants. I think that

183 00:33:05.880 --> 00:33:16.230 Rashonda Winters: As we said, we've come a long way. Because a lot of restaurants don't offer the best choices when it comes to vegetarian options and I feel like as of late, it has been

184 00:33:16.920 --> 00:33:25.950 Rashonda Winters: improved so much. I'm so I will always go for like, I'll just eat a basket of fries, you know, in a salad. So I think that

185 00:33:26.460 --> 00:33:35.880 Rashonda Winters: It's really important to learn about, you know, if you're going to move toward a plant based diet becoming a vegetarian a vegan, whatever your choice. Maybe I think the

186 00:33:36.240 --> 00:33:49.260 Rashonda Winters: Just becoming more knowledgeable and because you will end up eating a lot of things that are very much unhealthy for you. So my mom is so funny that I've always like I said, I've been a vegetarian for a very long time, but

187 00:33:49.830 --> 00:33:56.190 Rashonda Winters: My family is so used to it and it's so funny because I want to say maybe two months ago, my mom

became a vegetarian.

188 00:33:56.670 --> 00:34:02.100 Rashonda Winters: And four months ago my niece, who was seven, she became a vegetarian, but at the same time.

189 00:34:02.850 --> 00:34:09.990 Rashonda Winters: It's so easy to lean toward vegetarian substitute meats because that's what I did in the beginning as well.

190 00:34:10.650 --> 00:34:19.470 Rashonda Winters: And I tried to tell them like you have to have that balance. You have to you know make sure you're not eating a lot of the substitutes as well because it's not

191 00:34:20.040 --> 00:34:25.350 Rashonda Winters: healthier for you, even with the, um, which so I think it's the beyond burger.

192 00:34:25.890 --> 00:34:38.520 Rashonda Winters: It has like 28 grams of fat. I'm like, you might as well just eat a regular burger. You know, so what's the point of me. If you're trying to do it for a healthier option that that part doesn't make sense if you're just doing it to stay away from me.

193 00:34:39.750 --> 00:34:54.330 Rashonda Winters: So I think that people have to just become more knowledgeable, because it is a little difficult. And what Zoe said one of my hardest thing about transitioning to becoming a vegan, although we've come such a long way with the cheese. I love cheese and it's just

194 00:34:55.860 --> 00:35:01.410 Rashonda Winters: That she just cannot, it does not measure up for me. I just have to be honest, I've been a vegan.

195 00:35:01.740 --> 00:35:17.190 Rashonda Winters: And I'm always missing something and pizza is like my favorite food. If I have to pick a food to eat every day for the rest of my life. It will be pizza and I've never, I had good vegan pizza but it's just not the same. So,

196 00:35:18.990 --> 00:35:21.660 Rashonda Winters: That's the difficult part for me pray for me.

197 00:35:25.140 --> 00:35:32.190 Denise Meyer: So there's a there was a Michael Pollan when he wrote his book on on food. He talked about eat food real food.

198 00:35:32.670 --> 00:35:50.430 Denise Meyer: And one of the things like persona with a lot of the substitute meats, especially not only the very high in fat but high in salt and they're highly processed foods. So I quickly kind of backed away from those but you know the sodium levels in some of those are astronomical

199 00:35:56.070 --> 00:35:56.850 Question.

200 00:35:58.050 --> 00:36:07.740 Tanya Davis: This is Tanja um so my I'm kind of trying. I'm considering I have been considering going into a vegetarian diet.

201 00:36:10.140 --> 00:36:11.640 Tanya Davis: Mainly because my son.

202 00:36:13.530 --> 00:36:29.130 Tanya Davis: Wants to be he's gradually becoming vegetarian like he's I've not dealt pork and beef out of his diet. Those are the easiest to to let go of because we didn't really consume it, that all that much.

203 00:36:31.170 --> 00:36:50.130 Tanya Davis: But I'm just wondering, like, like Shonda was saying to like dairy is, I know it's going to be the last thing, because it's just really difficult. So I'm going to give you any of you could share some really good dairy alternatives specifically or particularly cheese.

204 00:36:52.710 --> 00:37:04.170 Tanya Davis: I have become more aware of just how much cheese. We, he and I don't think I was so aware of it until now. And so I've been trying to like cut back on the amount of cheese that we've been eating, um,

205 00:37:05.220 --> 00:37:11.100 Tanya Davis: But I think if I if because I know it, you know, our palate takes the time to

206 00:37:12.120 --> 00:37:12.870 Tanya Davis: Adjust

207 00:37:13.980 --> 00:37:26.160 Tanya Davis: Um, and so I don't know if there's any really good products out there, particularly cheese products that you could share the names that I could maybe kind of slowly incorporate into our diet.

208 00:37:28.320 --> 00:37:29.760 Robert Dubrow: So I could say something about that.

209 00:37:30.930 --> 00:37:35.250 Robert Dubrow: A lot of the cheese products, in my view, are kind of like plastic.

210 00:37:36.510 --> 00:37:38.730 Robert Dubrow: They're really they really seem artificial

211 00:37:39.930 --> 00:37:44.580 Robert Dubrow: And as Denise was saying they they contain a lot of

212 00:37:47.280 --> 00:37:52.290 Robert Dubrow: Salt also which which isn't healthy but sodas regular cheese. So it's kind of a wash.

213 00:37:53.490 --> 00:38:02.730 Robert Dubrow: But, um, one that I love and I see. So we just put some in the chat, but one that I like is cool, the brand is it's a soy cheese. It's called Go veggie

214 00:38:04.110 --> 00:38:04.650 Robert Dubrow: So,

215 00:38:06.600 --> 00:38:10.800 Robert Dubrow: Anyway, you might try that one as well as the ones that Zoe put in

216 00:38:14.370 --> 00:38:20.730 Robert Dubrow: And so I see that Dana. Dana, you have thanks for pointing out that there's some hands raised.

217 00:38:21.900 --> 00:38:23.700 Robert Dubrow: So why don't you speak now Dana.

218 00:38:25.110 --> 00:38:25.860 Dana Greene: Hi everyone.

219 00:38:28.650 --> 00:38:42.390 Dana Greene: See, do I, Rob, did you want to do I need to say who I am and where I'm from, or anything like that, you need it to me. I wasn't in the I didn't catch the first five minutes of the conversation at paradise.

220 00:38:42.810 --> 00:38:46.500 Robert Dubrow: Yeah, that's okay, just yeah just briefly finds of saving you are

221 00:38:47.010 --> 00:39:00.060 Dana Greene: You okay I'm Dana green and senior admin and C D department. So I was, um, and I think this is great. This is a great problem and it will be and I hope you guys do it again or either

222 00:39:01.140 --> 00:39:03.090 Dana Greene: Monthly or something like that because

223 00:39:05.040 --> 00:39:08.100 Dana Greene: I was happy to see the announcement of it.

224 00:39:11.730 --> 00:39:14.070 Dana Greene: I want to transition to

225 00:39:16.470 --> 00:39:37.950 Dana Greene: Vegetarian diet more of, I should say that because I don't think I'm ready yet to go all vegetarian, but I'd like to, as I get older, be healthier. Then I as healthy as I can and protect my skin and etc. So it'd be great to learn from others.

226 00:39:39.510 --> 00:39:45.810 Dana Greene: That's been along this journey for years, like with Shonda and I heard her say, you know, wealth.

227 00:39:47.160 --> 00:39:48.450 Dana Greene: It would so is

228 00:39:49.230 --> 00:39:50.370 Catherine Yeckel: So I need support.

229 00:39:50.580 --> 00:39:51.210 Dana Greene: In other words,

230 00:39:51.450 --> 00:40:10.230 Dana Greene: So be great to and to hear what you guys have to say in what you have done and to happen. And then also, I'm just learning. So I and I know that I'm not ready to cut. I'm not a heavy meat eater, but I don't. But, but I would like to have like Kathy was saying.

231 00:40:11.580 --> 00:40:18.750 Dana Greene: More the plant place more on my plate so of the plant base like 90% at least

232 00:40:19.950 --> 00:40:29.130 Dana Greene: And and then you just finally, you know, going, going all vegetarian, though I would love to do that. I know it's gonna take a while. And it's okay.

233 00:40:30.000 --> 00:40:46.560 Dana Greene: But it is it is it in another question I have is it. Are there people that do do that they're not totally me. I'm like, if I wanted to do just a veggie vegetarian and I'm fish, maybe, and



234 00:40:48.900 --> 00:41:04.860 Dana Greene: A little turkey or chicken every now and then, or either a meat alternative and it but you know I am a veggie person. I love vegetables or different guides. So that's what I say right now.

235 00:41:05.220 --> 00:41:09.990 Robert Dubrow: Thank you. So then one of the things we were talking about before that and Kathy was pointing out is

236 00:41:10.500 --> 00:41:11.190 Dana Greene: Is that

237 00:41:11.250 --> 00:41:13.380 Robert Dubrow: You can think of it as a continuum that

238 00:41:14.550 --> 00:41:19.440 Robert Dubrow: You know, so you're a 90% so that's better than if you were 70%

239 00:41:20.610 --> 00:41:25.500 Robert Dubrow: And, you know, and it's okay to be 90% if that's you know

240 00:41:25.680 --> 00:41:26.700 Dana Greene: That's where you

241 00:41:26.880 --> 00:41:27.360 Land.

242 00:41:28.560 --> 00:41:35.760 Robert Dubrow: So, so that was that really the issue was discussed a bit before and I see Holly, you have your hand raised.

243 00:41:38.880 --> 00:41:40.050 Holly Burrows: Yeah, I mean, I've been

244 00:41:40.470 --> 00:41:48.990 Holly Burrows: Collecting several comments, not specifically in response to the most recent question, although I will say the way when I

245 00:41:49.530 --> 00:42:01.350 Holly Burrows: First became vegetarian and then vegan, the way I approached it was that I started when I grocery shop I filled my house with the things that I wanted to be eating and I said you know when I'm eating it with other people and I'm eating out

246 00:42:02.730 --> 00:42:10.830 Holly Burrows: You know, I won't try to change that for now. But what I'll start with is filling my home with things that I would like to see myself eating and

247 00:42:11.940 --> 00:42:17.610 Holly Burrows: And I guess the great thing is that there's so many resources out there now online.

248 00:42:18.780 --> 00:42:28.470 Holly Burrows: Blogs cookbooks. I'm also going to say that I know that the plant based for public health student group is a student group, but we have tons of resources that we would love to share with

249 00:42:28.920 --> 00:42:41.010 Holly Burrows: The wise pH and Yale community beyond just students. So if anyone is like interested in joining like our Facebook group where we have we have like a Google Doc spreadsheet with tons of resources that's food.

250 00:42:42.450 --> 00:42:48.480 Holly Burrows: Podcast books all of that stuff like we would love to share it with everyone. So that's a thought on the most recent question.

251 00:42:49.950 --> 00:42:50.820 Holly Burrows: In terms of

252 00:42:51.900 --> 00:42:56.820 Holly Burrows: I think Leah's question and also Dr Jaco I loved your comment from the beginning.

253 00:42:58.260 --> 00:43:09.600 Holly Burrows: And it was interesting that we mentioned like plant based, not always being healthy like generally in my brain I equate using the term plant based over vegan with focusing more on on health, rather than

254 00:43:11.070 --> 00:43:18.960 Holly Burrows: Just like what you're eating and not eating and I personally have always avoided the term vegan, just because my experience with it has been so

255 00:43:19.290 --> 00:43:28.410 Holly Burrows: Like stigmatizing almost and I got tired of people putting a label on me and branding me that as being who I am. So I always have preferred plant based

256 00:43:29.310 --> 00:43:43.530 Holly Burrows: But I think like I've heard like a wholefoods plant based diet as like a term together a lot. So I think that kind of helps move people in the direction of the healthy plant based eating and not fries or potatoes, which is a client.

257 00:43:44.940 --> 00:43:57.660 Holly Burrows: And I also think in terms of like getting other people interested or helping bridge the gap to go in more I'm vegetarian or vegan like using nutrition is a lot easier than

258 00:43:59.160 --> 00:44:06.270 Holly Burrows: Going the ethics route because the ethics route feels very all or nothing, right, if you think that it's cruel and you think that it's bad for the environment.

259 00:44:06.630 --> 00:44:13.860 Holly Burrows: Especially, I think the cruelty. Like if it's if it's crusades cruel tomorrow. You know, it's, you can't. It's hard to reduce based off of that.

260 00:44:14.430 --> 00:44:25.410 Holly Burrows: But approaching it from nutrition is really it is really where you get into the continuum and like every kind of every step is good and every step further you go on that continuum is great.

261 00:44:26.640 --> 00:44:33.360 Holly Burrows: And then the last thing that I'm Rachel kind of brought up for me is like individual choices.

262 00:44:34.650 --> 00:44:39.360 Holly Burrows: And what role individual choices play. And actually, when I first became vegan, I was very

263 00:44:40.350 --> 00:44:48.810 Holly Burrows: I was very set on it but I very much avoided talking about it I avoided, making it a big deal. I just kind of like hit in the corner and I think

264 00:44:49.350 --> 00:44:53.760 Holly Burrows: Meeting my friends at school, public health and being part of plant based Republic health and

265 00:44:54.600 --> 00:45:07.140 Holly Burrows: My community at Yale has really encouraged me to be an advocate for that and to like not be afraid to ask if there's a vegan option to ask why we don't have one to ask at restaurants to ask at school, public health, we have free events.

266 00:45:07.800 --> 00:45:22.680 Holly Burrows: So while it is an individual choice. And I think that's important. I think there's like also role for just like making it more accessible and mainstream and like if there's interest then companies well accommodate they have to. So I think that's really important.

267 00:45:25.290 --> 00:45:27.060 Robert Dubrow: Yeah, if I could just pick up on that point.

268 00:45:28.710 --> 00:45:30.180 Robert Dubrow: For the first year students

269 00:45:31.470 --> 00:45:37.710 Robert Dubrow: Were hopefully things will be back to normal next fall and it really helps.

270 00:45:40.260 --> 00:45:52.020 Robert Dubrow: In terms of trying to move the school, public health, which, of course, should be a plant based diet, you know. So for the first year students who don't know, normally, there are a lot of seminars where food is served.

271 00:45:53.040 --> 00:45:59.760 Robert Dubrow: And the seminars vary a lot in terms of the kind of food that served and often

272 00:46:01.050 --> 00:46:08.400 Robert Dubrow: The and partly understandably, the key consideration for the people, for the departments who are buying the food is cost.

273 00:46:09.570 --> 00:46:14.970 Robert Dubrow: But that often translates into serving something that isn't very healthy.

274 00:46:16.050 --> 00:46:22.680 Robert Dubrow: So I think the school needs to be pushed you know into serving more

275 00:46:23.820 --> 00:46:37.470 Robert Dubrow: To align more with its values and to serve nutritious mainly plant based food at events and it's really helpful if students are involved in pushing that because the administration does

276 00:46:38.520 --> 00:46:46.110 Robert Dubrow: Is just try to be responsive to students. I just wanted to mention that for next year when hopefully we'll have those kinds of events again.

277 00:46:47.640 --> 00:46:50.370 Robert Dubrow: And I see. I think there's some hands up. Hello.

278 00:46:51.720 --> 00:46:52.500 Robert Dubrow: Um,

279 00:46:53.700 --> 00:46:55.170 Robert Dubrow: Let's see, when I'm here.

280 00:46:57.300 --> 00:47:00.870 Guinevere (she/her) Oliver: Hi, my name is Glenda, dear, and I'm a first year Matheson

281 00:47:01.410 --> 00:47:02.550 Guinevere (she/her) Oliver: And I was just

282 00:47:02.580 --> 00:47:13.650 Guinevere (she/her) Oliver: Wondering if the panelists who I noticed on this a little bit already but I was hoping you could talk more explicitly about how to communicate with family and friends who might not be very supportive.

283 00:47:14.130 --> 00:47:21.390 Guinevere (she/her) Oliver: Of transitioning to a more plant based diet. Like, for example, recently I decided to stop eating fish and

284 00:47:22.410 --> 00:47:36.660 Guinevere (she/her) Oliver: Cut that out of my diet and my mom said I guess that's fine, but you're not going to become a vegan right which which I said I'm not promising, but, um, do you have any advice for how to make those conversations easier and to not feel like a burden.

285 00:47:39.840 --> 00:47:41.250 Cheyenne Liberti (she/her): I can talk a little about that.

286 00:47:41.670 --> 00:47:48.030 Cheyenne Liberti (she/her): Um, so when I first started focusing more on cloud based diet, um,

287 00:47:49.080 --> 00:48:02.700 Cheyenne Liberti (she/her): None of my family members like wanted to do it with me or anything at first. Um, but, you know, I, I was also really concerned about that. Like if I'm going to go eat at my grandma's house. I don't want to like

288 00:48:03.900 --> 00:48:08.760 Cheyenne Liberti (she/her): Act ungrateful. If I like say, I'm not going to eat. Will you cook for me because there's meat in it.

289 00:48:10.470 --> 00:48:22.260 Cheyenne Liberti (she/her): So I really enjoy cooking. So a lot of it for me became like making things that I wanted to share with my family and like showing them how delicious.

290 00:48:22.890 --> 00:48:34.140 Cheyenne Liberti (she/her): Plant based food can be and that, like, for me, it's not about restriction. It's about like this is my choice and I have so many choices within this plant based

291 00:48:35.880 --> 00:48:38.940 Cheyenne Liberti (she/her): Diet that are like exciting and delicious.

292 00:48:40.080 --> 00:48:51.360 Cheyenne Liberti (she/her): And then like through that process like my mom also got really excited about it. And she's also now practice and plant based diet and all of my brothers still eat me.

293 00:48:52.590 --> 00:49:02.610 Cheyenne Liberti (she/her): There now like super supportive like last time I visited my Brother Matt has college. He was like really excited to take me to this new vegan restaurant that opened in town.

294 00:49:04.110 --> 00:49:26.940 Cheyenne Liberti (she/her): And like, yeah, so just like I think it's a like about being patient and but also like being firm and in what you've decided and like being open to talking about it and to sharing it and just like trying to stay as positive as possible. Um, yeah, that's that was my experience.

295 00:49:29.640 --> 00:49:31.290 Rashonda Winters: I just wanted to say that

296 00:49:32.580 --> 00:49:42.870 Rashonda Winters: It can be a little difficult, especially when you're going to gatherings and things that family or their cooking and you don't eat things and how I handled it. I mean,

297 00:49:44.190 --> 00:49:48.360 Rashonda Winters: Because family will say, okay, Shonda, but what are you going to eat. So sometimes I will eat before

298 00:49:48.750 --> 00:50:01.470 Rashonda Winters: And sometimes I had times where I will just bring something of my own because my biggest thing I just didn't want people to make us and people will still do that say, Oh, we're having Thanksgiving at my house. Would you want to eat. So, um,

299 00:50:02.580 --> 00:50:13.320 Rashonda Winters: Sometimes I'll look up different things like, oh, maybe we can make this, but at the same time I'm I don't want people making a fuss over it because it's my choice and I don't want to inconvenience. Other people

300 00:50:13.710 --> 00:50:21.900 Rashonda Winters: But I think as Cheyenne said it's something that you have to stand firm on. It's not something that you should shy away from talking about. It's your choice, just like

301 00:50:22.350 --> 00:50:28.920 Rashonda Winters: It's my choice to just eat healthier or, you know, when you have something you really believe in. It's not about

302 00:50:29.730 --> 00:50:43.230 Rashonda Winters: Trying to make other people you know take on your beliefs, but this is just something that I want to do. So people will often as well, you're a vegetarian, but your husband and your son eats meat that's their choice. I never wanted to force it.

303 00:50:43.890 --> 00:50:55.380 Rashonda Winters: When my son one. One day he 13 if he decides he wants to be a vegetarian. That's fine. My husband is definitely he was a vegetarian, up until he was like 10 but then he just started eating meat and he's never going back

304 00:50:55.770 --> 00:51:03.990 Rashonda Winters: So I think that it's just all about and especially an African American community. One of the biggest things that I always get

305 00:51:04.410 --> 00:51:12.960 Rashonda Winters: Black people. They're not vegetarians, you know, but you know, I guess I was the exception to the rule. And now you're seeing more people come out.

306 00:51:13.290 --> 00:51:26.760 Rashonda Winters: And talk about being vegetarians or practicing a plant based diet. So I think it's really important to, you know, let people know because sometimes you are the first, but you're not. You're never going to be the last. So I think that's really important and

307 00:51:28.440 --> 00:51:39.900 Rashonda Winters: I it's not the easiest thing to do for some people. I was never I'm not a big eater. And I never was a big meat eater. So it wasn't as difficult for me. So I took it just

308 00:51:40.710 --> 00:51:50.130 Rashonda Winters: You know, start off with two days a week, practicing, you know, eating plant based meals and then just gradually move it up. Everybody can do like cold turkey.

309 00:51:50.430 --> 00:51:59.550 Rashonda Winters: Because then you'll find yourself with anything else, anything you put out your diet, you start to want more. So I think that just doing it the right way gradually getting

310 00:52:00.390 --> 00:52:08.610 Rashonda Winters: Gradually doing it because even people like Dana because she knows I'm a vegetarian. She'll give me a call to say, Sean. Do we have vegetarian options. So I think

311 00:52:08.850 --> 00:52:13.560 Rashonda Winters: That it's a good thing that people know that you're a vegetarian, because they'll start to say, well, what

312 00:52:14.010 --> 00:52:20.340 Rashonda Winters: You know well Shannon is a vegetarian. What will we have for her, or there may be vegetarians here and I've never since

313 00:52:21.000 --> 00:52:23.790 Rashonda Winters: Until I came to the School of Public Health. I've never seen so many

314 00:52:24.300 --> 00:52:35.610 Rashonda Winters: Vegetarians vegans people practice. I've never seen. So I started to feel like, oh I fit in here now that I'm working here. It's not something that's uncommon.

315 00:52:36.000 --> 00:52:46.230 Rashonda Winters: And one of the things is, I never thought about the sustainability aspect of things. And since working at the School of Public Health. That's one of the things like I often find myself.

316 00:52:47.010 --> 00:53:00.930 Rashonda Winters: Thinking about now in climate change those things were never in my mind. I never thought about it. But those are some of the things. Now I'm focused on now. It's not just about the eating and the being healthier. It's more about the environment as well.

317 00:53:03.300 --> 00:53:07.200 Robert Dubrow: So let's see. Rachel, and then Tanya and you both have your hands up.

318 00:53:08.460 --> 00:53:13.740 Rachel Hennein: Hi. Yeah, I was just gonna, I can comment on on talking to families as well.

319 00:53:14.880 --> 00:53:20.340 Rachel Hennein: I think for my family. It was also like a lot of our foods are, you know, Cultural foods and

320 00:53:20.670 --> 00:53:32.130 Rachel Hennein: You know, it's important to say I'm not, you know, I'm not rejecting my culture like it was almost like, oh, Rachel, went to an Ivy League and became vegan, like, which is kind of like, yeah, they

321 00:53:32.970 --> 00:53:39.480 Rachel Hennein: Anyways, so, so I think it's important to say like, if it's a cultural food or something like that. I'm not rejecting this

322 00:53:39.480 --> 00:53:44.490 Rachel Hennein: Food, but like I really love all the flavors and stuff. It's just like the meat of it.

323 00:53:45.420 --> 00:53:53.940 Rachel Hennein: Like, what can we do instead of that or, or, like, can you just. Can we leave the meat on the side for mine or something like that, because it is, it is important to

324 00:53:54.540 --> 00:54:05.130 Rachel Hennein: To be aware of the cultural stuff, but then also to say but but at the end of the day, this is my choice and like kind of gradually becoming more firm like I've been hunkered down with

325 00:54:05.940 --> 00:54:13.230 Rachel Hennein: My mom, my sister and her new baby to help with childcare but and her and her husband, and when I first got here.

326 00:54:14.610 --> 00:54:15.570 Rachel Hennein: You know months ago.

327 00:54:16.740 --> 00:54:20.850 Rachel Hennein: I was more lenient like the first the first couple days, but then

328 00:54:21.330 --> 00:54:31.410 Rachel Hennein: But then I realized that they didn't really understand everything without putting boundaries on. So then I put stronger boundaries. And since then, they really they really understood

329 00:54:31.800 --> 00:54:41.490 Rachel Hennein: I will say that to make make your diets like whole based as well like to Leah's point. There are a lot of food bloggers who

330 00:54:42.090 --> 00:54:51.000 Rachel Hennein: Who do this. And so, and also even going off the choose question who make who make their own cheeses, that's actually much easier. I've done this before.

331 00:54:51.570 --> 00:54:56.100 Rachel Hennein: With a nut and then also some water in something called nutritional yeast, which

332 00:54:56.820 --> 00:55:02.790 Rachel Hennein: Has like vitamin B 12 in it, which is really important for vegans to get and then also kind of a CHEESY FLAVOR. So

333 00:55:03.240 --> 00:55:14.460 Rachel Hennein: My favorite bloggers, or someone called minimalist Baker and then also someone called the Canadian

African who does a lot of like African vegan food. She's gotten in so

334 00:55:15.390 --> 00:55:25.950 Rachel Hennein: I can put those in the chat. But those are those are two that really, it's, it's heavy on veggies and they do pretty simple vegan or vegetarian meals.

335 00:55:26.970 --> 00:55:27.780 Rachel Hennein: So, yeah.

336 00:55:29.160 --> 00:55:30.150 Robert Dubrow: Hey, Tanya.

337 00:55:31.980 --> 00:55:32.460 Robert Dubrow: Okay, I just

338 00:55:32.520 --> 00:55:38.400 Tanya Davis: I just wanted to say that, um, so I think part of when it comes to family.

339 00:55:39.600 --> 00:55:51.270 Tanya Davis: Or friends or whoever being okay with me. I'm, I'm looking at on the other side of a non non vegetarian. And so I think there's automatically when stolen a family member.

340 00:55:52.110 --> 00:56:01.290 Tanya Davis: Or close friend or anyone that might have said to me, I'll say my own experience. I don't know why, but this is all almost automatic feeling of judgment.

341 00:56:01.950 --> 00:56:13.950 Tanya Davis: And it has nothing to do with the person. It's totally me. So I think it's, that's part of the resistance. I think that people might feel within their families.

342 00:56:14.880 --> 00:56:21.240 Tanya Davis: There might be this feeling of on being judged because I'm I eat meat. Still, and that's not it. You know, and step.

343 00:56:21.660 --> 00:56:28.560 Tanya Davis: On that, that's that person that person's individual decision for their own lives. And it's not a reflection.

344 00:56:29.490 --> 00:56:37.290 Tanya Davis: Of the other person. So I think that's part of it. And so I don't know if it's maybe a way. I'm a thought to say

345 00:56:38.070 --> 00:56:49.920 Tanya Davis: You know when when you express that you you're going into the vegetarian lifestyle or vegan lifestyle is that that family, or does it feel like it's any type of

346 00:56:50.700 --> 00:57:08.070 Tanya Davis: You know, jab at them, you know, um, so that's what I thought of me when I forgot which young lady just made the statement about fear we um but I know on the other side. That's probably maybe a little bit of what they might be feeling

347 00:57:10.920 --> 00:57:11.940 Natalie Henning: Yeah, I think that's

348 00:57:12.000 --> 00:57:19.470 Natalie Henning: Such a good point. And you know I have really tried to introduce a plant based diet to my family members and I think

349 00:57:20.250 --> 00:57:29.460 Natalie Henning: In the beginning, it's really more about, you know, adding foods, rather than eliminating foods and you



know that goes back to talking about, you know, actually having a healthy plant based diet.

350 00:57:29.910 --> 00:57:40.740 Natalie Henning: And so like my grandparents, they've had the same diet for like 80 years and they're not going to stop having cold cuts at breakfast. But maybe I can get them to add a cup of fruit as well.

351 00:57:41.160 --> 00:57:52.560 Natalie Henning: In the morning. So I think, you know, I definitely in the beginning, like some other people have said I really shied away from, you know, speaking out, you know, to friends and family about why plant based is important, but

352 00:57:52.890 --> 00:58:02.400 Natalie Henning: I think my new approach now is really, you know, I'm coming from a place where I want them to be plant based, because I care about them and I want them to be healthy. So

353 00:58:03.030 --> 00:58:09.900 Natalie Henning: I think when you're really coming from a place of love, rather than judgment, you know, you can really be more successful that way.

354 00:58:12.570 --> 00:58:13.890 Robert Dubrow: So you have your interest.

355 00:58:15.780 --> 00:58:17.610 Zoe Novic: Yeah, um, I

356 00:58:17.640 --> 00:58:24.360 Zoe Novic: Gosh, everyone's just really nailing it. Um, so I don't know if I have much to add, but I think Tanya what you just said, I'm

357 00:58:25.380 --> 00:58:38.640 Zoe Novic: Having been vegetarian and vegan for a long time. I do feel like I've been in that position before where if I go to a group meal event and I

358 00:58:39.120 --> 00:58:50.010 Zoe Novic: You know, it comes up that I am vegan and then whoever I'm speaking with my feel like they are being judged and there's there's just a lot of stigma that comes with

359 00:58:50.670 --> 00:59:06.990 Zoe Novic: No matter, no matter which position you're in and whether they might feel like I'm judging them because they're not vegan, whether that has to do with animal rights or nutrition or environmentalism, or whatever. And even though I'm not and

360 00:59:08.490 --> 00:59:11.550 Zoe Novic: There. When you're dealing with family that could be

361 00:59:13.530 --> 00:59:32.070 Zoe Novic: You know, like a moral judgment or nutritional judgment and yeah there's just a lot of cultural stigma around that I know one of the tech techniques that one of my friends has taken when dealing with family transitioning to a plant based diet is

362 00:59:33.960 --> 00:59:47.550 Zoe Novic: Either like talking with their parents and just saying, like, look, you raised me to be like a compassionate person

and I'm just trying to incorporate that more into my everyday life. And now into my diet and