**Meat Consumption**

**Americans will eat 224 pounds of red meat and poultry per person this year, including 58 pounds of beef, according to USDA projections. Plant-based meat substitutes currently account for less than 3 percent of the nation's packaged meat sales, and only about 5 percent of Americans identify as vegetarians. *(The Washington Post, as it appeared in The Week magazine, May 28, 2021)***

**Animal agriculture causes mass deforestation, uses a quarter of the world's scarce freshwater supply, and produces billions of gallons of polluting animal waste a year. As plant-based meats become more common and sales increase, "a viable alternative to the all-American beef burger is increasingly within reach. The reason for reducing meat consumption are clear. "It's up to us." *(The Week magazine, May 21, 2021)***

**Only in America: An Illinois man has filed a class-action lawsuit against Buffalo Wild Wings because its so-called “Boneless Wings” are breast meat, not wings. Aimen Halim’s suit seeks punitive damages for what he calls a “clear-cut case of false advertising.” The restaurant chain mocked Halim’s complaint, noting in a tweet that “our buffalo wings are 0% buffalo.” *(The Week magazine, March 24, 2023)***

**The U.S. meat industry discards approximately $1 billion of edible meat annually because it is considered too ugly to sell. *(Chicago Tribune, as it appeared in The Week magazine, March 17, 2006)***

**This country has had a long love affair with meat. Early European settlers salivated at the sheer abundance of game that was waiting to be eaten: deer, ducks, wild turkeys, hares, and the apparently delicious (and now almost certainly extinct) Eskimo curlew. As the U.S. expanded westward, vast ranches allowed cattle to be farmed on a scale unimaginable in the Old World. Rich and poor alike came to expect beef at every meal by the late 19th century. Infants, says food journalist Nina Teicholz, would gnaw beef even before their first teeth came in. While visiting the U.S., an astounded Charles Dickens wrote that an American "breakfast would have been no breakfast" without a T-bone steak "swimming in hot butter." That hunger for meat is still going strong today. A typical American eats the equivalent of about 50 chickens or half a cow every year. If health warnings from scientists about red and white meat -- both of which raise the risk of heart disease -- won't stop us from eating this tasty stuff, it's doubtful we'll give up steaks to prevent the planet from overheating. Perhaps our only hope lies with the researchers who are now working to make lab-grown meat a palatable possibility. So, who's up for a petri-dish Whopper? *(Theunis Bates, in The Week magazine, August 23, 2019)***

**Meat lovers like me might accept eating less beef, or more sustainable beef, but going vegan is not on our menu. Instead, let's focus on limiting methane and carbon dioxide by reducing use of fossil fuels. In Africa and China, poor people's health and life expectancy improved when meat was introduced to their diets, said Grant Addison in WashingtonExaminer.com. So while there can be "good and noble reasons not to eat meat," spare us the "pompous and shallow" virtue signaling by restaurants and foodie magazines that cater to wealthy urban elites. *(The Week magazine, May 21, 2021)***

**Making steak in a lab: Researchers are developing technology to create steak without killing cows, Popular Science reports. New Harvest, an organization that promotes vegetarianism, is sponsoring the research, in which scientists are experimenting with techniques for "growing meat." Already, scientists at MIT have created thin sheets of turkey meat, cultured from biopsies of muscle cells. The technique is a long way from producing a nice juicy filet mignon, but it has resulted in a substance with the consistency of a processed meat, like a chicken nugget or Spam. Soon, says Jason Matheny, who runs New Harvest, scientists may be able "to vascularize muscle, which would be essential to making thick tissues, like steaks." *(The Week magazine, October 7, 2005)***

**Meat eating is America's "new culture war," said Andrew Freedman in Axios.com. In recent weeks, food website Epicurious.com announced it would publish no new beef recipes and the celebrated New York City restaurant Eleven Madison Park announced its switch to a meat-free menu. These developments only added to "baseless conservative media panic," that President Joe Biden's climate plan calls for cutting meats from Americans' diets. Biden isn't banning meat, said Zack Beauchamp in Vox.com, but the "grain of truth" in that right-wing rumor is that any plan to combat climate change must address meat consumption. "There is no way for humans to consume meat in the way we do without abetting catastrophic warming." *(The Week magazine, May 21, 2021)***

**Yes, producing plant-based foods leaves a smaller carbon footprint -- cows are 20 times less efficient to raise than beans, according to Epicurious editors -- "but beef tastes more than 20 times better." Eating chicken and seafood also has environmental costs. *(The Week magazine, May 21, 2021)***

**The United Nations made a polite request to the Western world last week: Could you please stop scarfing so much meat? If we could all just cut back on the burgers and lamb chops, a U.N. panel of climate experts explained, millions of square miles of grazing land could be reforested. Those trees would then suck carbon from the atmosphere, effectively reducing CO2 emissions by up to 9 billion tons a year. As an additional bonus, by shrinking herds of cows and sheep we'd also shrink the amount of planet-warming methane these ungulates belch into the atmosphere. To counter climate-change, says Timothy Searchinger of the World Resources Institute, big meat consumers, such as the U.S. "need to eat less." To which I can only say: Good luck with that. *(Theunis Bates, in The Week magazine, August 23, 2019)***

***The* production of beef is responsible for roughly 6 percent of greenhouse gas emissions, making it the single biggest food contributor to climate change. Global beef demand is projected to nearly double by 2050, driven by population growth in China and India. *(Axios.com, as it appeared in The Week magazine, June 29, 2018)***

**Raising beef cattle is energy-intensive and, combined with the methane gas released by the digestive processes of hundreds of millions of farm animals, creates more than 15 percent of global greenhouse gas emissions. *(The Week magazine, May 21, 2021)***

**This process of refining matter into radiant substance is taking place not only in the natural world but in our bodies also. In fact the speed with which the transformation takes place depends on the character of the thoughts that we project into our brains and through them into our bodies and the world about us. This is why we should spiritualize our thoughts and refine the food we eat to correspond. The press announces a great shortage of meat all over the world, with alarming predictions of malnutrition and race deterioration. Instead of a calamity this meat shortage will prove a blessing. New and better foods will be found to replace the corrupt flesh with which people have been stuffing their stomachs. The call for stimulants that the fermenting mess produces in digestion will diminish, and a purer, sweeter body and saner mind will follow. The peoples of Europe, forced by the economic conditions brought about by wars, are adopting a simpler diet, with better health; so says the public press. Thus what seems calamity turns out to be a source of joy. *(Charles Fillmore, in Atom-Smashing Power of Mind, p. 51)***

**Supermarket meat nobody buys goes to a rendering plant to wind up in pet food, soap, whatever. *(L. M. Boyd)***

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