





needed to grow grain for livestock – about one third of all grain grown globally is used to feed animals. World Resources Institute estimates that beef production uses 20 times the land and emits 20 times the emissions as producing beans, per gram of protein. If people in the United States switched from beef to beans, this alone could get the U.S. more than halfway to the greenhouse gas reduction goals set by the Obama administration.

Make small swaps. Try plant-based items when they are featured. Join the movement to eat less red meat and reduce the carbon footprint. Consider the evidence: what is good for our planet is also good for your physical health.



Auclair, O., Eustachip Colombo, P., Milner, J., Burgos, S., *Partial substitutions of animal with plant protein foods in Canadian diets have synergies and trade-offs among nutrition, health and climate outcomes.* Nature Food. Vol 5, February 2024. 148-157.

Korat, A., Shea, M., Jacques, P., Willet, W. *Dietary protein intake in midlife in relation to healthy aging—results from the prospective Nurses' Health Study cohort.* AJCN. Vol 119, issue 2, p271-282.

Harwatt, H., Sabate, J., Eshel, G, et al. *Substituting beans for beef as a contribution toward US climate targets.* Climate Change 143, 261-270 (2017).

Searchinger, T. et al, 2018. World Resources Report: *Creating a Sustainable Food Future: A menu of solutions to feed nearly 10 billion people by 2050.* Synthesis Report. Washington DC

[fao.org/faostat/en/#data/FBS](https://fao.org/faostat/en/#data/FBS)

### Clinic Health Education Series

Margaret Hoag of Eckel, Hoag and O'Connor will be doing a presentation on **Advance Directives** on Thursday May 2<sup>nd</sup> at 2:00pm in the Arts and Craft Room. Please sign up at the Clinic if you are interested in attending.



### Cognitive Wellness Group

The Clinic will be running the spring Cognitive Wellness Group. The group runs for four consecutive weeks on Thursday afternoon at 1:00pm in the Computer lab. It is a one-hour commitment. The dates are: 5/23, 5/30, 6/6 and 6/13. We still have a few slots open. If you are interested, please register at the Clinic.

### New Medical Assistant in Clinic

The Clinic would like to welcome Barbara Conte as the new Medical Assistant. Barbara previously worked at Beth Israel Hospital and the Lexington School District. She has also done private pay home-based care. Barbara likes to sing and periodically provides the vocal accompaniment for a local band.

### Curious Fridays

*Curious Fridays* is a new drop-in group that meets once a month in the Lower Llewysac Lounge. Come and discover the quirks and curiosities that we encounter in everyday life. The May meeting will take place on 5/24 @ 2:00pm. This group will be listed in the Llewysac calendar.