

# Brendan Brazier

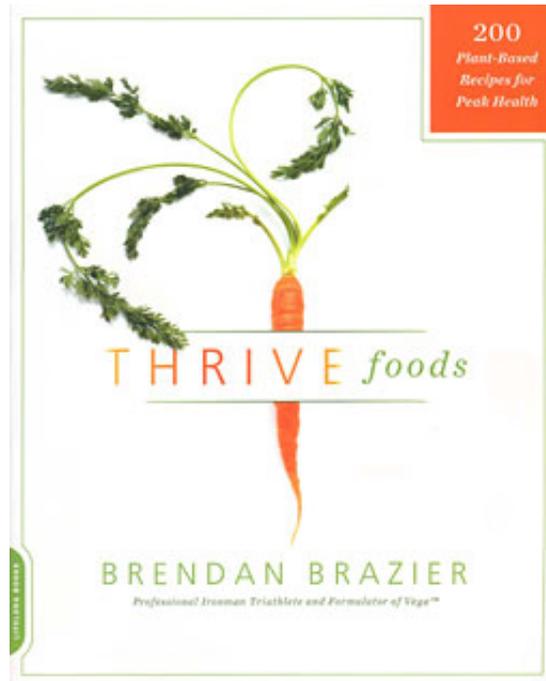
## Thrive Foods

Extrait du livre

[Thrive Foods](#)

de [Brendan Brazier](#)

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## THRIVE AT A GLANCE

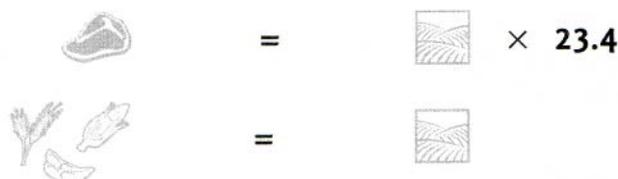
- A large percentage of overall stress is related to poor nutrition.
- If our diets do not supply adequate micronutrients, we will suffer nutritional stress and its debilitating symptoms.
- Nutrient density is the most comprehensive way to assess a food's value.
- High-quality deep sleep is dependent on high-quality nutrition.
- Energy gained by nourishment is sustainable; energy from stimulation is fleeting.
- By choosing easily digestible food, we reduce the amount of energy we need to expend on digestion.
- Less energy spent on digestion equates to more available energy.
- A diet high in alkaline-forming foods will reduce inflammation as well as the risk of disease.
- Foods that contain chlorophyll or are rich in minerals are particularly good alkaline-forming food sources.

information in snapshot form to give you a quick sense of the draws on each resource that various plant and animal food sources demand. For each resource, I look at foods in pairs to contrast the draw each food makes on the particular resource. Comparing foods illustrates the substantial impact our food choices can have on the environment.

## NUTRIENT-TO-ARABLE-LAND RATIO

### Wheat, Corn, and Soybeans Versus Beef

As you will see from the calculations in "Calculating the Numbers" on page 310, significantly more arable land is needed to harvest an equivalent amount of micronutrients from beef as from wheat, corn, and soybeans:



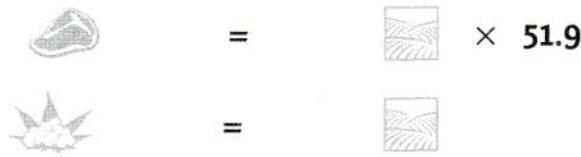
These foods are common feed crops for animals. If we were to use these crops as food for the human population instead, we would gain 23.4 times the amount of micronutrients from the same amount of land.

### Hemp Seed Versus Beef

However, if we were to plant hemp as food for humans in place of wheat, corn, and soybeans to feed beef cattle, we would gain 51.9 times the amount of micronutrients on an equal amount of land, compared to what we would obtain from beef.

To explain how I arrive at this figure, by weight, 5.33 times as much hemp seed can be produced as beef raised on the same amount of land (880 pounds of hemp seed per acre<sup>5</sup> compared with 165 pounds of beef<sup>6</sup>). And since beef has a nutrient density of 20 and hemp seed registers at 65 (3.25 times more), for every calorie you get from hemp seed, you'd have to eat 3.25 calories from beef to match the micronutrient level.

Since pound for pound, hemp seed contains about three times more calories than beef, to gain the equivalent in micronutrients from beef as from hemp seed would require 51.9 times more land.



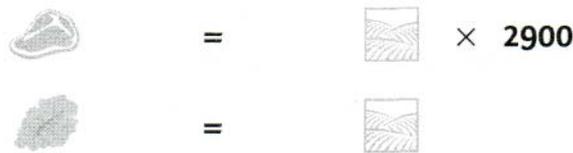
To produce enough beef to match the per-calorie micronutrient level of hemp seed, 51.9 times more arable land would be needed.

## Kale Versus Beef

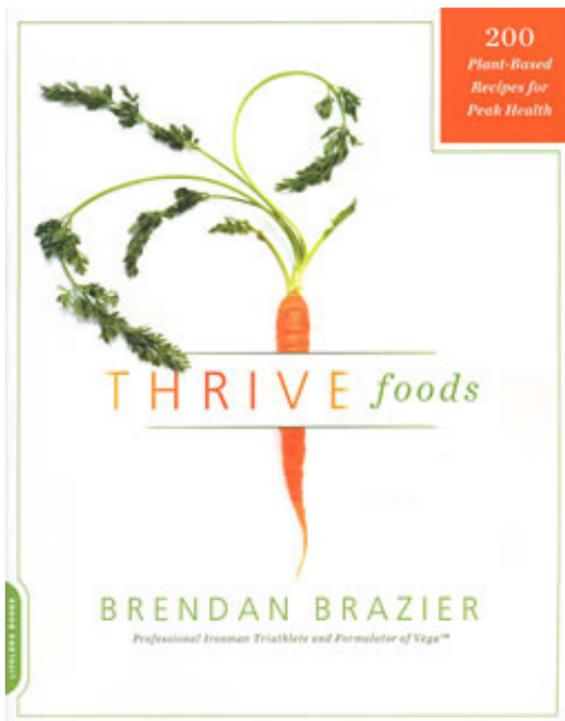
Now, what if instead of growing wheat, corn, or soybeans we grew kale? I realize that comparing kale—among the most efficient and nutrient-dense crops—to beef—one of the worst in both categories—provides something of an extreme case, but the difference is impressive.

By weight, 232 times more kale than cattle can be produced on the same amount of land (38,400 pounds of kale per acre<sup>7</sup> compared with 165 pounds of beef). And since beef has a nutrient density of 20 and kale registers at 1000, which is 50 times greater, for every calorie you get from kale, you'd have to eat 50 from beef to match the micronutrient level.

Since beef has about four times the amount of calories per pound as kale, to gain the equivalent in micronutrients from beef as from kale would require 2900 times more arable land.



To gain an equal amount of micronutrients from beef as from kale, 2900 times more arable land would be needed.



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## [Thrive Foods](#)

200 Plant-Based Recipes for Peak Health

366 pages, broché  
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