



CONSUMERS' GUIDE TO MEATLESS BURGERS

INDUSTRIAL MEAT AND POULTRY production have significant negative impacts on community health and safety, natural resources, animals, farmers, food workers, climate, and the economy. In fact, food animal production is responsible for 18% of global greenhouse gas production and over 7% of greenhouse gas emissions in the United States.¹

To address the environmental, social, health, and economic consequences of intensive animal production, many consumers choose to reduce or eliminate meat from their diets, and some opt for meat alternatives. This may include a reduction or elimination of conventionally-raised meat and poultry; shifting diets to include more diverse sources of protein; eating more plant-based proteins like beans, lentils, peas, chickpeas, nuts, and seeds; and choosing organic, humane, and pasture-raised meats when choosing to eat meat.

PLANT-BASED DIETS

From becoming a full-time vegan to beginning each week with a "Meatless Monday," consumers are adopting more plant-based diets as a way of reducing their environmental footprint. Plant-based foods can have a smaller footprint because they often utilize fewer resources than animal products do, which means fewer greenhouse gases are emitted when they are produced.

When it comes to diet, there is no "one size fits all," so individuals can implement changes to their diet that work for them. Fully plant-based diets avoid all animal products, including eggs, dairy, seafood, and meat. While some people choose to replace animal products with plant-based foods that mimic

PLANT-BASED NON-GMO BURGER OPTIONS INCLUDE:

365 Brand (Whole Foods)	Qu crunch Foods
Amy's	Small Planet Tofu
Beyond Meat	SOL Cuisine
Chez Marie	SoyBoy
Field Roast	Sunshine Burger
Follow Your Heart	Sweet Earth Natural Foods
Gardein	The Jackfruit Company
Hilary's Eat Well	Tree of Life
Lightlife	Tofurky
Mori-Nu	Vitasoy
Nasoya	WestSoy Non-GMO Verified
O Organics (Safeway)	Wildwood Organic
Pacific Grains and Foods	White Wave

meat, others shift their diets towards plant-based foods that do not aim to mimic animal products.

"MEATLESS" MEATS

Meat alternatives have been around for years, with veggie burgers being sold in the U.S. since the 1970s.² Many meatless meat products on the market today are different from the classic alternatives like tofu, tempeh, and seitan in one important way: some new meatless meats—like the Beyond Burger or the Impossible Burger—are designed to taste like



meat and the companies that make them are marketing these products to replace traditional meat-based burgers.³

While CFS encourages consumers to eat less meat, choose meat from organic and regenerative sources, and choose plant-based proteins, we believe that replacing conventional animal products with ultra-processed, poorly studied, and under regulated genetically engineered (GE or GMO) products is not the solution to the problems caused by the industrial factory farm system.

For example, Impossible Foods manufactures its burgers using genetically engineered soy products. In its burgers, Impossible uses both GMO soy protein concentrate and GMO soy protein isolates for the protein in its burger. GMO soy is sprayed with large amounts of the herbicide glyphosate, a chemical classified as a probable human carcinogen that has been implicated in cancer cases, particularly among farm workers. Glyphosate is also known to cause significant harm to wildlife including frogs and amphibians.

NON-GMO PLANT-BASED BURGER OPTIONS

Many alternative meat products are processed and include ingredients that are genetically engineered. To avoid genetically engineered ingredients, pay close attention to the ingredients list. If the product contains an ingredient like soy, corn, or canola oil, it is likely to be GMO unless the package has a USDA Organic or Non-GMO Project label.

CONCLUSION

Choosing to reduce or eliminate meat from our diet is a great way to reduce the environmental, social, health, and economic impacts of intensive animal production. Take CFS's pledge to opt out of industrial meat and receive 10 delicious meatless burger recipes!

"IMPOSSIBLE" IN NATURE



The Impossible Burger is manufactured from two different methods of genetically engineered soy products. This union may be "impossible" in nature, but it is neither healthier nor more environmentally friendly than other kinds

of non-meat burgers. While Impossible Foods—the company behind the Impossible Burger—has been trying to spin its product as both healthier and more sustainable than those of its competitors, a quick examination of the company's own data suggests otherwise.

The first kind of genetic engineering in the "Impossible Burger" is found in the soy used for the protein in the "burger" itself. The second kind of genetic engineering of soy produces the "heme" that makes the Impossible Burger "bleed." Impossible Foods makes this GMO "heme" through a new kind of genetic engineering process called synthetic biology in which the company takes DNA from the roots of soy plants, where a small amount of "heme" is produced, and inserts it into genetically engineered yeast that is then fermented to mass-produce GMO "heme." This substance has never been consumed by humans before.

1 <https://endindustrialmeat.org/ten-reasons-to-opt-out-of-for-climate/>

2 <https://www.smithsonianmag.com/arts-culture/history-veggie-burger-180950163/>

3 <https://www.vox.com/2019/5/28/18626859/meatless-meat-explained-vegan-impossible-burger>