

# Food Trends

## Can Plant Proteins Sustain Us?

### Less Meat In Future Menus

(NAPSA)—Here's food for thought: How are we going to feed our rapidly growing population? Global agriculture faces a changing climate, limited land and natural resources, and the challenge of feeding a world population that is projected to double its present level of 6.5 billion by 2063. Ensuring that enough protein is available to feed our growing population poses a challenge. It creates a great need to invest in research and infrastructure solutions.

#### The Problem

Meat protein production demands significant amounts of our global supply of energy and natural resources. According to the United Nations Food and Agriculture Organization, rearing livestock creates significantly more greenhouse gas emissions than driving cars. It's also a major source of land and water degradation.

#### A Solution

Plant protein production, on the other hand, offers a lower environmental impact and a sustainable solution by reducing energy consumption, emissions, land usage and water degradation. Producers must feed plant protein to animals to produce animal proteins and animals are not efficient converters, pound for pound, of the proteins they consume. The conversion ratio of vegetable to animal protein can be as high as 10 to 1.

"Access to inexpensive plant proteins can be crucial in serving this rising global population without adding undue stress to our environment," explains Johann Tergesen, president and chief operating officer of Burcon NutraScience Corporation, a leader in the development of functional, renewable plant pro-



**Dr. Martin Schweizer "toasts" with plant protein-fortified champagne to celebrate attaining U.S. FDA regulatory recognition for Burcon's canola proteins.**

teins. The company is developing CLARISOY®, a novel soy protein that completely dissolves into juices and clear sports drinks, adding greater health and nutritional value. Burcon trades on the Toronto Stock Exchange (TSX) under BU.

#### The Benefits

Another reason for switching could be the health benefits of plant-based proteins. Soy protein is a complete high-quality plant protein containing all the nutrients for growth and muscle rebuilding. Adding soy protein to your diet may also help fight heart disease. Studies have shown that soy protein can help lower blood cholesterol, especially LDL or "bad" cholesterol, which reduces the risk of coronary heart disease.

Plant-based diets are high in fiber and lower in fat. In numerous studies, high-fiber, low-fat diets have been shown to lower the rates of certain cancers, such as those of the colon, breast and prostate. In addition, this type of diet is believed to reduce the risk of diabetes.

#### Learn More

Learn more at [www.burcon.ca](http://www.burcon.ca) and (888) 408-7960.