

meatless.

**App –
Quantified self**

Thoraya Binzagr
Carola Bartsch

app and web research

Flexitarian Diet.
AppAddict - 17. Januar 2013
Lifestyle

Für CHF 0.99 kaufen Zur Wunschliste hinzufügen

***** (± 1)

Beschreibung

Is Stomach for a Vegetarian Life? Try 'Flexitarian'!!!
 'Flexitarian' is a term recently coined to describe those who eat a mostly vegetarian diet, but occasionally eat meat.
 A relatively new term, flexitarian comes from a combination of the words 'flexible' and 'vegetarian'.
 'allowing a flexitarian diet simply means eating more plant-based meals and less meat.
 There's plenty of scientific evidence to support the healthfulness of a diet made up mostly of plant foods.
 Should you be a flexitarian?
 by Jennifer Nelson, M.S., R.D. and Katherine Zeratsky, R.D.

The recently released 2010 Dietary Guidelines for Americans urge Americans to eat a plant-based diet. Plant-based diets have many health benefits. With their emphasis on fruits and vegetables, grains, beans and legumes and nuts, this way of eating is rich in fiber, vitamins and other nutrients.
 Does this mean you have to become a vegetarian? Not necessarily; though, people who follow a vegetarian diet generally eat fewer calories and less fat, weigh less and have lower cholesterol levels than do nonvegetarians.
 You can still eat meat, poultry and fish in moderation as part of a plant-based diet if you're willing to be flexible.
 Flexitarian Diet - Benefits - Health, weight-loss, and economical lifestyle.
 This App takes you through the theory of Flexitarian Eating, to the lifestyle adjustments and the recipes offered for you to immediately bring a healthy change to your life and also that of your family.
 Download this App now for easy to understand 'How-to-be Flexitarian' through Videos, Websites, Blogs, Facebook, Recipe Links and more...
 Have Fun... Live Healthy!



Flexitarian Diet (Android)

- gives information about diet with less meat, health benefits, recipes
- no own profile

<https://play.google.com/store/apps/details?id=com.andromo.dev117641.app171249&hl=de>

Flexitarian Diet.

- Medical News
- Benefits
- Facebook icon
- Friends
- Getting Started
- Recipes

Awakening

natural awakenings

A Flexitarian Diet for a Flexible Life

by Dawn Jackson Blatner

Friends

facebook

The Flexitarian Diet is on Facebook. To connect with the Flexitarian Diet, sign up for Facebook today.

My Net Diary

MyNetDiary

Weight Loss Forum

Weight Loss Teams (44)

Weight Loss Groups (350)

Weight Loss Blogs (1878)

YouTube

How To Follow the Flexitarian Diet

By Howcast 2,853 views

Suggested Videos

Comments

How To Give a Whisper Kiss

GreatApp – for Flexitarian Diet Edition:Flexitarian Diet will help reduce the amount of meat you eat+

By Juan Catanach

Open iTunes to buy and download apps.

[View More by This Developer](#)

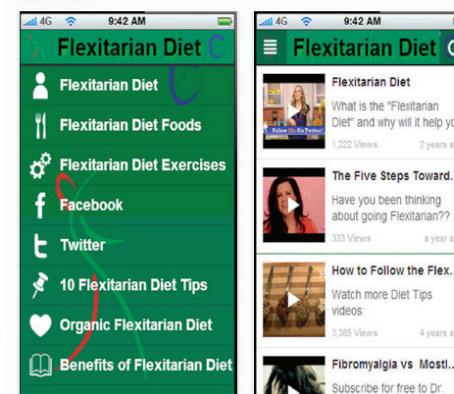


Description

Flexitarian Diet App Launch Special. 50% Off For The Next 72 Hours! Buy Now Before Price Goes Back Up!! Regular Price \$1.99

GreatApp – for Flexitarian Diet EditionFlexitarian Diet will help reduce the amount of meat you eat+ Support+ ...More

Screenshots



This app is designed for both iPhone and iPad

\$0.99

Category: Health & Fitness

Released: Mar 02, 2014

Version: 1.0.80

Size: 16.0 MB

Language: English

Seller: Juan Catanach

© 2014 JCAppz

Rated 4+

Compatibility: Requires iOS 5.0 or later. Compatible with iPhone, iPad, and iPod touch. This app is optimized for iPhone 5.

Also Included In



Best 10 Diets for Losing We...
[View in iTunes](#)

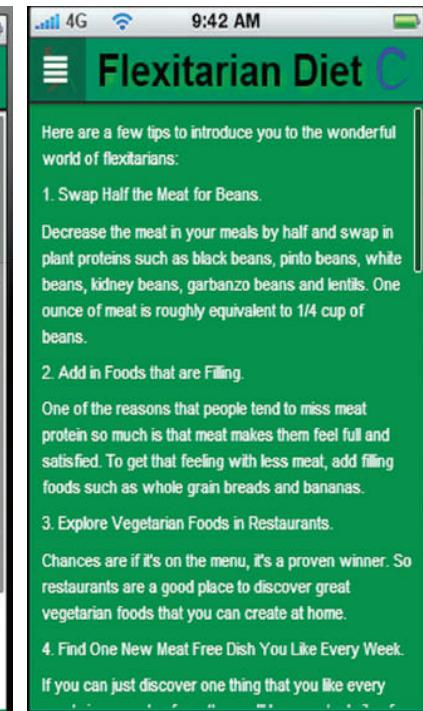
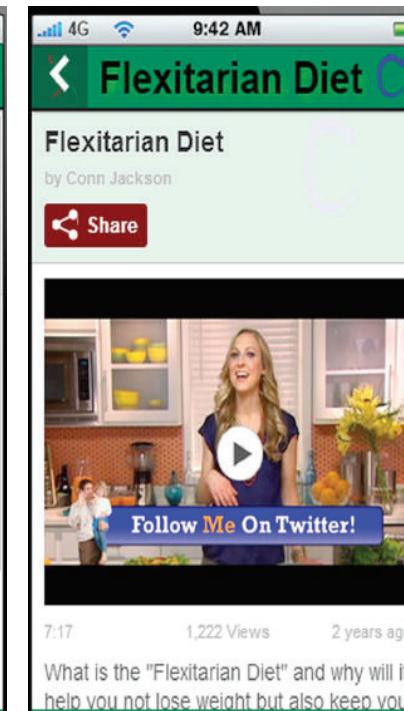
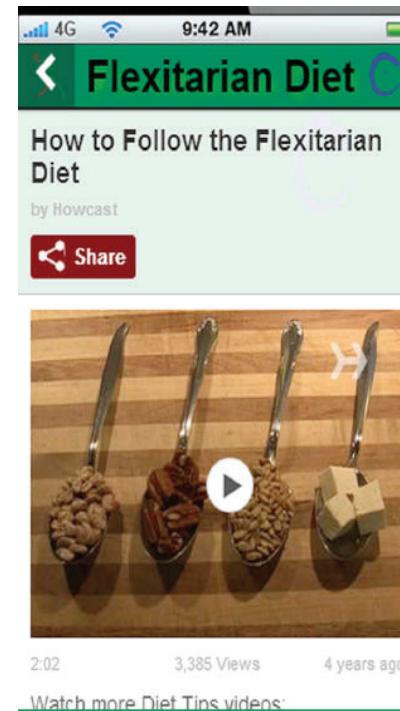
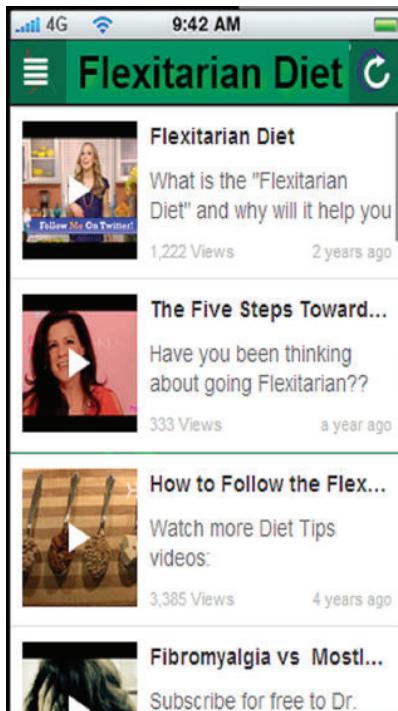
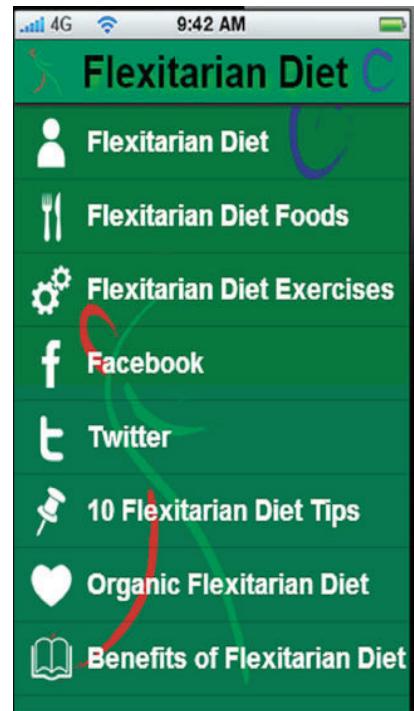
Customer Ratings

We have not received enough ratings to display an average for the current version of this application.

Flexitarian Diet (iOS)

- gives information about diet with less meat, health benefits, recipes
- no own profile
- old fashioned design

<https://itunes.apple.com/us/app/greatapp-for-flexitarian-diet/id825335423?mt=8>



Food Navi
von GOE mbH
Offnen Sie iTunes, um Apps zu kaufen und zu laden.



Beschreibung
Ernährungscheck als App
Die neue App „Food Navi“ hilft dem Verbraucher auf dem Weg zu einer vollwertigen Ernährung, egal, ob der Nutzer Food Navi Support... [...Mehr](#)

Neue Funktionen von Version 1.0.2
Kompatibel mit iPhone 3G

iPhone Screenshot



Kundebewertungen
Wir haben noch nicht genug Bewertungen erhalten, um einen Durchschnittswert für die aktuelle Version dieses Artikels anzeigen zu können.

Weitere iPhone Apps von GOE mbH

- Food Navi - coeliac [In iTunes ansehen](#)
- Food Navi - diabetes II [In iTunes ansehen](#)

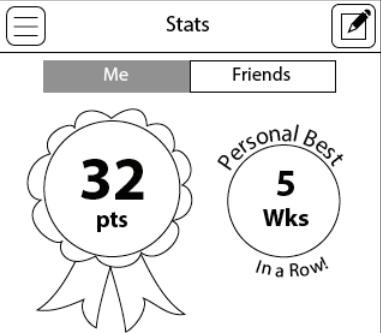
Kundenrezensionen
Überhaupt nicht was ich mir vorgestellt hatte ★ von Fursku
Nennt garnicht für mich. Schade fürs Fursku.

Food Navi (iOS)

- gives an overview about the own nutrition and movement
- own profile
- not very clear and intuitive

<https://itunes.apple.com/ch/app/food-navi/id513235472?mt=8>





Stats

Me Friends

32 pts

Personal Best **5 Wks**
In a Row!

Current Month

1/1	1/8	1/15	1/22	?
-----	-----	------	------	---

Top "Go Meatless" Restaurants

- Ruth's Diner American Restaurant
- Bevacco Italian Restaurant

Recent Activity

- At Ruth's Diner I love their avocado salad! 2 Days Ago
- Ginny H. posted a photo. 2 Days Ago
- Ginny H. has pledged to go meatless tdoay! 2 Days Ago

I pledge to go meatless today, for the sake of my health and to reduce my carbon footprint on the environment.



1:12 AM

CAN... Wednesday

5 Calendar Photos Camera

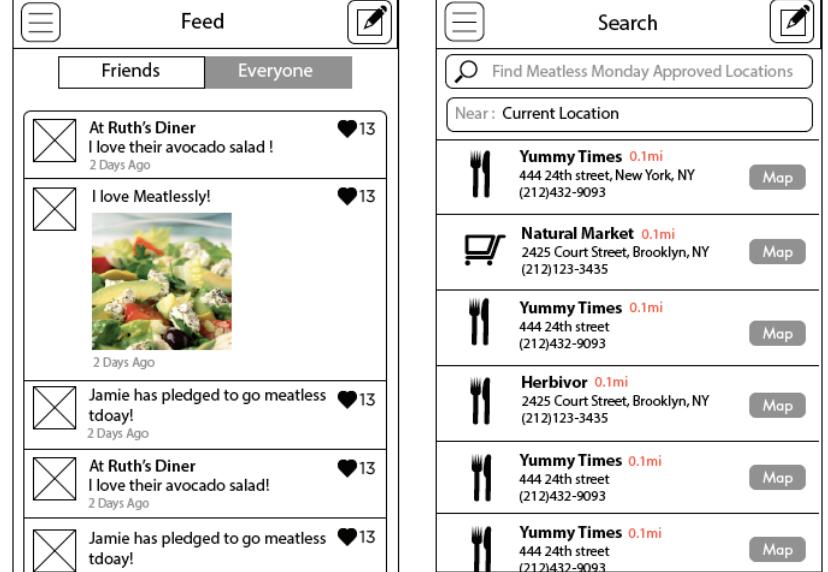
Meatlessly
It's Meatless Monday today!

Cancel OK

Meatlessly (concept)

- concept for a personal and social app supporting the „Meatless Monday“ movement
- own profile
- comparison with friends
- links to restaurants and grocery stores

<http://portfolio.ofaginny.com/Meatlessly>
<http://www.ofaginny.com/MeatlesslyDeck.pdf>



Stats

Me Friends

Friends Everyone

Find Meatless Monday Approved Locations

Near: Current Location

Yummy Times 0.1mi
444 24th street, New York, NY (212)432-9093 Map

Natural Market 0.1mi
2425 Court Street, Brooklyn, NY (212)123-3435 Map

Yummy Times 0.1mi
444 24th street (212)432-9093 Map

Herbivor 0.1mi
2425 Court Street, Brooklyn, NY (212)123-3435 Map

Yummy Times 0.1mi
444 24th street (212)432-9093 Map

Yummy Times 0.1mi
444 24th street (212)432-9093 Map

Vegetarian How to Cook Everything

By Culinate, Inc.

Open iTunes to buy and download apps.

[View More by This Developer](#)



[View in iTunes](#)

This app is designed for both iPhone and iPad

\$9.99

Category: Food & Drink
Updated: Jan 28, 2014
Version: 1.9.12
Size: 53.0 MB
Language: English
Seller: Culinate, Inc.
© 2011-2014 Culinate, Inc.
Rated 4+

Compatibility: Requires iOS 6.1 or later. Compatible with iPhone, iPad, and iPod touch. This app is optimized for iPhone 5.

Also Included In



[How to Cook Everything Bundle](#)
[View in iTunes](#)

Customer Ratings

Current Version:
★★★★★ 71 Ratings
All Versions:
★★★★★ 524 Ratings

[View on Culinate Inc.](#)

Description

How to Cook Everything Vegetarian®, the ultimate one-stop vegetarian cookbook—from New York Times columnist and bestselling author Mark Bittman—has more than 2,000 recipes, scores of how-to illustrations, and a nifty set of features designed especially for cooks on the go.

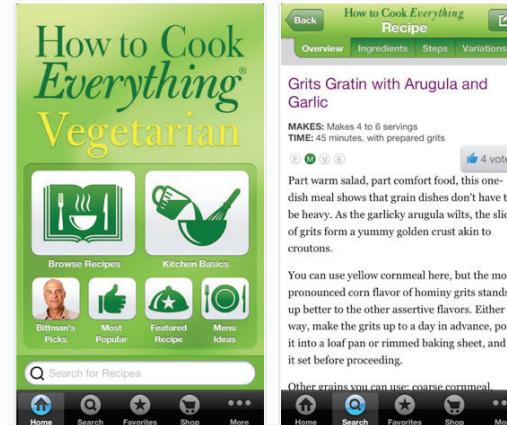
[Culinate, Inc. Web Site](#) • [Vegetarian How to Cook Everything Support](#) • [...More](#)

What's New in Version 1.9.12

This release fixes a few minor issues.

Screenshots

iPhone | iPad



Flexitarian Diet (iOS)

- vegetarian recipes
- no own profile

<https://itunes.apple.com/us/app/vegetarian-how-to-cook-everything/id478631225?mt=8>



Like meat? Then you'll love this app. We teamed up with famed New York City butcher Pat LaFrieda to create the definitive guide to meat, designed exclusively for the iPad. It's everything you want to know about meat and butchering. Inside the app you can:

- **BROWSE** the over 200 cuts of beef, lamb, pork, veal, chicken, turkey and duck with detailed descriptions and diagrams.
- **WATCH** over 50 minutes of premium video content where Pat demonstrates butcher techniques you can use at home, like how to french a rack of lamb or how to grind your own meat.
- **VIEW** gorgeous photography of every cut of meat, so you'll know exactly what your meat should look like when you go to the butcher counter
- **SPIN** the 360-degree interactive rotating meat cuts. They're really cool!
- **LEARN** where your meat comes from with the interactive guide showing the cut location on the animal.
- **SEARCH** for the best meat cuts to use in your favorite recipe.

Pat LaFrieda's big app for meat (iPad)

- opposite example, because only for core meat eaters
- nice interaction

<https://www.facebook.com/TheMeatApp>

<http://gizmodo.com/5866062/learn-everything-you-need-to-know-about-meat-from-meat-master-pat-lafriedas-big-app-for-meat>

To connect with Eat Less Meat, sign up for Facebook today.
[Sign Up](#) [Log In](#)

Eat Less Meat Community

[Timeline](#) [About](#) [Photos](#) [Likes](#) [More](#)

PEOPLE
561 likes

ABOUT
... an omnivore's journey to becoming healthier, saving money, and reducing my environmental footprint. Happy (conscious) Eating!
<http://www.facebook.com/more.veggies.less....>

APPS
 Eat Less Meat
 Facebook 1

Eat Less Meat is on Facebook.
To connect with Eat Less Meat, sign up for Facebook today.
[Sign Up](#) [Log In](#)

Eat Less Meat Community

[Timeline](#) [About](#) [Photos](#) [Likes](#) [More](#)

About
... an omnivore's journey to becoming healthier, saving money, and reducing my environmental footprint. Happy (conscious) Eating!

Description
Food is such an essential key to life. Food is enjoyable, creative, and brings people together. We are in an age where Food is also incredibly accessible. You no longer need to go to an ethnic grocery store to get all of your favorite Italian, German, Polish, French, Mexican, Asian, African, Indian, etc. foods these days. Chances are, you have an ethnic aisle in your grocery store. Also, you no lo... See More

Basic Info
Founded November 26, 2012

Contact Info
Website <http://www.facebook.com/more.veggies.less....>

Life Events
2012 [Founded on November 26, 2012](#)

Facebook page „Eat less meat“

Huffington Post Meatless Monday (Blog)

<https://www.facebook.com/TheMeatApp>

<http://www.huffingtonpost.com/news/meatless-monday/>

HUFF POST MEATLESS MONDAY

Edition: U.S. [Search The Huffington Post](#)

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FEATURED BLOG POSTS

Langar: A Meal to Feed All

Ramaa Reddy Raghavan

The serving of free food or "Langar," is an important tenet of the Sikh religion. It originally meant cooking food to feed the needy and the homeless but over the years the concept has broadened and langar now means to cook to feed the entire congregation.

Ramaa Reddy Raghavan
Recent graduate, Columbia School of Journalism

Sponsored Links

Neuropathy Pain Relief
Relieve Neuropathy Pain & Numbness. Get Relief With Free* 2 Week Trial!
www.NeuroPathyTreatmentGroup.com

Odd Carb-Hormone Trick
1 EASY tip to increase fat-burning, lower blood sugar & decrease...
FixYourBloodSugar.com

Get Athena Pheromones
Enjoy more romantic attention w/ Biologist Winnifred Cutler's formulas

These Vegetarian Meatballs Are Made With Eggplant, And They're The Real Deal
[Quick Read](#) | [Comments](#) | 11.17.2014

Ciao Veggie

NAME THE ICRC IN YOUR WILL LEAVE A LASTING LEGACY
ICRC

MOST POPULAR

Texas Official Is Freaking Out About School 'Meatless Monday'
[0 Comments](#)

A Gluten-Free, Vegetarian Lasagna You Should Definitely Make For Dinner
[0 Comments](#)

Make This Kale Pesto Spaghetti For Dinner. It's Got Goat Cheese.
[0 Comments](#)

Can Vegetarians Go Paleo?
[0 Comments](#)

The Easiest Way To Make Fried Rice
[Quick Read](#) | [Comments \(35\)](#) | 11.10.2014

6 Reasons to Eat Less Meat

By Carrie Pratt, July/August 2009

Going vegetarian may benefit everyone, including you!

[Article](#) [Add/Read Comments \(0\)](#)

Three in 100 American adults call themselves vegetarians. Try it part-time by going meat-free one or two days a week. (Below, stats to inspire you.) With **bountiful summer produce**, it's easy!



Must-Have Meatless Recipes

Healthy Vegetarian Recipes and Menus
Vegetarian Meal Plan

Healthy Tofu Recipes and Cooking Tips
Guide to Cooking 20 Vegetables

Meatless Monday: Healthy Vegetarian Recipes You Must Try

1. 20% of the world's population could be fed with the grain and soybeans used to feed U.S. cattle.

2. 5,000: gallons of water it takes to produce 1 pound of meat.

3. 25: gallons of water it takes to produce 1 pound of wheat.

4. 30% of the world's land is involved in livestock production.

5. 4.5% more greenhouse gases are produced worldwide by animal farming than by transportation.

6. 20% reduction in meat consumption would have the same impact as switching from a standard sedan (e.g., Camry) to an ultra-efficient vehicle (e.g., Prius).

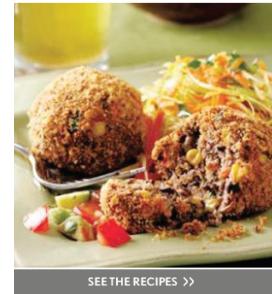
Also of Interest

What Is Your "Water Footprint"?
Mexico's Sustainable Avocado Mecca
Fast Food: The Real Cost of a Hamburger

Meatless Monday: Healthy Vegetarian Recipes You Must Try

[Slideshow](#) [Add/Read Comments \(18\)](#)

[See the Recipes »](#)



[SEE THE RECIPES >>](#)

See how to eat a healthy vegetarian diet

see also from the web

- | | |
|--|---|
| 1. Free Healthy Diet Recipes | 5. Easy Healthy Recipes |
| 2. Easy Online Recipes | 6. Healthy Eating Tips |
| 3. Diabetic Vegetarian Recipes | 7. Children's Healthy Recipes |
| 4. Veggie Recipes | 8. fat-free recipes |

MORE HEALTHY VEGETARIAN RECIPES

[Vegetarian Meal Plan](#)

[500-Calorie Dinners: Vegetarian](#)

[Slimming Vegetarian Dinners](#)

[Quick Vegetarian Recipes](#)

What Is Your "Water Footprint"?

By Briarley Wright, M.S., R.D., "Fresh Water is a Dwindling Resource," March/April 2010

Do you know how much water it takes to produce your food?

[Article](#) [Add/Read Comments \(0\)](#)

Fresh water is a dwindling resource—and agriculture uses 70 percent of the world's supply. Be conscious of your foods' "water footprint" (how much water it takes to grow, raise or manufacture). Celery is 95 percent water, yet has a water footprint of only 6.5 gallons per pound. Compare that to chicken, which demands 468.3 gallons per pound. Learn more about your water footprint (from what you wear to your pet's water pawprint) and get simple water-savings tips with The Green Blue Book (Rodale, March 2010).



More on Sustainable Eating

[Fast Food: The Real Cost of a Hamburger](#)
[Mexico's Sustainable Avocado Mecca](#)

[How to Eat to Beat Climate Change](#)

see also from the web

- | | |
|--|--|
| 1. Burn Belly Fat | 5. 5 Foods to Avoid |
| 2. 11 Day Diet Menu | 6. Flat Belly Diet |
| 3. How to Lose 20 Pounds | 7. Belly Weight Loss Diet |
| 4. Quick Weight Loss Diet Plan | 8. Smoothies for Weight Loss |

Eating well

http://www.eatingwell.com/food_news_origins/green_sustainable/6_reasons_to_eat_less_meat

Mayoclinic

<http://www.mayoclinic.org/healthy-living/nutrition-and-healthy-eating/expert-blog/flexitarian/bgp-20056276>

<http://www.mayoclinic.org/healthy-living/nutrition-and-healthy-eating/in-depth/meatless-meals/art-20048193?pg=2>

Dailyburn

<http://dailyburn.com/life/health/flexitarian-diet-less-meat-better-health/>

Livestrong

<http://www.livestrong.com/article/481795-the-statistics-of-vegetarians-vs-meat-eaters/>

Health Harvard

http://www.health.harvard.edu/newsletters/Harvard_Mens_Health_Watch/2012/June/cutting-red-meat-for-a-longer-life

National Institutes of Health

<http://www.nih.gov/researchmatters/march2012/03262012meat.htm>

Websites about vegetarian/flexitarian nutrition and risks in meat

Veganism & the Environment: BY THE NUMBERS

3 PRIMARY GASES ARE
RESPONSIBLE FOR
GLOBAL WARMING:

Carbon Dioxide

If one person exchanges a "regular" car for a hybrid, they'll reduce carbon dioxide emissions by 1 ton per year.



If one person exchanges eating meat for a vegan diet, they'll reduce carbon dioxide emissions by 1.5 tons per year.



feed
6.7

Pounds of
grains and forage



water
52.8

Gallons for drinking water
and irrigating feed crops



land
74.5

Square feet for grazing
and growing feed crops



fossil fuel
energy
1,036

BTUs for feed production
and transport. That's enough to power a
microwave for 12 hours.



Methane

Chickens, turkeys, pigs, and cows
are collectively the largest
producer of methane in the U.S.



20x more powerful
Methane is 20x more powerful at
trapping heat in the earth's atmosphere
than carbon dioxide.



Nitrous Oxide

The meat, egg, and dairy industries
produce 65% of worldwide nitrous
oxide emissions.



**300x more
powerful**
Nitrous oxide is 300x
more powerful at
trapping heat in the
earth's atmosphere than
carbon dioxide.



1 calorie from
animal protein
requires 11 times
as much fossil fuel
as one calorie of
plant protein



11x



The diets of meat
eaters create 7x
the greenhouse
emissions as the
diets of vegans

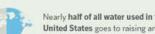


7x

A THIRSTY INDUSTRY

Nearly half of all water used in the United States goes to raising animals for food.

50%



It takes more than 2,400 gallons of water to produce 1 pound of meat.



2,400 gallons = **1lb. of meat**



1 pound of wheat takes 25 gallons.



25 gallons = **1lb. of wheat**



You'd save more water by not taking one pound of meat than you would by not taking a shower for 6 months.



3.9 times greater



Yet, in the same period, only 7.7 million pounds of antibiotics were sold to treat sick people in the United States.



7.7 million lbs = **antibiotics sold**



Record-High Antibiotic Sales for Meat and Poultry Production

Antibiotic overuse is breeding new, resistant strains of bacteria that infect people. But industrial farms haven't gotten the message.

In 2011, 29.9 million pounds of antibiotics were sold in the United States for meat and poultry production.

3.9 times greater

antibiotics sold for meat and poultry production
2011: **29.9M**

antibiotics sold to treat sick people
2011: **7.7M**

ON THE RISE

millions of pounds sold

antibiotics sold to treat sick people
2011: **7.7M**

We need more detailed information on how widely antibiotics are being used to make animals grow faster and to compensate for overcrowded and unsanitary conditions.

Urge Congress and the FDA to rein in the overuse of antibiotics in food animal production. Visit www.saveantibiotics.org to take action.

*Excluding ionophores, which are used only on animals. 73 percent of antibiotics sold in the United States are intended for use in food animal production.

■ Food Animal Production (Source: Animal Health Institute survey of members, 2001-2007); ■ Food and Drug Administration, 2009-2010

Infographics to environmental footprint and antibiotics in meat

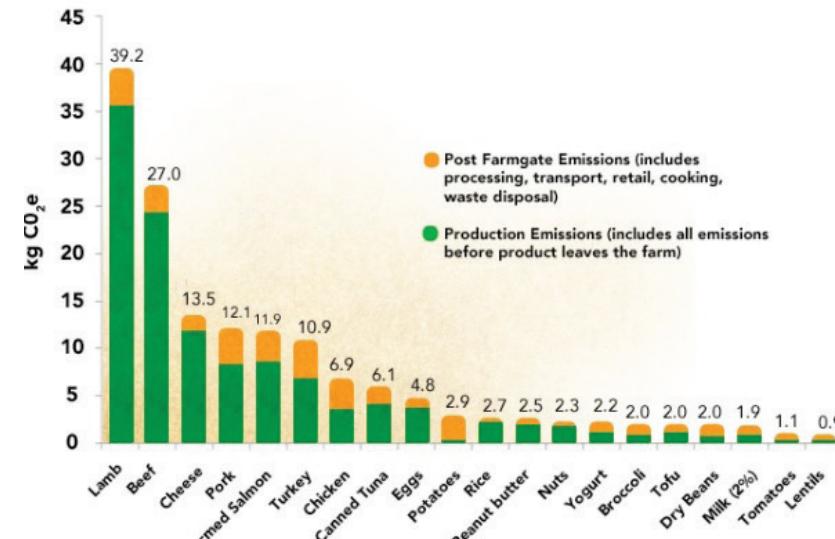
<http://www.mnn.com/food/healthy-eating/blogs/infographic-veganism-by-the-numbers>

<http://blogs.prevention.com/inspired-bites/2012/06/27/eat-meat-an-insightful-infographic/>

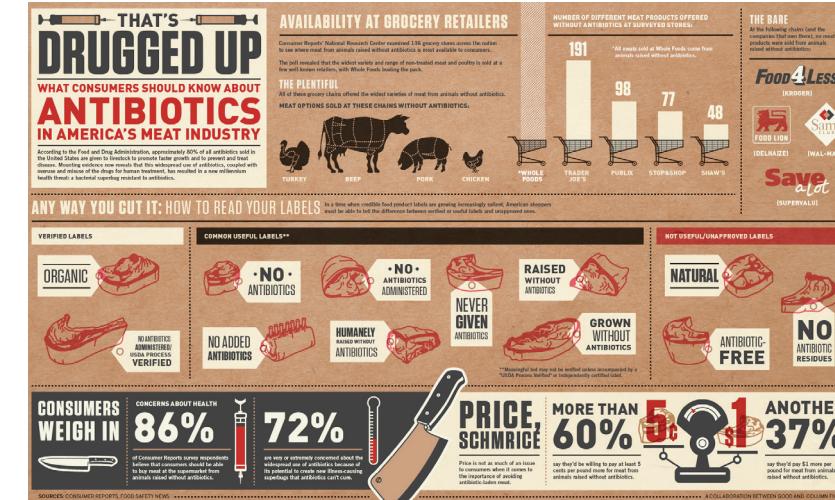
<http://www.hellawella.com/record-high-antibiotic-sales-for-meat-poultry-production-infographic/20000>

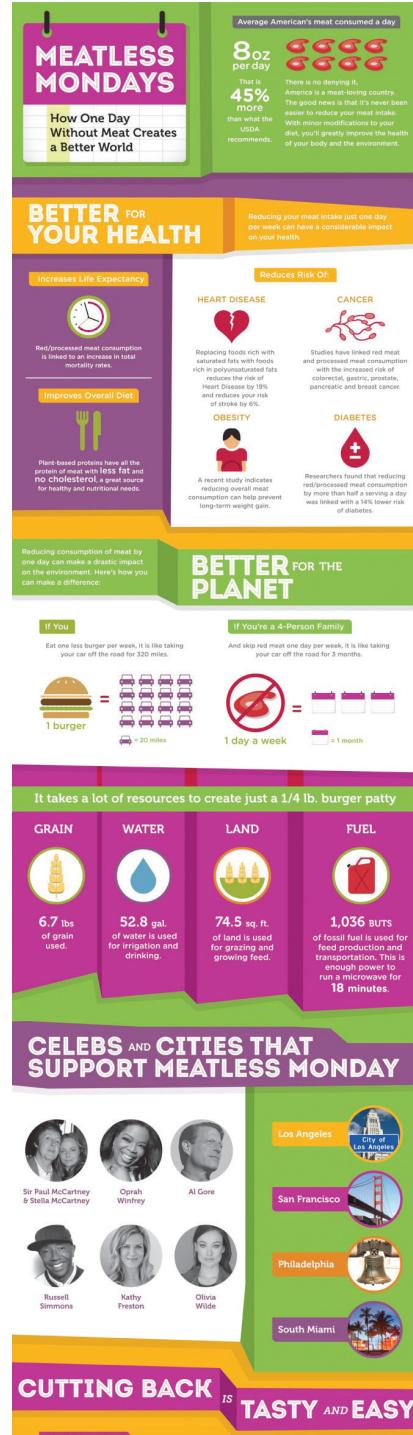
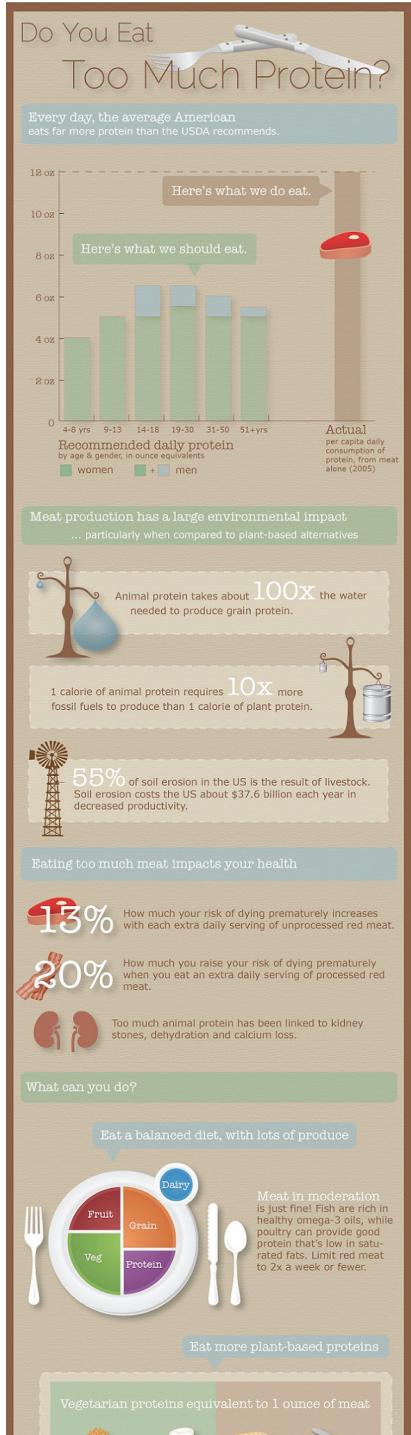
<http://www.mindbodygreen.com/0-2803/Meat-Eaters-Guide-to-Carbon-Health-Infographic.html>

<http://awesome.good.is/infographics/infographic-how-do-you-know-if-antibiotics-are-in-your-meat/447>



Kilogram (kg) of Consumed Food



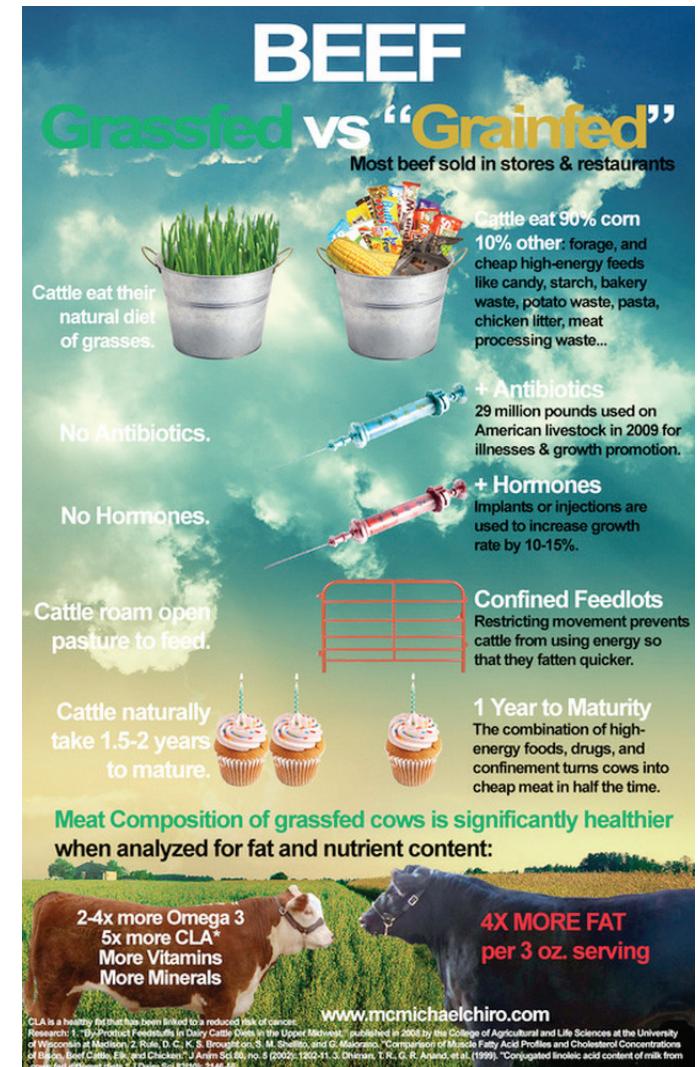


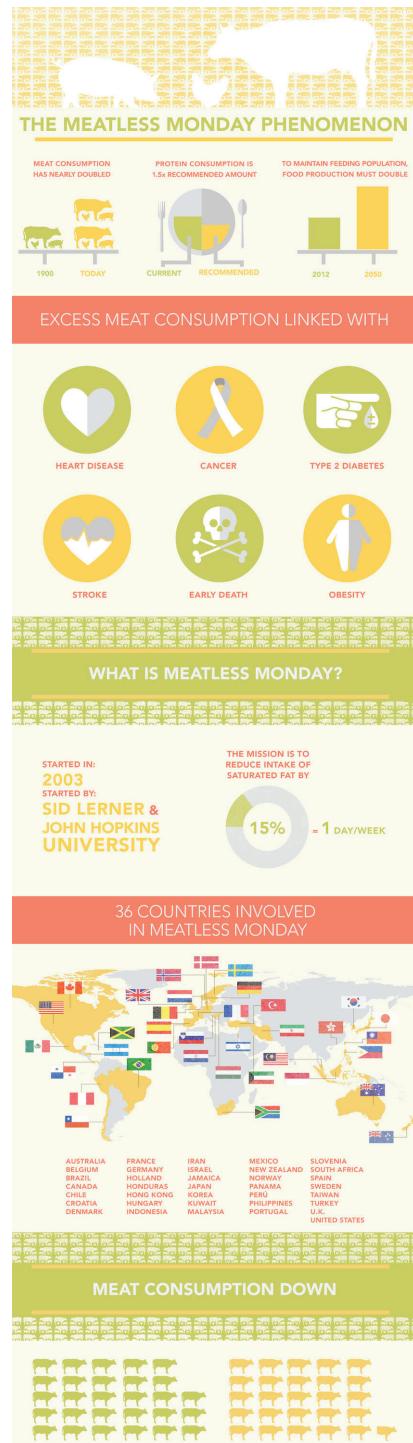
Infographics flexitarian nutrition

http://www.huffingtonpost.ca/2012/08/13/too-much-protein-diets-_n_1772987.html

<http://urbannaturale.com/meatless-monday-how-one-day-without-meat-can-help-create-a-better-world-infographic/>

<http://mcmichaelchiro.com/grassfed-beef-infographic.html>





Infographics to environmental footprint and antibiotics in meat

<http://www.thebellyfatblog.com/2013/05/infographic-go-meatless-say-no-to-meat.html>

<http://www.mindbodygreen.com/0-13953/eating-meat-is-getting-way-less-popular-infographic.html>

<http://greatist.com/health/choosing-healthiest-meats>

