



From the Desk of  
Representative Mitchell  
Suffing Mitchell  
Mandy Mitchell

April 16, 2019

## Access to healthy, whole food, plant-based meals

HB 3342 A

### Why

What we eat has a profound impact on our health. Plant-based meals have been shown to prevent and reverse heart disease, diabetes, obesity, and many other chronic diseases. HB 3342 A provides Oregonians with greater access to healthy meals by requiring hospitals, certain health care facilities, and prisons in Oregon to make a plant-based meal available where a meal is served. The bill defines a plant-based meal, also known as a vegan meal, as an entire meal that contains no animal products or byproducts.

- There are only two studies (Ornish and Esselstyn studies) in the world literature that document reversal of heart disease, our country's number one cause of death. These studies showed angiographic documentation of opening of the coronary arteries and they both included a whole food, plant-based diet for one to three years.
- For every 10 grams of fiber (found only in plant foods) added to one's diet, the risk of heart disease and colon cancer is reduced by 10%. Adding 14 grams of fiber leads to ingesting 10% fewer calories for the day (while feeling just as full), promoting weight loss.
- The American Medical Association has looked at the science and resolved that all U.S. hospitals, for the health benefits to patients, staff, and visitors, should: 1. Serve plant-based meals low in fat, low in salt, and low in sodium; 2. Eliminate all processed meats; 3. Serve only healthy drinks.
- The following organizations in the United States are all promoting the benefits of plant-based meals....2010 World Health Organization Advisory Committee, American Association of Clinical Endocrinologists, American Diabetes Association 2018, American Institute for Cancer Research
- Processed meats are classified as Class 1 carcinogens by the World Health Organization (WHO)

### Cost

It is a myth that plant-based meals are more expensive than the meat-based, sugar heavy, standard American diet. Foods that are meat based, low nutrition, and high in sugar may have a cheaper cost-per-calorie but are far more expensive per serving and nutrient. So, while junk food may be four times cheaper than vegetables, they contain twenty times less nutrition. For meat, it costs three times more to get sixteen times less the nutritive value—more money for less nutrition (source: nutritionfacts.org).

**The Osteopathic Physicians and Surgeons of Oregon urge your support of HB 3342 A**

*About the Osteopathic Physicians and Surgeons of Oregon (OPSO): OPSO is the only professional organization in Oregon representing the unique concerns of osteopathic physicians and the osteopathic medical profession. Doctors of Osteopathic Medicine, or DOs, are fully licensed physicians who practice their unique whole-person approach in every medical specialty. DOs look beyond your symptoms to understand how lifestyle and environmental factors impact your*

A handwritten signature in blue ink, followed by the date "4/16/19" also in blue ink.