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**FAVORABLE - [SB-322](#)**  
**Health Standards Plant-Based Meals in Prisons & Hospitals**  
**February 11, 2021 @ 1:30pm**

Dear Chair, Vice Chair and Committee:

The Standard American Diet (SAD) is a modern dietary pattern that is generally characterized by high intakes of red meat, processed meat, pre-packaged foods, butter, fried foods, high-fat dairy products, eggs, refined grains, potatoes, corn (and high-fructose corn syrup) and high-sugar drinks. While the SAD diet is what Americans choose to eat, a review of the 5-week meal cycle, which shows the food served by Maryland Department of Public Safety in its state-wide correctional facilities, shows that the inmates (who do not have a choice of what they can eat) are served 25 million meals a year of the same SAD diet, which consist on average of 52 oz of meat, poultry and eggs per week. This analysis shows that meals are deficient in key nutrients such as fiber, vitamin K (from fresh greens) and several other vitamins, and provides significantly too much protein, fat and sodium. The analysis also shows that inmates are receiving 48% more protein and 101% more carbohydrates than the recommended daily allowance, while receiving 50% less fiber and 30% less water recommended for a baseline healthy diet.

What makes this diet particularly SAD, is that animal food served to the inmates is almost 2 times than the maximum recommendation of 26 oz per week from the Dietary Guidelines for Americans. As a certified holistic nutritionist, and wellness advocate for the life-saving benefits of plant-based nutrition, I can say, based on my review of the DPSC Master Meal Cycle, that the diet served to the inmates in Maryland's correctional facilities substantially increases the inmates risk of obesity, heart disease, diabetes, stroke and some forms of cancer.

If an inmate went into any one of the facilities without any disease and not on medication, after several years of eating the food in corrections, the inmate is bound to have some type of chronic disease.

I earned my Ph.D. and M.S. in Industrial and Systems Engineering, from the University of Alabama in Huntsville and what I see as a key problem is the fact that more is spent on treating chronic disease, at \$19 per day per inmate or \$136 million per year as compared to the \$1.66 spent on meals. These spend amounts need to be reversed, wherein more is spent on whole plant-based food and less on prescriptions and expensive surgeries.

Another problem with the prison food services, is the quantity and quality of the food served. Based on the master meal cycle the quality of food served is poor due to highly processed meats, breads and sugar filled products. The quantity of extremely processed foods, containing high amounts of saturated fats, cholesterol and sugar are much too high. Additionally, it is reported that the food, taste's bad and is not properly handled, which results in contamination and spoilage. According to reports by the prison research group "Farm To Prison" which has analyzed the food production and procurement system in most of the state facilities for the last year, the prison food is cooked and served by the inmates who are rotated out in and out of the kitchen every 6 months. This rapid turnover of inmate workers, contributes to poor quality food and improper handling due to quick and ineffective training.

To address these nutritional, quantity, and quality issues, I will be working with Coppin State and Bowies State to provide a Plant-Based Culinary Medicine and nutrition course in the prisons to train the workers and inmates so that they will choose the plant-based meal options provided through SB -322. Dr. Tracy Murry will speak more about the U.S. Department Second Chance Pell Grant program that allows universities to enter the prisons to offer degree and certificate programs.

Therefore, through training, education and the passage of SB-322, I am, along with the medical professionals of the newly formed 501c3 - the HBCU College of Plant-Based Lifestyle Medicine for which I serve as President, confident that inmates who enter Maryland's correctional facilities can, if they choose, leave in better health thereby costing the state less money on health care and reduce recidivism.

Sincerely,

A handwritten signature in black ink that reads "Ruby Lathon". The signature is fluid and cursive, with the first name "Ruby" and the last name "Lathon" clearly distinguishable.

Ruby Lathon, PhD, MS Certified  
Holistic Nutritionist Director,  
Roadmap to Holistic Health