



Consider Eating Less or No Meat

From Scientific American¹

- About 40 percent of greenhouse gases come from agriculture, deforestation and other land-use changes. Meat—particularly beef—drives climate change in two ways: first, through cows' emission of methane, a potent greenhouse gas, and second, by destroying forests as they are converted to grazing land.
- According to one recent study <https://doi.org/10.1038/s41598-019-46590-1>, if every person in the United States cut their meat consumption by 25 percent, it would reduce annual greenhouse gas emissions by 1 percent. That...would help protect the rain forest, so the positive effects—including reduced water and fertilizer use, improved biodiversity and safeguarded rights of Indigenous peoples—would be amplified.
- Cutting back on red meat also has the added benefit of being good for your health. <https://eatforum.org/eat-lancet-commission/>; <https://www.pcrm.org/news/health-nutrition/red-meat-increases-risk-dying>; <https://doi.org/10.1001/archinternmed.2011.2287>

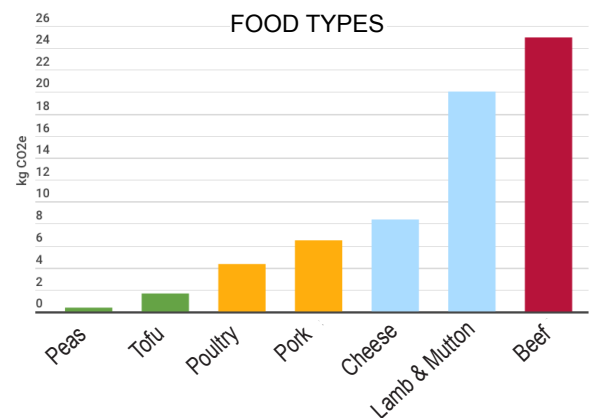
From Greenpeace²

- “We’re not advocating that everyone adopt a “meatless” diet tomorrow. But we all must develop ‘meat consciousness’ and reduce the level of meat in our diets. Shifting to more plant-based foods is essential to combatting climate change, soil, air and water pollution, ocean dead zones, and myriad other problems caused by industrial livestock production. If we decide to eat fewer meals with meat or dairy each week, we can have a huge impact on our collective health and the health of the planet.

From Energy Saving Trust blogpost^{3,4}

How does the carbon footprint of different protein-rich foods compare?

The graph shows the average greenhouse gas emissions (CO₂e) of different foods per 100 grams of protein they provide



Source:

Poore, J. & Nemecek, T. (2018). Additional calculations by Our World in Data

What You Can Do

- Commit to reducing your meat and dairy consumption by a few meals per week and tell five friends about your choice to find alternative proteins.
- Make fresh fruits and vegetables a bigger part of your diet.
- Buy sustainable or organic fresh produce whenever possible.
- Talk constructively about eating less meat—we will likely influence others.

Sources

¹ <https://www.scientificamerican.com/article/eating-less-red-meat-is-something-individuals-can-do-to-help-the-climate-crisis/>

² <https://www.greenpeace.org/usa/sustainable-agriculture/eco-farming/eat-more-plants/>

³ <https://energysavingtrust.org.uk/how-eating-less-meat-can-reduce-our-carbon-emissions/>

⁴ <https://ourworldindata.org/environmental-impacts-of-food>