

Environmental Benefits of Plant-Based Diet

Each day, a person on a plant based diet vs an animal based diet

Saves:

1100 gallons of water
45 pounds of grain
30 square feet of forested land
20 pounds CO₂ equivalent
80% less overall antibiotic use
One animal's life ^{1, 2, 3, 4}

Uses:

33% as much water
9% as much oil
6% as much land
40% as much energy
8% as much fertilizer



A multinational group of 37 experts from 16 countries concluded that our current western diet is unsustainable. Their 2019 report urges an immediate global effort to focus on plant-based food production. ⁵

You have the power to effect change. Your individual food choices determine what the industry produces.

1. <https://www.cowspiracy.com/facts>
2. <https://www.barnesandnoble.com/w/food-choice-and-sustainability-richard-a-oppenlander/1117327379?ean=9781626524354>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4638249/>
4. <https://academic.oup.com/ajcn/article/89/5/1699S/4596964>
5. <https://medicalxpress.com/news/2019-01-major-global-diet-health-planet.html>

Help protect our present and save our future

“A vegan diet is probably the single biggest way to reduce your impact on planet Earth, not just greenhouse gases, but global acidification, eutrophication, land use and water use.” ^{1, 2}

You can make a difference

See the science and supporting evidence behind this statement and many others like it. Read the studies, not just the headlines. Be informed, be proactive.



Email coastalair@yahoo.com with “Vegan Environment” in subject line for a digital copy with clickable links.

For local events, resources and news see <https://ccvegans.org>

1. <https://www.theguardian.com/environment/2018/may/31/avoiding-meat-and-dairy-is-single-biggest-way-to-reduce-your-impact-on-earth>
2. <https://josephpoore.com/Science%20360%206392%20987%20-%20Accepted%20Manuscript.pdf>

Dave Hudson, San Luis Obispo, Ca.

Greenhouse Gasses (GHG)

A widely cited United Nations Food and Agriculture Organization (FAO) report states that Livestock production accounts for 18% of GHG emissions. ¹

A study published by Worldwatch disputed the U.N. report and put the impact at 51%. Their report noted the U.N. study used inaccurate data, omissions and flawed calculations. ^{2, 3, 4}

The FAO later partnered with the International Meat Secretariat and International Dairy Federation to revise their original GHG impact estimate from 18% to 14.5% ^{3, 4} Big money, big influence.

Even the very conservative U.N. FAO study estimates the GHG impact of livestock production exceeds that of all forms of transportation combined. ^{1, 5}

Animal agriculture is responsible for emitting 61% of the global human related nitrous oxide, a GHG 296 times more potent than CO₂. ⁵



1. <http://www.fao.org/3/a0701e/a0701e00.htm>
2. <https://awellfedworld.org/livestock-climate-advanced/>
3. https://en.m.wikipedia.org/wiki/Livestock's_Long_Shadow
4. <https://www.new-harvest.org/the-world-s-leading-driver-of-climate-change-animal-agriculture>
5. <https://knoema.com/infographics/maodxhb/global-greenhouse-gas-emissions-from-livestock>

Livestock's Global Water and Land Footprint

Agriculture accounts for 90% of the fresh water used globally. ¹

Plant-based eating would decrease global water consumption by 35%. ¹

Livestock production uses 83% of global agricultural land but only provides 18% of the our food calories. ²

Farmed animal products are responsible for 57% of the global water pollution and 56% of the air pollution. ^{2, 3}

One half of California's per capita water footprint is associated with meat and dairy consumption. ⁵

Cattle ranching is responsible for 80% of the Amazon deforestation.⁶



1. <https://iopscience.iop.org/article/10.1088/1748-9326/9/7/074016>.
2. <https://www.theguardian.com/environment/2018/may/31/avoiding-meat-and-dairy-is-single-biggest-way-to-reduce-your-impact-on-earth>
3. <https://josephpoore.com/Science%20360%206392%20987%20-%20Accepted%20Manuscript.pdf>
4. https://pacinst.org/wp-content/uploads/2013/02/ca_ftprint_full_report3.pdf
5. https://pacinst.org/app/uploads/2013/02/ca_ftprint_full_report3.pdf
6. <https://globalforestatlas.yale.edu/amazon/land-use/cattle-ranching>