

# **How a Plant-Based Diet Helps the Planet**

## **1. Combats World Hunger.**

3.5 billion Humans could live on the food currently fed to livestock.

**2. We could release 83% of farmlands for plants instead of livestock.**

**3. Saves water.** The livestock industry is largest user of fresh water: it takes 25 gallons of water to create ONE BEEF PATTY!

**4. Ever minute, 7 million pounds of excrement** are produced by animals raised for food in the USA. A farm with 2,500 dairy cows produces the same amount of waste as a city of 411,000 people.

**5. The # 1 Contributor to Greenhouse Gases is Raising Livestock!**

6. A Vegetarian saves more than 25 land animals per year. A Vegan diet saves even more.

**We kill over 7.7 billion land animals annually for our food.**

**"O-U-C-H"**

# VEGETARIAN & VEGAN DIET PYRAMID

## Putting More Plants on Your Plate



Drink Water

### Options For Vegetarians:

Eggs and/or Dairy  
including Yogurt,  
Cheese, Cottage Cheese



Eat these foods  
every day

Herbs, Spices, Plant Oils

Nuts, Peanuts, Seeds,  
Peanut/Nut Butters

Beans, Peas, Lentils, Soy

Whole Grains including  
Quinoa, Rice, Barley,  
Millet, Oats, Bread,  
Cereal, Pasta

Fruits  
and  
Vegetables



Illustration by George Middleton

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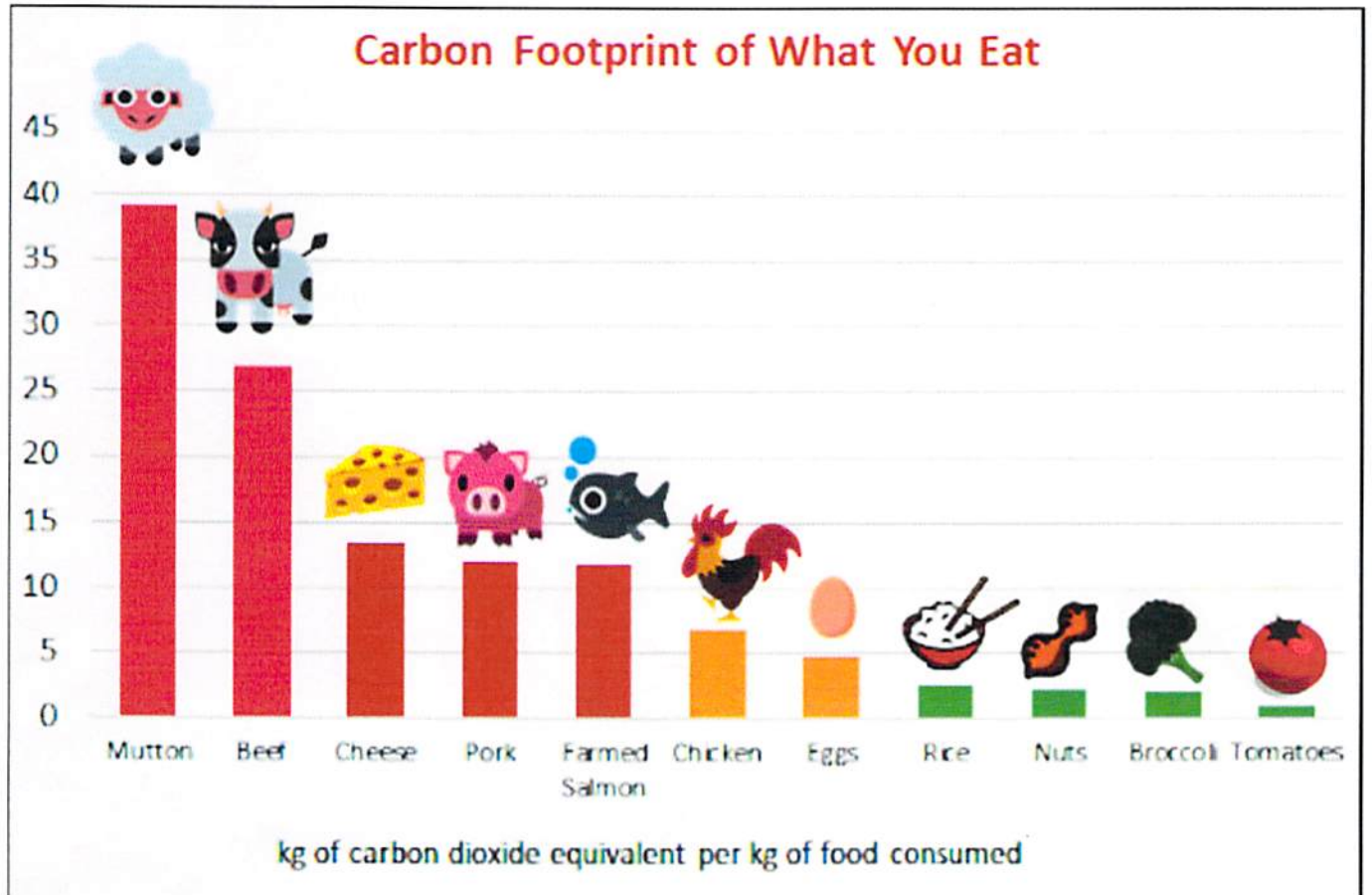
[www.oldwayspt.org](http://www.oldwayspt.org)

Be physically active. Cook and share meals with family and friends.

**OLDWAYS**  
HEALTH THROUGH HERITAGE

**OLDWAYS**  
VEGETARIAN  
NETWORK

If you rely on animal products for much of your protein intake,  
which animals have the largest carbon footprint?



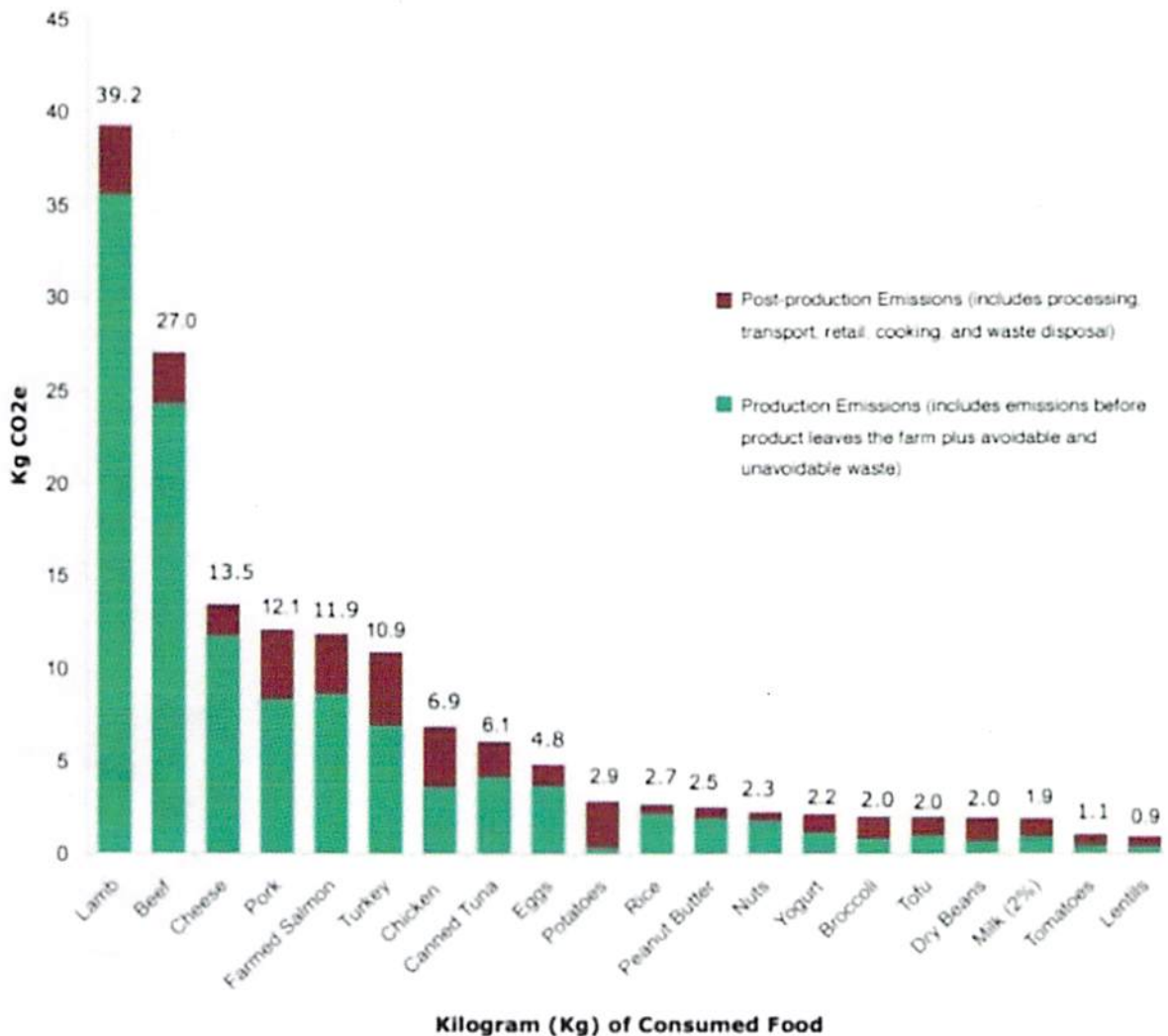
Miss-Ocean.com

Transportation is part of the issue with meats.

Most lamb is imported, some salmon is.

Energy used to cook foods also counts.

**Figure 1. Full Lifecycle Assessment of Greenhouse Gas Emissions: Most Emissions from Common Proteins and Vegetables Occur During Production**



EWG & CleanMetrics

Among animal byproducts, milk, yogurt and eggs have a much smaller carbon footprint than cheese, which takes longer to produce.

Farmed fish has as much as twice the carbon footprint of wild-caught fish (farmed salmon vs. canned tuna), primarily of their feed.

Poultry and fish use less energy in their production than red meats (lamb, beef, pork).

**For fun and Information watch “The  
Game Changers” on Netflix**

**Facts galore on  
[Cowspiracy.com/facts](http://Cowspiracy.com/facts) Website**

**Search Vegan or Vegetarian Diet or  
Vegetables and Health for more Info**