

The Benefits of Less Meat Consumption

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Project Group #39

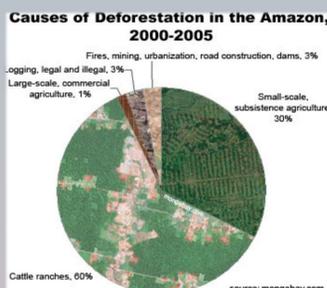
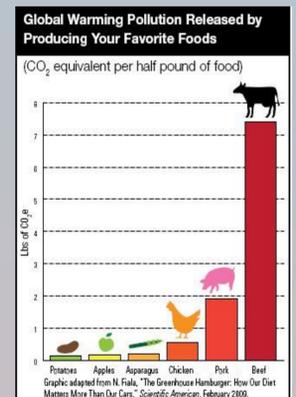
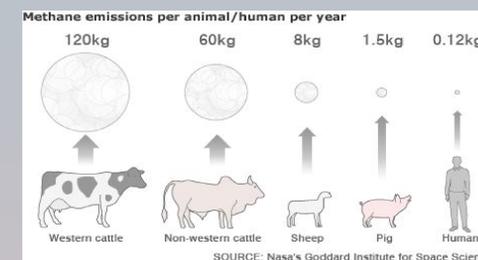
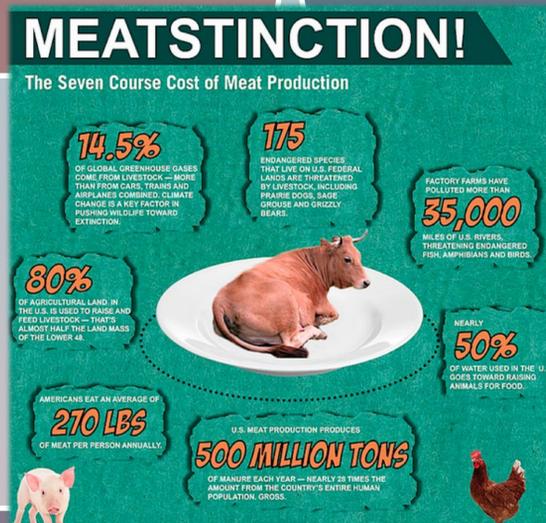
If you care about the Environment...

- Animal agriculture is responsible for 18 percent of greenhouse gas emissions, **more** than the combined exhaust from all transportation.
- Livestock and their byproducts account for at least 32,000 million tons of carbon dioxide (CO2) per year, or **51% of all worldwide greenhouse gas emissions**.
- US Methane emissions from livestock and natural gas are nearly equal.
- Methane is 25-100 times more destructive than CO2 on a 20 year time frame.
- Cows** produce 150 billion gallons of methane per day.
- On average, land requirements for meat-protein production are 10 times greater than for plant-protein production.
- About 40% of the world's grain harvest is fed to animals. Half of this grain would be more than enough to feed all hungry people of our planet.
- Animal manure, which is produced in huge amounts by industrial agriculture, causes high levels of potentially carcinogenic nitrates in drinking water and vegetables.



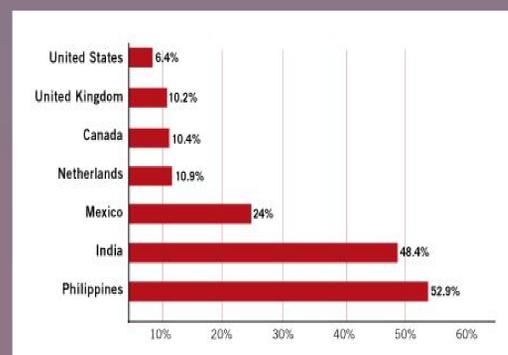
If you care about your Health...

- A large body of scientific evidence, supported by credible sources such as Johns Hopkins and Mayo Clinic, links excess meat consumption, particularly red and processed meat, with increased rates of heart disease, stroke, type 2 diabetes, obesity, cancers, and overall earlier death. (5)
- The majority of Americans consume 1.5x the recommended daily protein requirement, most of which comes from USDA protein foods, i.e. meat, poultry, pork, etc. (5)
- Diets that contain more protein from plant sources such as legumes, nuts, soy, and other low solid fat content foods are much more balanced and can actually promote health and lower the risk of early death. (6)
- Flexitarian: someone who eats mostly plant-based foods but occasionally partakes in meat, poultry, or fish. (6)
- This form of healthy eating is the focal point of Mediterranean diets, which limit red meat and emphasize other sources of protein, and has been shown to significantly reduce health risks associated with an unbalanced diet. (6)
- Pink Slime is a meat product, often found in fast food meats. It's created from the carcasses of animals, in order to provide a cheaper "meat like" substance. Pink slime is treated with **ammonia**, which is naturally produced in the body as **waste**.



If you care about the Economy...

- Farm subsidies are intended to alleviate farmer poverty, but the majority of subsidies go to commercial farms with average incomes of \$200,000 and net worths of nearly \$2 million.
- Farm subsidies are intended to raise farmer incomes by remedying low crop prices. Instead, they promote overproduction and therefore lower prices further.
- Farm subsidies are intended to be consumer-friendly and taxpayer-friendly. Instead, they cost Americans billions each year in higher taxes and higher food costs. (3)
- Livestock production accounts for 1.4% of the world's total GDP. The production and sale of animal products account for 1.3 billion people's jobs, 987 million of which are living in poverty. Given this, there is no way that the global economy should or could change over to being vegetarian overnight, or at all, but meat consumption can and should be incrementally decreased over time. (4)



Let's talk about it...



- The biggest mistake one can make when attempting to express the negative effects of meat consumption is attacking the person's morality. Questioning their mentality is far more effective!
- Approach the conversion with curiosity NOT resentment
- Do not make the conversation about converting the individual to becoming a vegetarian, instead focus on the process and the facts.

- Create an empowering environment; allowing the individual to be able to understand that making the dietary change is their decision
- The goal is to allow the individual to examine their eating habits with their newfound information. (1)

So, you want to do something? Start with these Seven Simple Steps: **1)** food should be predominantly plant derived, **2)** food should originate from organic farming, **3)** food should be produced regionally and seasonally, **4)** food should be minimally processed, **5)** food should be ecologically packaged, **6)** food trade should be fair, and **7)** food should be tastefully prepared.

Movements such as "Meatless Mondays" and "Meat Free Mondays" are sharing the message with others by educating the public on how going meatless positively affects the environment and the individual's health. On their websites they offer scientific information and yummy meatless recipes.

Joy, Melanie. "NAVS | North American Vegetarian Society". *Navs-online.org*. N.p., 2009. Web. 5 Dec. 2015. (1)

MeatInstitute.org. "Percent Of Income Spent On Meat By Country". N.p., 2015. Web. 8 Dec. 2015. (2)

Riedl, Brian. "How Farm Subsidies Harm Taxpayers, Consumers, And Farmers, Too". *The Heritage Foundation*. N.p., 2007. Web. 5 Dec. 2015. (3)

Anderson, L.V. "What Would Happen If Everyone in the World Stopped Eating Meat?" *Slate*. 1 May 2014. Web. 9 Dec. 2015. (4)

Health & Environmental Implications of U.S. Meat Consumption & Production" Bloomberg School of Public Health. Johns Hopkins. Web. 9 Dec. 2015. (5)

"Meatless meals: The benefits of eating less meat" Nutrition and healthy eating. Mayo Clinic. Web. 9 Dec. 2015. (6)

"Nutrition Ecology: The Contribution of Vegetarian Diets" <http://ajcn.nutrition.org/content/78/3/657S.full.pdf+html>

Leitzmann, Claus. "Nutrition ecology: the contribution of vegetarian diets 1-3." *The American Journal of Clinical Nutrition* 78.3 (2003): 1-3. Web. 4 Nov. 2015. <<http://ajcn.nutrition.org/content/78/3/657S.full.pdf>>.