



Becoming vegetarian is not only beneficial to your health, but also to our planet!



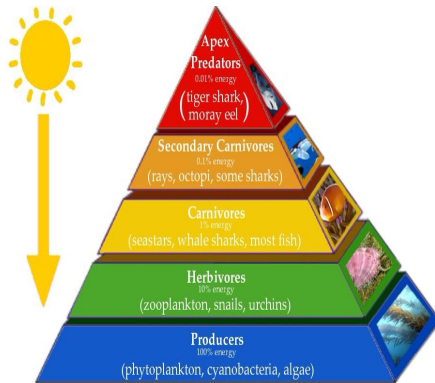
At least 50% of greenhouse gas emissions come from livestock and their byproducts



30% of Earth's landmass is dedicated to raising livestock and growing food to feed to livestock.

By: Sara Harris, Margaret Reagan, Thomas Ambalavanar, Parvina Amirkulova

FOOD AND RESOURCE SUSTAINABILITY IS A WIDELY DEBATED TOPIC IN TODAY'S SOCIETY DUE TO OUR EVER GROWING POPULATION SIZE. AMERICA HAS ONE OF THE HIGHEST PER CAPITA FOOD CONSUMPTION RATES IN THE WORLD: GOING VEGETARIAN CAN PLAY A HUGE ROLE IN HELPING REGULATE RESOURCE USAGE AND SOLVING THIS ECOLOGICAL CRISIS.



- Like herbivores, vegetarians eat plants and get 10% energy from their food source
- Carnivores only get a maximum of 1% energy from their food source, which means they have to eat more in order to meet the minimum energy requirement to survive
- It is much more efficient for humans to obtain their energy through plants and crops rather than the animals who eat those plants, as shown by the trophic level pyramid
- Livestock are raised at an unnatural rate in order to keep up with the population size, and therefore require a massive amount of land

- If that land was used to sustain crops instead, food availability would be more abundant and resources would not be depleted as quickly
- The environment suffers because of America's demand for meat, as 6 pounds of grain is necessary to produce 1 pound of pork → a meat based diet is not environmentally sustainable
- Cutting out the middle process of feeding grain and crops to livestock, humans could go directly for the plants, which would save on pertinent resources
- When comparing a vegetarian diet to the current American diet that is mostly meat based, the ecological benefits of going vegetarian are copious

Citations: 1) "How a Vegetarian Diet Could Help Save the Planet." *Time*, Time, 21 Mar. 2016, [time.com/4266874/vegetarian-diet-climate-change/](http://time.com/4266874/vegetarian-diet-climate-change/). 2) Springmann, Marco, et al. "Marco Springmann." *Proceedings of the National Academy of Sciences*, National Acad Sciences, [www.pnas.org/content/113/15/4146](http://www.pnas.org/content/113/15/4146). 3) "Yantram 3D Exterior Design, 3D Architectural Rendering, 3D Exterior Modeling, 3D Exterior rendering." *SciVee*, Apr. 2012, doi:10.4016/48417.01. 4) "Sustainable Diets: What You Need to Know in 12 Charts | World Resources Institute, [www.wri.org/blog/2016/04/sustainable-diets-what-you-need-know-12-charts](http://www.wri.org/blog/2016/04/sustainable-diets-what-you-need-know-12-charts).