



Diets for the Planet



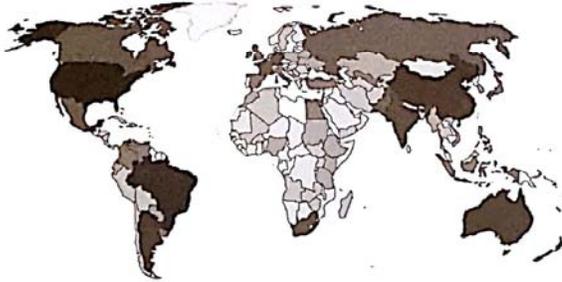
Brenda Corona

Green House Gases (GHG)

- With the rapidly growing population, our planet cannot possibly hope to keep up with the high demand of animal products & the current state of agriculture.
- Demand for beef is specially high in the United States, other major producers are Brazil & China, followed by Argentina, Australia & India (according to this data base of 2014).

Beef and buffalo meat production, tonnes, 2014

Total beef and buffalo (cattle) meat production, measured in tonnes per year. All data shown relate to total meat production, from both commercial and farm slaughter. Data are given in terms of dressed carcass weight, excluding offal and slaughter fats.



No data 0t 2.5 million t 5 million t 10 million t 15 million t

Source: UN Food and Agricultural Organization (FAO)

OurWorldInData.org/meat-and-seafood-production-consumption

Source (Wang, George C.) | Map: Ritchie, Hannah & Max Roser

- Beef consumption is one of the biggest factors in our current climate crisis.

- Greenhouse emissions are 250 times higher due to the production of beef & lamb

- Beef uses 28 times more land than any other meat alternative.

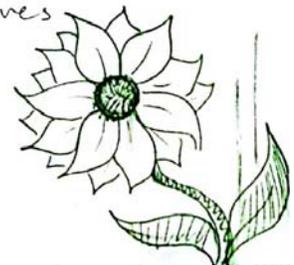
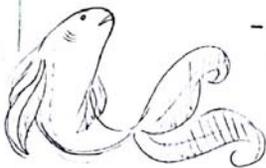
- Reducing the amount of beef consumed could reduce a person's footprint far more greatly than not using a car.

Veganism & Vegetarian Diets for Global Impact

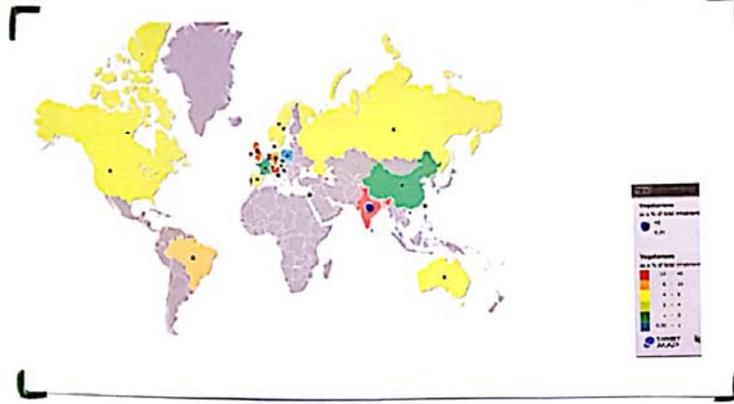
- Vegan diets would be most beneficial as it not only cuts meat, but dairy and egg products as well, eliminating the demand for livestock.
- A global vegetarian diet would be almost as efficient. Also reduces the demand for meat & most animal products as well.
- Pescatarian & Mediterranean diets are other good alternatives to decrease GHG. However not by much as the above.

- Even an insect diet is packed with protein! And is far more sustainable to grow. (after getting over the whole "yuck!" factor)

(Howard, Emma)



Current World Map of Vegetarian Population %



10-40% 6-10% 4-6% 2-4% 1-2% 0.30-1%

-As for the current state, there isn't quite yet a significant vegetarian population (global sense).

-Though there are some increasing % and mainly vegetarian lifestyles as seen in India, parts of South America & Europe.

Sustainability (source: Tirado-von der Pahlen, Christian)

- 19%-29% of human GHG emissions are due to production & consumption of food.
- Food production & consumption is also responsible for up to 60% of loss in biodiversity.
- Around 795 million people are being left hungry as a result of our current global food system (other contributing factors to poor diets are such things as globalization, urbanization, lifestyle changes & economic development).
- Recommendations to improve sustainability would be to improve local food production, preservation & transportation of crops (which leads to reduced waste).
- Creating international guidelines for healthy & sustainable diets can help for people to make better choices in what they consume locally in their communities or country in general.
- The goal of sustainability is to improve food security and to help combat climate change & its effects!



Sources

(I understand it said to write the sources on the poster as well but I could not find a way to fit it all in without it looking far too messy and overwhelming. Thus, all are nice and organized here in the summary. In case the maps are a bit difficult to see or it is hard to read I'd be happy to hand the poster in person!)

Wang, George C. "Go Vegan, Save the Planet". *CNN*, Turner Broadcasting System, 9 April 2017, www.cnn.com/2017/04/08/opinions/go-vegan-save-the-planet-wang/index.html.

Howard, Emma. "Insects Should Be Part of a Sustainable Diet in Future, Says Report." *The Guardian*, Guardian News and Media, 5 Nov. 2015, www.theguardian.com/environment/2015/nov/05/eating-insects-should-part-sustainable-diet-future-report.

Tirado-von der Pahlen, Cristina. "Sustainable Diets for Healthy People and a Healthy Planet." UNSCN, Aug. 2017, <https://www.unscn.org/uploads/web/news/document/Climate-Nutrition-Paper-EN-WEB.pdf>

For Maps

Ritchie, Hanna, and Max Roser. "Meat and Seafood Production & Consumption." *Our World in Data*, Aug. 2017, ourworldindata.org/meat-and-seafood-production-consumption.

"Vegetarians by Country." World Map of World Population Growth Rate by Country - TargetMap, www.targetmap.com/viewer.aspx?reportId=15061.