



Meat's Contribution to the Environmental Crisis

Cows, which have doubled in population in the last 40 years to an estimated 1.3 billion worldwide, produce one pound of methane for every two pounds of meat that they yield. Methane is 25 times more potent than carbon dioxide in contributing to global warming. - Environmental News Network



Meat's devastating impact on the ecosystem

Resource depletion

The global animal agriculture industry uses up about one-third of the Earth's entire land surface (for grazing pasture and growing livestock feed), and more than half the water and over one-third of the petroleum consumed in the U.S. Producing meat requires many times the resources needed to grow a nutritionally-equivalent volume of plant foods.

Pollution

Cows, pigs, chickens, and other farmed animals produce about 130 times more excrement than the entire human population. Antibiotics and hormones fed to livestock, toxic chemicals sprayed on feed crops, and other poisons from factory farms are among the most common causes of habitat collapse and wildlife loss.

Global warming

In 2006, the United Nations Food and Agriculture Organization reported that animal agriculture produces more greenhouse gasses than all the automobiles in the world. A University of Chicago study found that a person on a vegan diet produces 1.5 tons fewer carbon dioxide emissions each year than the average meat eater, while switching from a gas-powered car to a hybrid only reduces emissions by 1 ton.



The U.S. consumes more than one-quarter of the world's energy supply, but comprises less than 5% of global population. With developing countries increasingly adopting the American diet, global meat consumption is projected to double by 2050. Environmentalists can help reverse this destructive trend by setting an example that includes eating low on the food chain.

EATING for the EARTH

It's Good for Your Health.

It's Easy.

It's Time.



Here's How: Reduce your consumption of meat, dairy, and eggs. While veganism is the ideal diet for environmental sustainability, human health, and animal welfare, you can still decrease your toll on the Earth by simply reducing your meat consumption and eating more plant-based meals. Chances are, you'll find the fewer animal products you eat the better you'll feel, both physically and in the knowledge that you are doing something positive for the planet while helping the animals who are suffering so terribly on factory farms.



Learn more about the many benefits of a plant-based diet for the environment, your health, and animals by ordering your free Vegan Starter Kit from In Defense of Animals. This booklet includes a wealth of nutritional information, as well as delicious and easy-to-prepare vegan recipes designed to make the transition to a meat-free diet smooth and enjoyable.



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