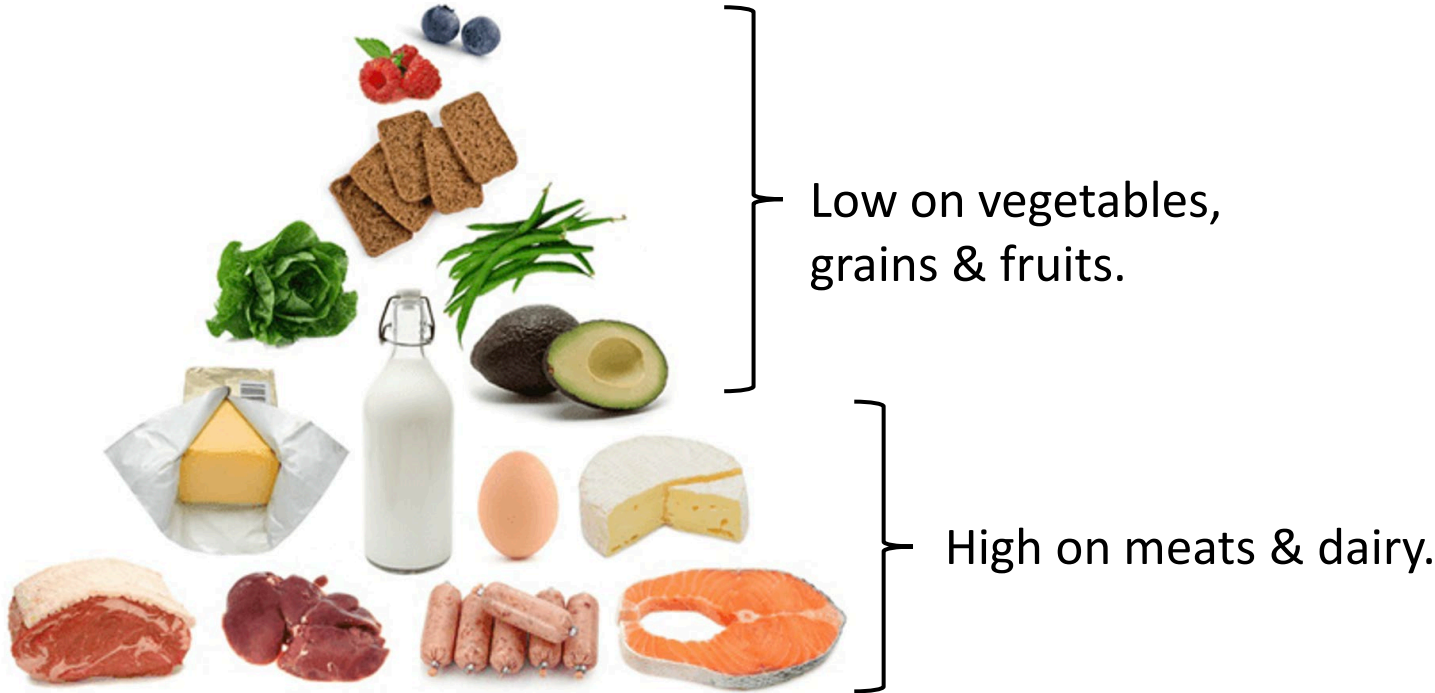# How Eating a Healthy Diet Also Protects the Earth
Rob Lord-Schell, Member, Care for Creation Committee
Stella Nieto, 6th Grader, PREP Program
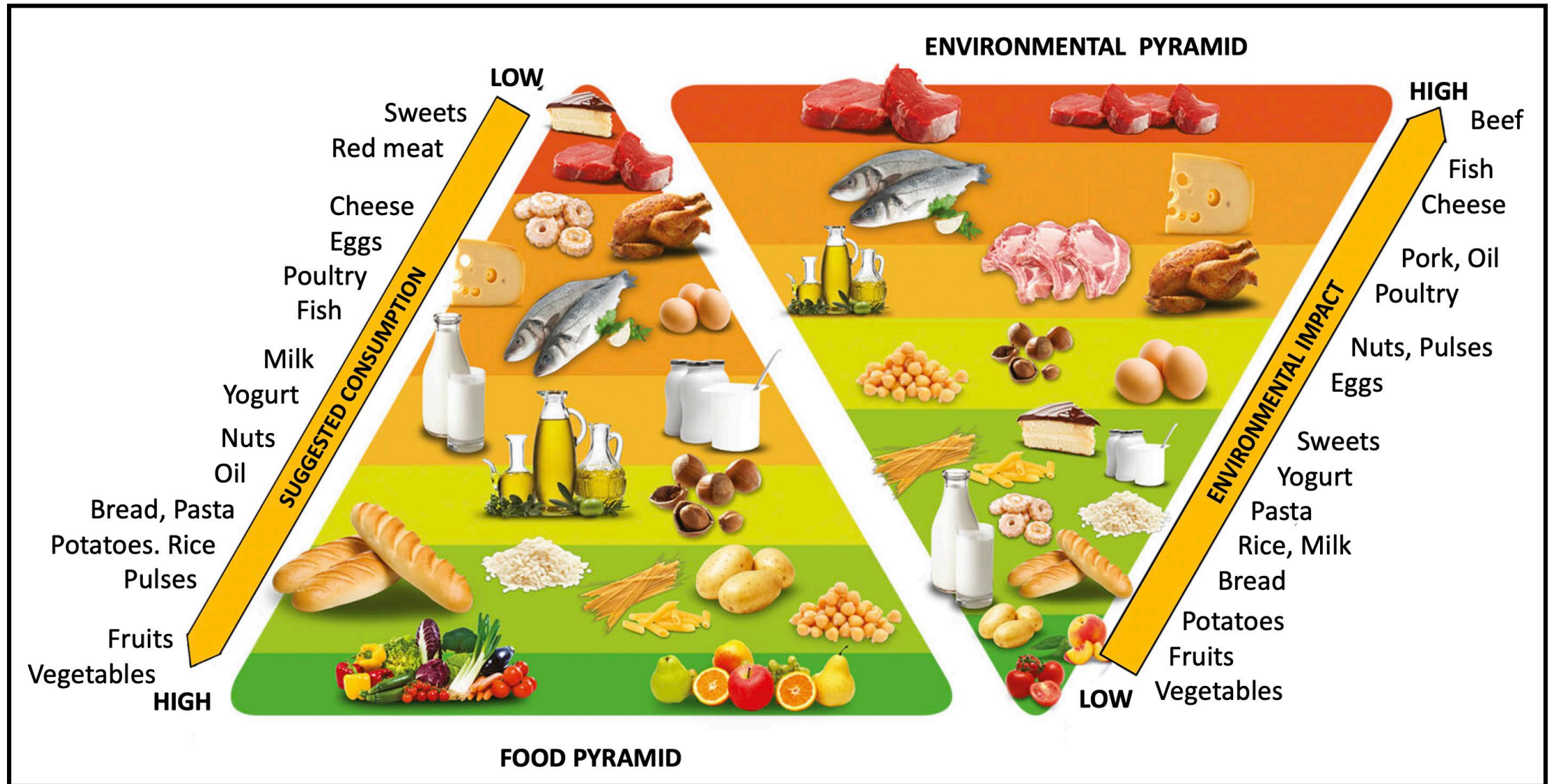
Here is the Current Food Pyramid in the United States
(and increasingly in the rest of the world)

Low on vegetables, grains & fruits.

High on meats & dairy.

www.ohlardy.com

What if our food pyramid were upside DOWN?

The Barilla Center's Double Food & Environmental Pyramid:
The Healthiest Foods Have the Lowest Environmental Impacts and Vice Versa
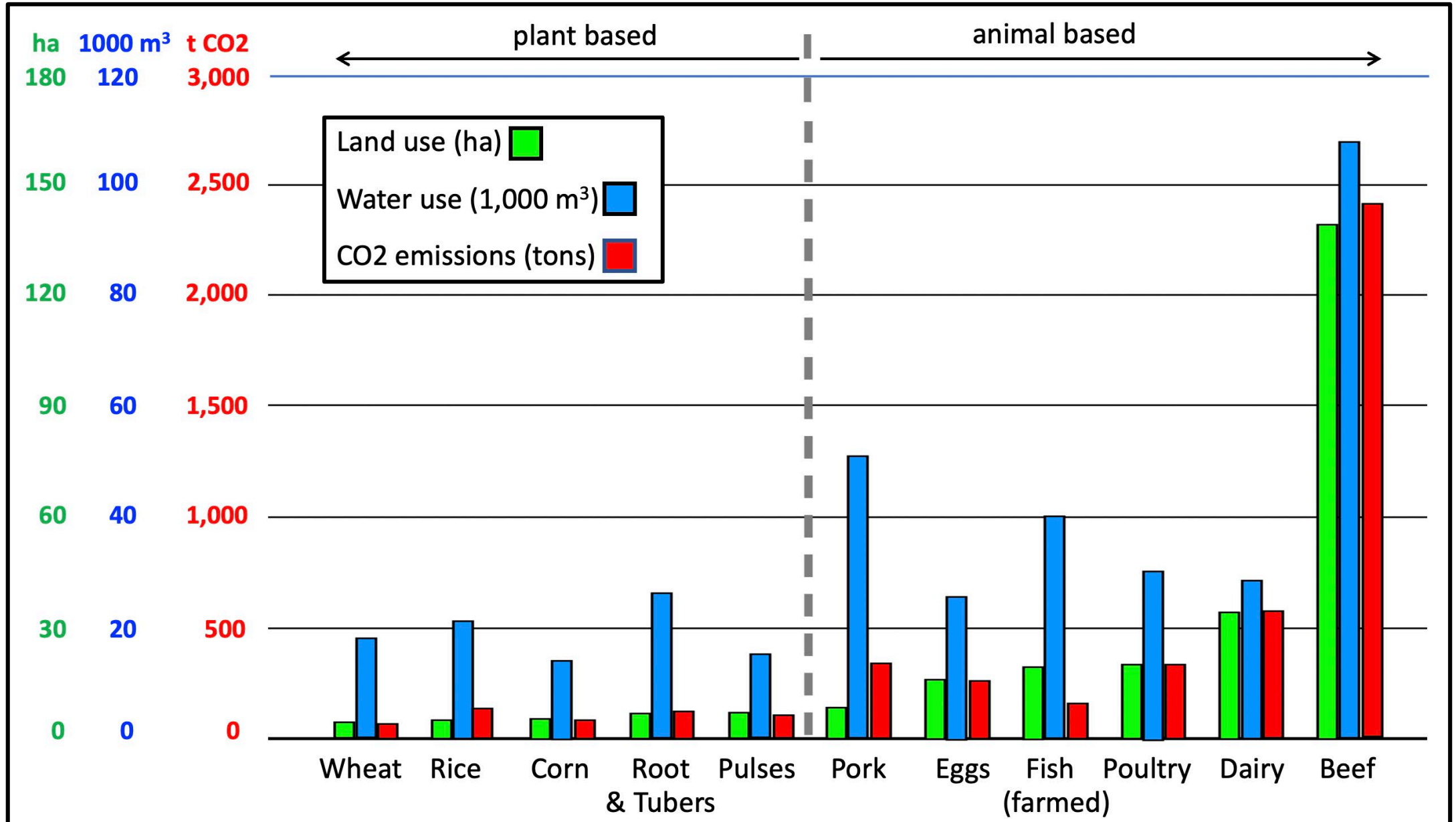

Source: Barilla Center for Food and Nutrition.

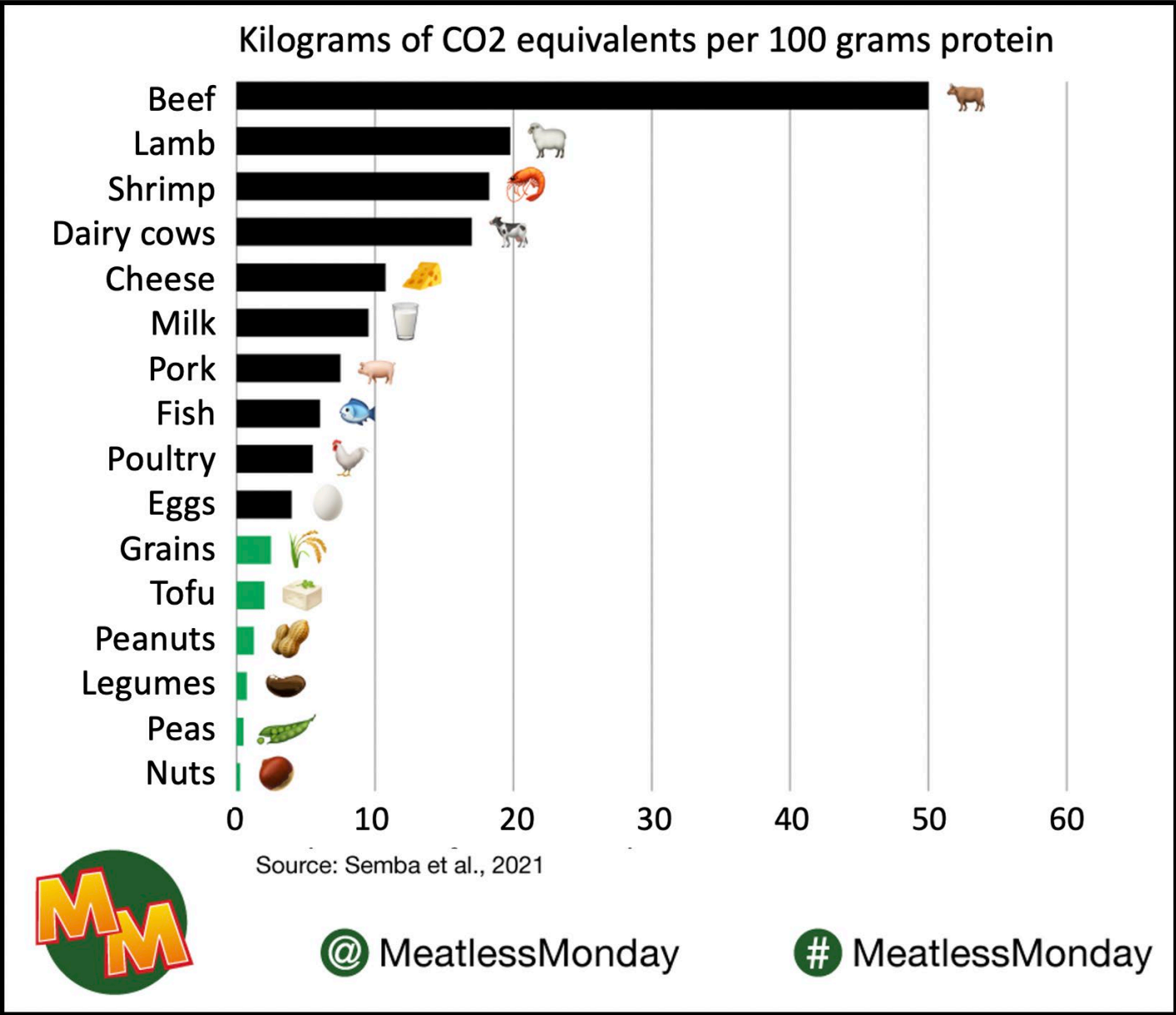# Improve Your Health, Fight Climate Change and Save Precious Resources by Eating More Plant-based Foods

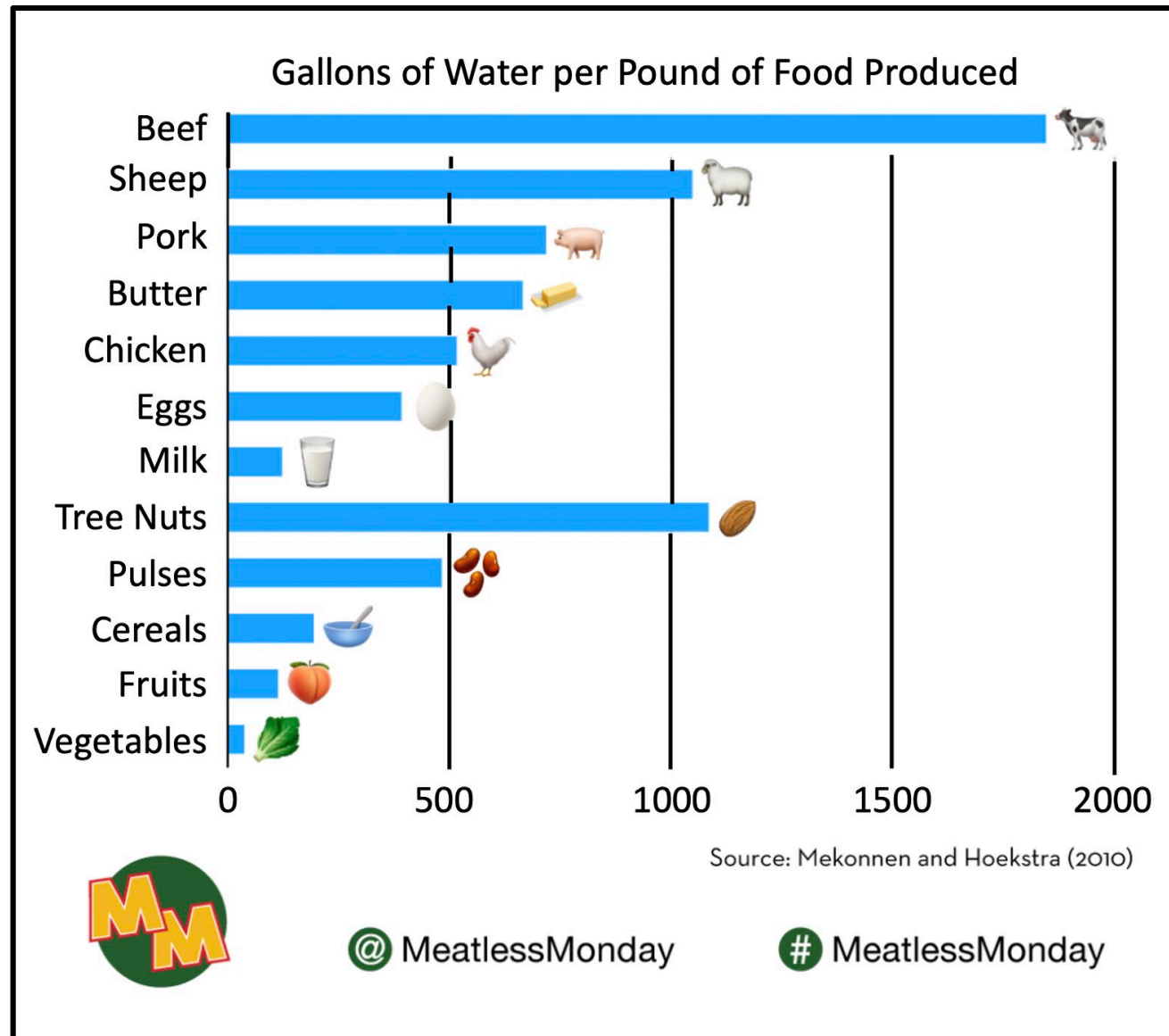Ecological Footprint of Various Foods per Ton of Protein Consumed

Source: World Resources Institute

CO2 Emissions from Food Production

Kilograms of CO2 equivalents per 100 grams protein

Food	
Beef	
Lamb	
Shrimp	
Dairy cows	
Cheese	
Milk	
Pork	
Fish	
Poultry	
Eggs	
Grains	
Tofu	
Peanuts	
Legumes	
Peas	
Nuts	

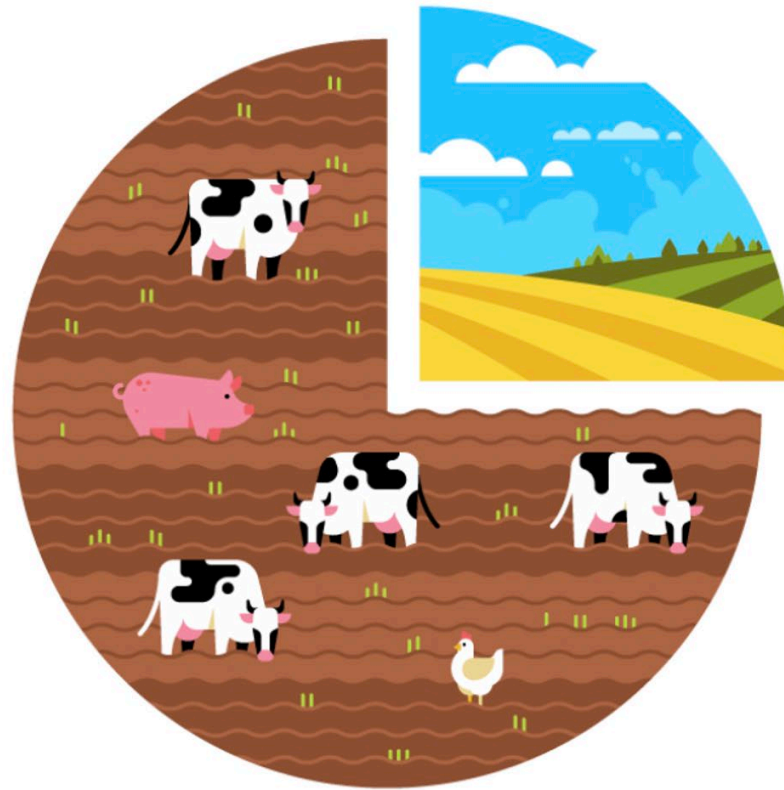Source: Semba et al., 2021

@ MeatlessMonday   # MeatlessMonday

Water Consumed to Make Food

Livestock Production Uses the Majority of Earth's Agricultural Land

Shifting to a plant-forward diet could reduce land use by 80%

@ MeatlessMonday   # MeatlessMonday

Two Ideas for What You Can Do

One is to Participate in Meatless Monday

About   Recipes   Resources   Start a Program   First Steps

Go Meatless Monday — It's Good for You, and Good for the Planet

We have delicious plant-based recipes and guides to help to implement Meatless Monday in your school, hospital, workplace, and community

https://www.mondaycampaigns.org/meatless-monday

Meatless is Good for Your Health

Consuming less red and processed meat and more plant-based foods such as vegetables, beans, soy, and nuts can offer many potential health benefits:

- Eating less meat and more plant-based foods, such as vegetables, beans, and nuts, can improve heart health and reduce the risk of heart disease.
- Skipping even a half serving of meat every day and replacing it with a plant protein like beans or tofu can decrease your risk of getting type 2 diabetes.
- Substituting plant-based foods for meat can help you maintain a healthy weight.
- Cutting back on red and processed meat and eating more plant-based foods can promote kidney health.
- Beans, nuts, soy, and other vegetables can give you all the protein you need in one day.

Meatless is Good for the Planet

Reducing consumption of meat can help contain production of greenhouse gases that impact climate change. It can also help lessen the demand for precious environmental resources such as land, water, and energy.

- Livestock production creates more greenhouse gases than the entire transportation sector – all the cars, trucks, planes, and trains in the world
- Livestock production uses 75% of the earth's agricultural land
- Producing ONE quarter-pound beef burger uses 425 gallons of water – enough water to fill 10 bathtubs
- Producing ONE quarter-pound beef burger uses up enough energy to power an iPhone for 6 months
- Skipping one serving of beef every Monday for a year saves the equivalent emissions to driving 348 miles in a car.

Two Ideas for What You Can Do

If You are Interested in More Information about Nutritious Diets
the Second Thing You Can Do is Sign Up for **MyPlate.gov**
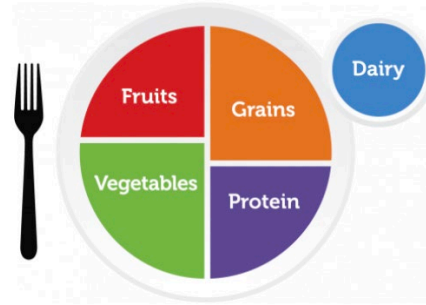
Download the app **Start Simple with MyPlate**
- Operated by the U.S Department of Agriculture, it provides a wealth of information to guide you about the most nutritious diets and best food options.
- It is an interactive site which allows you to pursue your own diet goals.
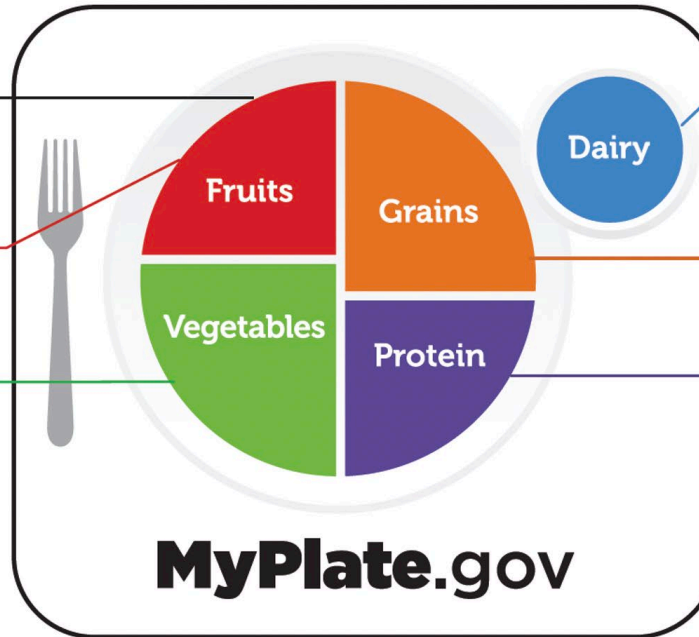
MyPlate Mini-Poster

Global Implications of a Plant-Rich Diet

- If 50% of the world's population restricts their diet to a healthy 2,500 calories per day and reduces meat consumption overall, at least 26.7 billion tons of emissions could be avoided from dietary change alone.

- If avoided deforestation from land use change is included, an additional 39.3 gigatons of CO_2 emissions could be avoided for a total reduction of 66.0 billion tons.
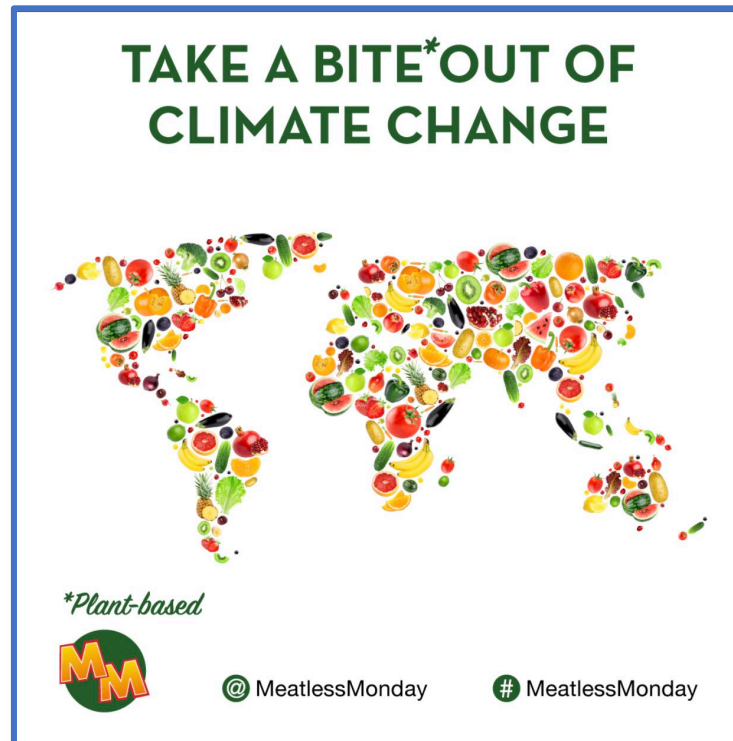
Source: P. Hawken (ed.) (2017). *Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming* (New York: Penguin Books).