

# A Vegetarian Lifestyle is a Sustainable Lifestyle

A vegetarian diet is better for the environment as opposed to a diet with meat in it. Every day a meat eater produces twice as much greenhouse gas emissions as a vegetarian. As seen in Figure 1 meat consumption has increased by three times over the 50-year span. If this pattern keeps following its path, then greenhouse gas emission will increase substantially. A vegetarian diet doesn't have to pass through as many trophic levels as a non-vegetarian diet. In a vegetarian diet the nutrients go from the primary producers straight to the person eating it opposed to going through an intermediary. As you go through the trophic levels only about ten percent of the energy is transferred from each to the next so following a vegetarian diet could be very beneficial.

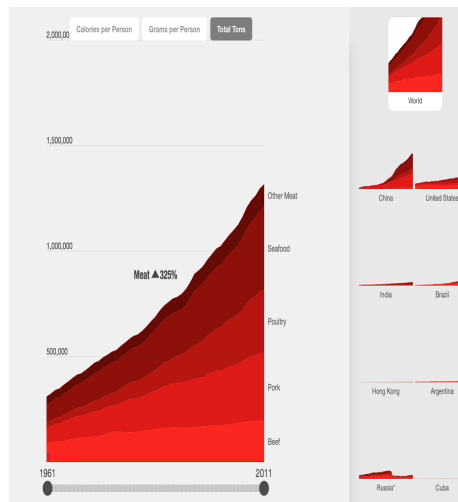


Figure 1: As time has passed total tons of meat consumed has only increased.

If people become vegetarian, the need for cattle will decrease substantially. The decrease in cattle decreases methane emissions which can slow down climate change. The use of fields for cattle are not beneficial for the environment since that land cannot be used for crops. Cattle use much more land than agriculture does and today we are trying to use our land to its full potential so it would be much more valuable for farming. Also the leaching of manure throughout these lands and all of the methane produced by the cattle is very poor for our environment as a whole.

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Rosi A, Mena P, Pellegrini N, Turrone S, Neviani E, Ferrocino I, Cagno RD, Ruini L, Ciati R, Angelino D, et al. Environmental impact of omnivorous, ovo-lacto-vegetarian, and vegan diet. *Scientific Reports*. 2017;7(1).