



Environmental Stability

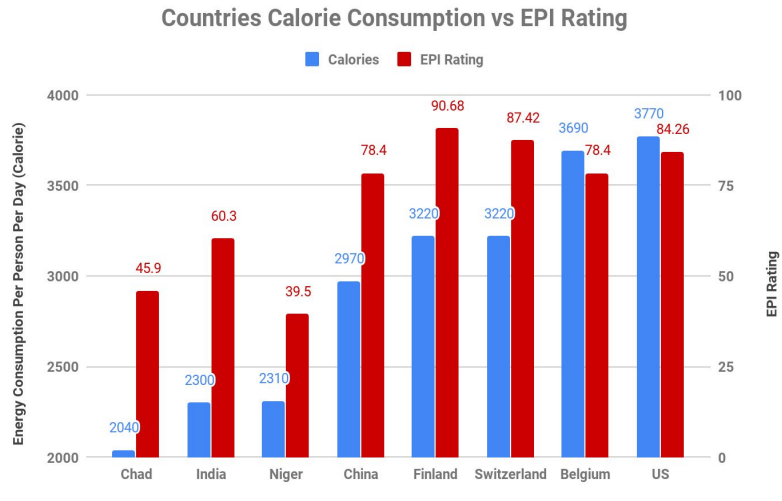


Reduced Calorie Consumption Is Not The Answer

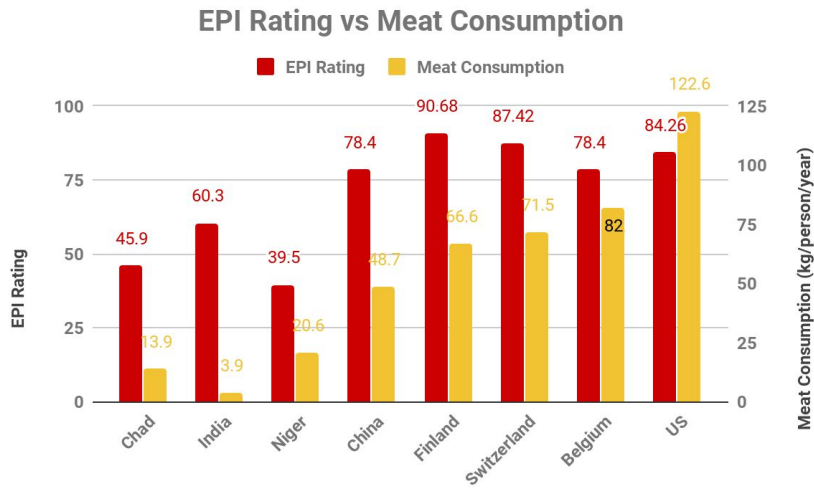
Reducing calorie consumption by humans is not the key to environmental stability. While limiting calories is beneficial to human health, it is the type of food we eat that predominantly impacts the environment. Eating food from low trophic levels (i.e. plants) is more sustainable for the environment. (1)(2)

Countries with both high and low caloric consumption per-capita have less sustainable environments as seen by the Environmental Performance Index (EPI) in graph 1. (3) Finland and Switzerland have a mild calorie consumption comparatively, a strong reason for why they are the most environmentally sound.(3)

Looking more closely at the food groups in which Finland and Switzerland obtained their source of calories, they have a considerably lower consumption of meat products (~69 kg of meat per person annually compared to ~120kg of meat per person in the US annually as seen in graph 2).(3)

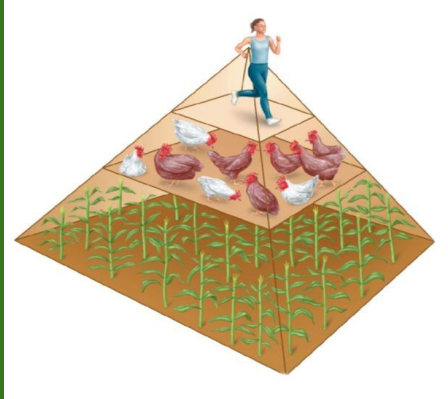


Graph 1 (3)



Graph 2 (3)

The picture on the right shows a trophic pyramid with three trophic levels.(1a) Energy is lost as you move up trophic levels due to heat loss, and respiration performed by animals or photosynthesis performed by plants. This shows that the bottom trophic level (plants) contains more overall biomass (organic matter) compared to the trophic level in the middle (meat). Therefore, countries that are eating large volumes of meat are less efficient in terms of EPI rating as seen by Graph 2.(3a)



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- 2.) What is MyPlate? Choose MyPlate. 2018 Jul 19 [accessed 2018 Nov 1]. <https://www.choosemyplate.gov/MyPlate>
- 3.) ChartsBin. Daily Calorie Intake Per Capita. ChartsBin. [accessed 2018 Nov 1]. <http://chartsbin.com/view/1150>
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- 7.) Etsy DC, Kim C, Srebotnjak T, Levy MA, Sherbinin Ade, Mara V. 2008 Environmental Performance Index. Internet Archive Way Back Machine. 2008 Apr 9 [accessed 2018 Oct 31]. https://web.archive.org/web/20080409055057/http://www.yale.edu/epi/files/2008EPI_Text.pdf