I Why go vegetarian?

There are many different diets that are chosen to facilitate healthy eating and promote a well-balanced lifestyle. The plant-based diet is one of these options that can positively impact a person’s life.

Some quick facts:
- cheaper
- more energy efficient
- lower greenhouse gas emissions
- reduces medical risks

Vegetarian lifestyle perks

The benefits:
- Vegetarian diets can save up to 50 billion lives a year (Lancet 2017).
- Meat is reported inefficient since more food sources are needed for the same amount of energy. (Chen et al. 2010)
- Meat also has more greenhouse gas emissions than other foods due to the production of methane and other gases, making it a significant cause of climate change. (IPCC 2013)
- Meat also has more deforestation, water consumption, and land use than other foods due to the production of methane and other gases, making it a significant cause of climate change. (IPCC 2013)

The Challenges of a Vegetarian Lifestyle
- It can be harder to obtain the required amount of protein, vitamin D, iron, zinc, and omega-3 fatty acids. (Dichiery 2010)
- A lack of protein can lead to hair loss (Dichiery 2010).
- Although there are still plenty of plant-based foods that are available to meet the needed requirements (Dichiery 2010).


Springmann M, Godfray HJC, Rayner M, Scarborough P. Analysis and evaluation of the health and climate change consequences of dietary change. PNAS, 2016 Apr 12; [accessed 2019 Apr 4]. https://www.pnas.org/content/113/15/4166