

# Why go vegetarian?

There are many different diet types that are chosen to facilitate healthy eating and promote a well-balanced life style. The vegetarian diet is one of those options that can positively impact a person's life.

## Some quick facts:

- cheaper
- more energy efficient
- lower greenhouse gas emissions
- reduces medical risks

## Vegetarian lifestyles perks

### The benefits

- Vegetarian diets can save up to 30 million dollars a year (Springmann 2016).
- They are more energy efficient since the food source comes directly from plants instead of through herbivores. Most of the energy in plants that was consumed by higher trophic levels has been lost as heat. Only a fraction of this energy reaches the animals and even less energy reaches you (Brennan 2019).
- There are lower greenhouse gas emissions from these diets since less cooking and food processing is involved. Lower gas emissions reduce the global warming rate and the onset of its consequences (Lamastra 2018).
- There are positive impacts on the body's health and physiology due to plant-based diets. They can help reduce risks of cardiovascular diseases, type 2 diabetes, and slow the onset of certain cancer (Harvard 2018).

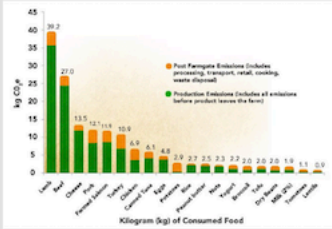


Figure 1: This chart shows how greenhouse gas emissions are significantly lower in plant-based foods compared to meats. Eating from the bottom of the food web helps to preserve energy and emit less greenhouse gas emission. (Sterbenz 2013)

## The Challenges of a Vegetarian Lifestyle

- It can be harder to obtain the required amount of protein, vitamin 12, iron, zinc, and omega-3 fatty acids (Doheny 2018).
- A lack of protein can lead to hair loss (Doheny 2018).
- Although tough, there are still plenty of plant-based foods that are available to meet the needed requirements (Doheny 2018).



(Specular 2006)

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