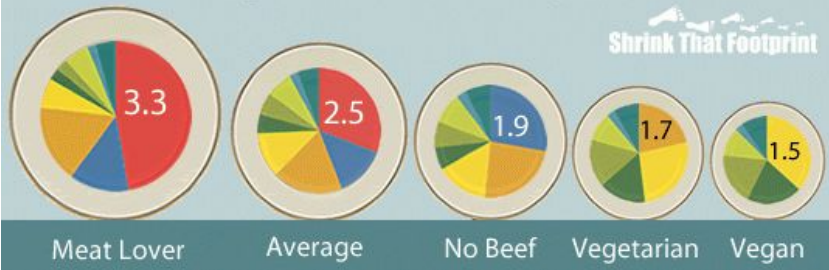


GO VEGAN!

Comparing Carbon Footprints (t CO₂e)



Taken from "Shrink that Footprint: The Carbon Footprint of 5 Diets Compared". Looking at the total for Carbon footprint overall, it is evident that a vegan diet provides the lowest overall environmental footprint.

Vegan Diet: **NO** animal products contained or used
 ~Can help **EVERYONE** reduce their ecological footprint~

Environmental sustainability is the rates of renewable resource harvest, pollution creation, and non-renewable resource depletion that can be continued indefinitely.

Today's food supply chain creates about **13.7** billion metric tons of carbon dioxide equivalents.

Farming meat and dairy takes up **83%** of agricultural land and produces **60%** of agriculture's greenhouse gas emissions.

By cutting meat and dairy products from diet, up to **73%** of an individual's carbon footprint can be reduced.

1g of plants has more energy relative to that of 1g of animal product due to plants being lower on the trophic food pyramid. Why would you want to eat food that gives you less energy...?



SAVE WILDLIFE!!

~Reduce farmland use by **75%** without meat and dairy consumption
 ~Loss of wild areas to agriculture is the leading cause of the current mass extinction of wildlife.

