What is the Vegetarian Diet?

The vegetarian diet is the total exclusion of meat and meat-based products in daily life.

What effect does vegetarianism have on sustainability? Sustainability allows us to meet our current needs without compromising this ability for future generations. The switch from an omnivorous diet to a vegetarian diet can reduce greenhouse gas emissions by a total of 22% (Berners-Lee et al., 2012). Farm animals produce about 19 million tones of waste per year, which is spread on the ground and can lead to the pollution of our water sources (Baroni et al., 2006).

When maintaining a vegetarian diet, people are receiving the greater proportion of energy compared to an omnivorous diet. As energy is transferred from producer to consumer, 90% of that energy is lost. Therefore, the closer a consumer is to a primary producer, more energy they can obtain through consumption.
Baroni L, Cenci L, Tettamanti M, Berati M. Evaluating the environmental impact of various dietary patterns combined with different food production systems. 2006;61(2):279–286.


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