

Fall 2019

Vegetarian Diet

Peyton Mackey
SUNY Geneseo

Haidyn Hawkes
SUNY Geneseo

Lydia Gleason
SUNY Geneseo

Dean Ivanovski
SUNY Geneseo

Follow this and additional works at: <https://knightscholar.geneseo.edu/sustainability-curriculum-student>



This work is licensed under a [Creative Commons Attribution-No Derivative Works 4.0 License](https://creativecommons.org/licenses/by-nc/4.0/).

Recommended Citation

Mackey, Peyton; Hawkes, Haidyn; Gleason, Lydia; and Ivanovski, Dean, "Vegetarian Diet" (2019). *Student Work*. 93.

<https://knightscholar.geneseo.edu/sustainability-curriculum-student/93>

This Open Educational Resource is brought to you for free and open access by the DOMES Sustainability Curriculum (Designing Open Modules on Environmental Sustainability) at KnightScholar. It has been accepted for inclusion in Student Work by an authorized administrator of KnightScholar. For more information, please contact KnightScholar@geneseo.edu.

Vegetarian Diet

By choosing a vegetarian diet, you can become healthier, happier, and Earth-friendly individual! Vegetarian diets are found to be more sustainable for our environment.



What is Sustainability?

Protecting the natural environment, human and ecological health, while allowing innovation and production. Sustainability involves maintaining an ecological balance involving three main pillars: economic, social and environmental.

Health Benefits

- Obesity and risk factors for cancer are caused by unhealthy diets such as those composed of too much red or processed meats and not enough whole grains, fiber, and vegetables
- Vegetarian diets can lower BMI and blood pressure

What is the Vegetarian Diet?

A diet based on the consumption of plant products for nutrients. Refraining from animal meat but may include animal by products.

How does sustainability relate to vegetarian diet?

- Agriculture activities are greatly affecting our environment, activities such as crop cultivation, manufacturing processes, packaging, refrigeration, transport, cooking, and waste management. Meat eaters emit 3.3 tons more CO₂ than vegetarians each year. Raising animals for food generates more greenhouse gases than all the cars and trucks in the world combined. The table to the right compares different diets and their greenhouse gas emission. As seen, the vegetarian diet has the lowest emission
- Dietary choices rich in vegetables (e.g. vegan, vegetarian...) are more environmentally sustainable than those that include meat. Switching from meat to alternative foods such as animal proteins and plant/vegetable oils, leads to a healthier and more environmentally friendly diet
- However, the elimination of all animal byproducts (ie. vegan diet) is not suggested due to their supply of micronutrients such as calcium and vitamin D
- Normalizing environmental sustainability through a person's diet, can extend to other aspects in their life, (ie. recycling, composting, fuel efficient cars, public transportation use, etc.)

S. González-García et al. / Science of the Total Environment 644 (2018) 77–94

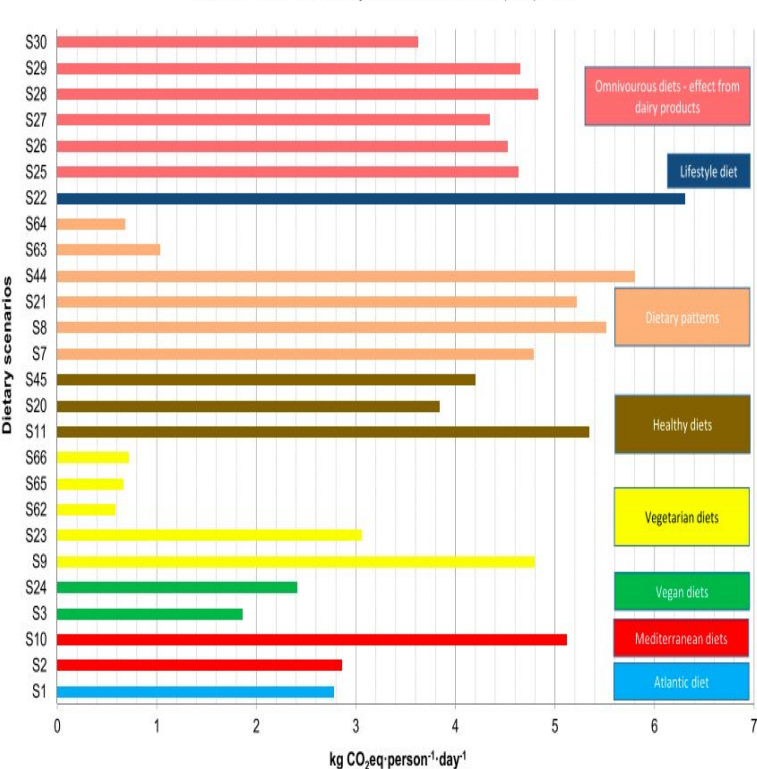


Fig. 1. Comparative profile in terms of GHGs emission of reviewed scenarios based on a cultivation-to-consumer approach. For references and detailed information about each scenario see González-García S, Esteve-Llorens X, Moreira MT, Feijoo G. Carbon footprint and nutritional quality of different human dietary choices. 2018;644:77–94. <http://proxy.geneseo.edu:2048/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=eih&AN=131773850&site=ehost-live&scope=site>

Citations:

- Hölker S, Meyer-Höfer MV, Spiller A. Animal Ethics and Eating Animals: Consumer Segmentation Based on Domain-Specific Values. *Sustainability*. 2019 [accessed 2019 Oct 31];11(14):3907. doi:10.3390/su11143907
- Graça J, Truninger M, Junqueira L, Schmidt L. Consumption orientations may support (or hinder) transitions to more plant-based diets. *Appetite*. 2019 [accessed 2019 Oct 31];140:19–26. doi:10.1016/j.appet.2019.04.027
- Hawkins, et al. “Dietetics Program Directors in the United States Support Teaching Vegetarian and Vegan Nutrition and Half Connect Vegetarian and Vegan Diets to Environmental Impact.” *Frontiers*, Frontiers, 25 July 2019, www.frontiersin.org/articles/10.3389/fnut.2019.00123/full.
- Harmon, Alison H, and Bonnie L Gerald. “Position of the American Dietetic Association: Food and Nutrition Professionals Can Implement Practices to Conserve Natural Resources and Support Ecological Sustainability.” *Journal of the American Dietetic Association*, Elsevier, 23 May 2007, www.sciencedirect.com/science/article/pii/S0002822307006542?via%3Dihub.
- Earth, Down to. “New Study Confirms Veggie Diets Are More Sustainable than Non-Veggie Diets.” *Down to Earth Organic and Natural*, 18 May 2018, www.downtoearth.org/articles/2018-04/12051/new-study-confirms-veggie-diets-are-more-sustainable-non-veggie-diets.
- González-García S, Esteve-Llorens X, Moreira MT, Feijoo G. Carbon footprint and nutritional quality of different human dietary choices. 2018;644:77–94. <http://proxy.geneseo.edu:2048/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=eih&AN=131773850&site=ehost-live&scope=site>
- Fan A, Almanza B, Mattila AS, Ge L, Her E. Are vegetarian customers more "green"? 2019;22:467–482. <http://proxy.geneseo.edu:2048/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=eih&AN=137887624&site=ehost-live&scope=site>