**VEGANISM: THE DIET FOR THE ENVIRONMENT**

What does it mean to be vegan?

A person who strictly eats plant based products and avoids all animal based products.

Local and Global Impacts

**Local**
- Local agriculture favors plant based diets, allowing for more people to have access to food.
- It is up to 746.46 dollars per year cheaper for an individual to eat a plant based diet over one that contains animal products. (Flynn and Schiff, 2015)

**Global**
- In the United States, 41 percent of greenhouse gas emissions come from agriculture, 90 percent of which are from beef production. (Varanasi, 2019)
- The vegan diet produces the lowest carbon footprint out of any diet, allowing for global carbon emissions to decrease with an increase in the vegan population. (Chai et al. 2019)

**Pros and Cons**

**Pros**
- The vegan diet is considered one of the healthiest diets for an individual. Cutting large amounts of red meat out of your diet can lower your risk of heart disease.
- A vegan diet has 49.6 percent less environmental footprint than that of a diet that has meat in it. (Down to Earth, 2018)

**Cons**
- Individuals that go on vegan diets can experience issues with nutrition as they must adjust to finding new food to supplement for things such as protein.
- When there is a high demand for vegan products, these goods often are imported. This increases the products carbon footprint and cost. (Gray, 2020)

**Conclusion**

Individuals that switch to a vegan diet can see increases in overall health and decrease in their carbon footprint. If more people were to switch to a vegan diet, world carbon emissions would lower because the agriculture sector could switch its focus away from the meat industry.

**Personal and Systematic Impacts**
- A study from the University of Copenhagen determined that veganism was the diet that lowered carbon emissions the most. (Chai et al. 2019)
- Majority of agriculture is dedicated to meat and animal product production, leaving less land for non animal products/food to be produced on.

**Societal Limitations**
- Many economies rely on their exports of beef and other animal products. If a large population of people were to switch to veganism than these economies would suffer from the decrease in demand of animal products.
- The current agricultural infrastructure in some countries may not be able to keep up with the demand for non animal products if there were a large percent increase in the vegan population.
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Bibliography


