

HOW SUSTAINABLE IS VEGANISM?

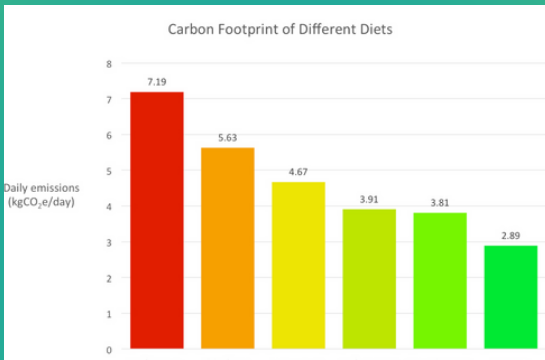
The practice of eating only food not derived from animals and typically of avoiding the use of other animal products.

PRO'S

Vegan diets tend to contain less saturated fat and cholesterol and more dietary fiber. Vegans tend to be thinner, have lower serum cholesterol, and lower blood pressure, reducing their risk of heart disease (Sebastiani, 1). Also, veganism is great for the environment as it lowers greenhouse gas emissions since the diet produces the least amount of carbon emissions. This is very important for global warming. In addition, veganism protects wildlife and habitats because land is destroyed everyday in order to make room for cattle farming. In fact, cattle farming accounts for 80% of current deforestation (Nepstad et al. 2008).

CON'S

Like all diets, when a person is not taking in the right nutrients, there can be some complications. Vegans can have low iron, a deficiency in the b12 vitamin and deficiency in iodine. This can cause pale skin, a rapid heart beat, dizziness and an enlarged thyroid. The same phenotypical effects can be seen with offspring if the participant is pregnant at the time and is not eating all the nutrients to survive. Also since veganism is not as mainstream, it can be hard to find options and these options are usually expensive. It is also important to note that certain vegan products that are not locally grown need to be shipped and the shipping of these products increase its carbon footprint as well as its cost (Gray, 20).



Graph Title: Carbon Footprint of Different Diets

LOCAL IMPACTS:

The economic value of veganism is high as it is more expensive than a meat based diet. So an increase in veganism would cause a local economic rise. However, it would have to be guaranteed that these vegan options were produced locally since transporting the goods can be costly.

GLOBAL IMPACTS:

If the world started moving towards a vegan diet, the worlds food related emissions would go down 68% severely limiting global warming and its effects (Allen, 2). Just giving up animal products for a month could be equivalent to removing 160,000 cars off the road (Allen, 2). Also, the amount of land that would be saved since it would not be used for cattle production anymore would increase biodiversity and habitats.

Is Veganism Realistic Around the World?

Some countries depend on the production of animal products to keep their economy afloat and a shift towards a vegan diet and lifestyle could collapse their economy. Also, some countries agricultural situation would not be able to support a vegan movement as they do not have the resources to produce such food.

Conclusion:

Individuals who switch over to veganism would be considered healthier and would lower their carbon footprint in the process. Research shows that a global switch to veganism would drastically lower greenhouse gas emissions combatting global warming and climate change.

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