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Why You Can't Be a **Meat-Eating Environmental**alist

If we care about the environment and believe that kindness is a virtue – as many of us claim to – it follows that we should be eating plant-based meals rather than meat, eggs, and dairy foods. A Worldwatch Institute report indicates that at least 51 per cent of global greenhouse-gas emissions are caused by animal agriculture, and other research confirms that going vegan can help halt climate change and conserve resources.



Animal agriculture is one of the primary sources of carbon dioxide emissions and the single largest source of both methane and nitrous oxide, which are 25 and 310 times more potent than carbon dioxide, respectively.

For example, producing a 200-gram steak has an environmental impact equivalent to that of driving a car for 50 kilometres in terms of carbon dioxide emissions.

Producing just eight 125-gram hamburgers requires the same amount of water that the average person uses to shower in an entire year.

Thirty per cent of the Earth's land surface is currently being used to raise animals for food.

Researchers at the Institute of Social Ecology in Vienna say that the only way to meet the expected global food demand in the year 2050 – without sacrificing any more forests – is for everyone to go vegan.



In addition, the United Nations has acknowledged that animal agriculture is "one of the top two or three most significant contributors to the most serious environmental problems, at every scale from local to global".

So if you're concerned about climate change and other environmental problems – not to mention animals and your health – try changing your diet. Plant-based foods including fruits, vegetables, grains, pulses, nuts, and seeds are healthier for humans and the environment, and every person who goes vegan spares more than 100 animals immense pain and suffering.

If you're serious about saving the environment, please go vegan!

For more information visit

[Peta.org/issues/animals-used-for-food/global-warming](https://peta.org/issues/animals-used-for-food/global-warming).

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