Impact of food on the environment

Switching to a plant-based diet would help to protect the environment. This is because people who follow a plant-based diet have a smaller environmental footprint. After all, there is a reduction in greenhouse gas emissions, land use, water consumption which are all major factors in global warming. If each person in the U.S. gave up meat and dairy products on one or more days of the week we would save the environment from thousands of tons of carbon emissions every year. One year of animal husbandry creates as much carbon emissions as the entire transportation sector does. According to KSRO "Americans consume about 26.5 billion pounds of beef in 2017. We can look at an example of the environmental impact of a quarter-pound hamburger. It requires 14.6 gallons of water, 13.5 pounds of feed and 64.5 square feet of land to produce. There were 0.13 pounds of methane and 4 pounds of carbon dioxide to be released into the environment." The commission concluded that if we all ate a plant-based, whole foods diet by 2050, it "would not only benefit us individually but would allow the growing world population to be fed... and the planet to be protected," Dr. Francesco Branca, study co-author and director of the Department of Nutrition for Health and Development at the World Health Organization, told ABC News.