



a better world begins on your plate

**plant-based
eating** ANIMAL PROTECTION
NEW MEXICO

FOOD and THE ENVIRONMENT

The facts are clear: producing meat and dairy products has a severe negative impact on the environment. We must drastically reduce greenhouse gas emissions by the year 2030, otherwise more severe natural disasters and extreme weather will be the norm. The most significant action individuals can take to reduce greenhouse gas emission? Eat fewer meat and dairy products and eat more locally grown, seasonal food.¹ For more information, contact Animal Protection New Mexico's Promoting Plant-Based Eating program at plantbased@apnm.org



About **half** of consumers said a restaurant's environmental sustainability efforts help them decide where to dine²



Environmental sustainability is among the **top menu trends** in 2018²

Livestock accounts for **51%** of global greenhouse gas emissions³

Plant-Based "milks" *reduce greenhouse gas emissions:*

Cow's milk causes *more than triple* the **CO₂** emissions compared to almond and soy milk⁴
Dairy cows also produce **methane**, which is a far more potent greenhouse gas than CO₂ and has **28** times greater global warming impact⁵



Plant-Based "milks" *conserve water:*

Substituting **almond milk** for cow's milk conserves **40** gallons of water per cup of milk substituted^{6,7}

Substituting **soy milk** for cow's milk conserves **46** gallons of water per cup of milk substituted^{6,8}

Livestock is responsible for at least **35%** of all non-naturally-occurring methane emissions⁹

1/3 of the earth's fresh water is used by the meat and dairy industry³

Animal agriculture is responsible for **more greenhouse gas** emissions than the entire transportation sector³



1 1/2 acres of land can produce **375** pounds of meat; the same amount of land can produce **37,000** pounds of plant-based food³

Every second, **1-2 acres of rainforest** are cleared for grazing livestock or growing animal feed³
91% of deforestation is caused by livestock³

Estimates show we could see **fishless oceans** by 2048³



Each day, a person who eats a plant-based diet saves **1,100 gallons** of water, **45 lbs** of grain, **30 sq ft** of forested land, **20 lbs** of CO₂ equivalent, and **one animal's life**³

¹<https://bigthink.com/politics-current-affairs/scary-un-climate-change-report>

²https://www.restaurant.org/getattachment/News-Research/Research/State-of-Restaurant-Sustainability/Sustainability_FINAL_.pdf.pdf

³<https://blog.pachamama.org/how-animal-agriculture-affects-our-planet>

⁴<https://www.livekindly.co/dairy-milk-carbon-dioxide-plant-based-milk/>

⁵<https://www.theguardian.com/environment/2017/sep/29/methane-emissions-cattle-11-percent-higher-than-estimated>

⁶<http://www.project-platforms.com/files/productgallery-new.php>

⁷<https://treadingmyownpath.com/2017/04/20/is-almond-milk-bad-for-the-planet/>

⁸<https://waterfootprint.org/media/downloads/Ercin-et-al-2012-WaterFootprintSoy.pdf>

⁹<https://thinkprogress.org/methane-emissions-are-spiking-but-it-might-be-more-cow-than-car-791e5233dc2a/>