**How does eating less meat affect the environment?**

Use these sources to learn about how reducing the amount of meat that we eat would affect the environment.

<https://www.bbc.com/future/article/20160926-what-would-happen-if-the-world-suddenly-went-vegetarian>

<https://www.greenpeace.org/usa/sustainable-agriculture/eco-farming/eat-more-plants/>

<https://www.nytimes.com/2019/08/21/climate/what-if-we-all-ate-a-bit-less-meat.html>

**Food’s Carbon Footprint**

Beef isn’t the only food that produces emissions that contribute to global warming. As Bergen explained, all food involves energy, fossil fuels and fertilizer. But cows, along with sheep (but few people eat lamb), are ruminants with a digestive system that generates methane, one of the most potent greenhouse gases. Their waste produces another, nitrous oxide.

“If you compare beef to lentils, it shouldn’t be a surprise that the emissions associated with growing a plant, like lentils or other produce, are significantly lower,” Bergen said.

**Effects of reducing meat consumption projections:**

**“If the average American cut just a quarter pound of beef a week from their diet, about one hamburger, it would be the equivalent of taking 10 million cars off the road for a year.”**

**- SUJATHA BERGEN, NATURAL RESOURCES DEFENSE COUNCIL HEALTH CAMPAIGNS DIRECTOR**

As the campaign’s technical adviser, the Center for a Livable Future calculated that if everyone who knows about Meatless Mondays — 32% of Americans surveyed — followed it faithfully for 52 weeks, it would be the equivalent of taking 1.6 million cars off the road for a year.

Use this source to learn about how water consumption is linked to eating meat.

<https://www.onegreenplanet.org/animalsandnature/how-does-eating-meat-impact-your-water-footprint/>