

“Rearing cattle

produces

more

greenhouse

gases

than

driving

cars.”

— The United Nations

YOUR DIET

AND CLIMATE CHANGE

BOUGHT A HYBRID?

Great! Still eating meat? Not so great! University of Chicago researchers report that a person can **help the environment more** by reducing meat intake **than by trading a standard car for a hybrid.**

WHAT IS GLOBAL WARMING?

Excessive amounts of nitrous oxide, methane and carbon dioxide trap too much of the sun's energy in the Earth's atmosphere, in turn warming the air and water. **This warming effect has already begun** to cause droughts, wildfires, extreme weather and a rise in sea level.

THE FACTS

▶ **Animal agriculture** is responsible for over **20 percent** of global methane emissions — **the equivalent of 13 million SUVs.**

▶ **Methane** is the second largest contributor to global warming. **Animal agriculture is second only to landfills** as the leading cause of human-related global methane emissions. The world's **1.3 billion cattle** emit approximately 150 trillion quarts of methane gas — about **400 quarts per cow per day.**

▶ University of Chicago researchers found that a **vegetarian produces 1.5 tons fewer tons of CO₂ per year** than a meat eater does.

▶ **Livestock** is the fastest-growing sector of global agriculture; annual **global meat production is projected to more than double** by 2050.

THE BEST WAY TO REDUCE GLOBAL WARMING IN OUR LIFETIME IS TO REDUCE AND ELIMINATE CONSUMPTION OF ANIMAL PRODUCTS.



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YOUR DIET

AND THE ENVIRONMENT

MAKING CHOICES

The quest to provide **cheap meat and dairy products** has created a largely unregulated corporate industry called **factory farming**. These huge, prison-like operations not only **consume vast amounts of water and grain** that could be directly supplied to humans, but also **pollute with complete disregard for the environment**.

THE FACTS

▶ A meat-based diet requires **14 times** more water than a vegetarian diet. A pound of wheat can be grown with **25 gallons** of water, but the average pound of beef requires **5,214 gallons**.

▶ According to John Robbins, author of *Diet for a New America* and *The Food Revolution*, “In California today, you save more water **by not eating a pound of beef** than you would **by not showering for six months**.”

▶ Animal agriculture **significantly contributes to destruction of ecosystems**, often leaving land and water unsuitable for native wildlife.

▶ Factory farms build “lagoons” of highly concentrated livestock waste, which often spill into rivers and streams. What’s more, **the United States’ largest feedlots have a waste output equal to that of its largest cities**.

▶ Perceived as competition for livestock forage, **tens of billions of prairie dogs have been slaughtered**. Other animals killed to “protect” livestock — at taxpayer expense — include black bears, mountain lions, bobcats and red foxes.

▶ We make a choice every time we eat; each penny is a vote for sustainable food choices. **It’s never been more cost-effective to go vegetarian**.

**PRESERVE COLORADO — CHOOSE YOUR FOOD WISELY!
A VEGETARIAN DIET IS BEST FOR THE ENVIRONMENT.**



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“Livestock now use
30 percent
of the earth’s **entire** land surface...

Pigs drowned in flood
Grace Factory Farm Project



The livestock business
is among the most
damaging sectors

Cows polluting waterways in
Teton National Park



to the earth’s
increasingly scarce
water sources.⁷⁷

Typical factory farm
conditions for hens

— The United Nations