

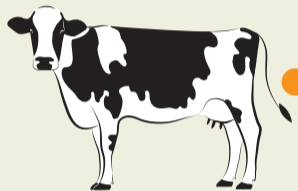


# Why eat more veggies?

A 'More Veg, Less Meat' dining habit is a simple and effective way to reduce our carbon footprint and improve our health. Read more from the following information and start eating more veggies today!

## MITIGATE GLOBAL WARMING

The livestock industry accounts for 18% of human-induced greenhouse gas emissions, more than the combined greenhouse gases from all the world's vehicles.



18% of global greenhouse gases



13% of global greenhouse gases

## SLOW DOWN DEFORESTATION

Farmers cut forests to provide more room for growing animal feed or grazing livestock. Animal and insect species are therefore lost because of the destruction of these biodiverse regions. Globally, raising animals for food has already used 30% of the land on Earth.



The Amazon rainforest is one of the species-rich ecosystems on Earth with extraordinary biodiversity. However, 91% of the deforestation is caused by animal agriculture.

## REDUCE WATER USAGE

Animal agriculture is responsible for one-third of fresh water consumption in the world. The livestock excrement also creates a massive amount of groundwater and river pollution.

### Water consumption in producing 1kg of food

1kg of bovine meat



15,400L

1kg of vegetables



300L

## BENEFIT HEALTH

A plant-based diet can significantly lower the risk of heart disease, diabetes, stroke, and cancer. It also contributes to a healthy intestinal tract, weight control, and a longer life.

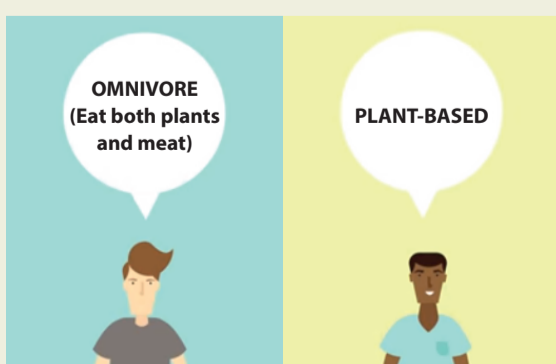


Researchers found that vegetarian diet reduces heart disease death risk by 40%.

## RECOMMENDED VIDEO

Is a Plant-Based Diet Really Better for the Environment and Your Health?

<https://youtu.be/aei-Xtt6tVw>



## REFERENCES

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