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FOOD: PLANT-RICH DIET

With TRANSITION NORTHWICH

Food for thought:

Thich Nhat Hanh,
Zen master

“Making the transition to a plant-based diet may well be the most effective way an individual can stop climate change”.

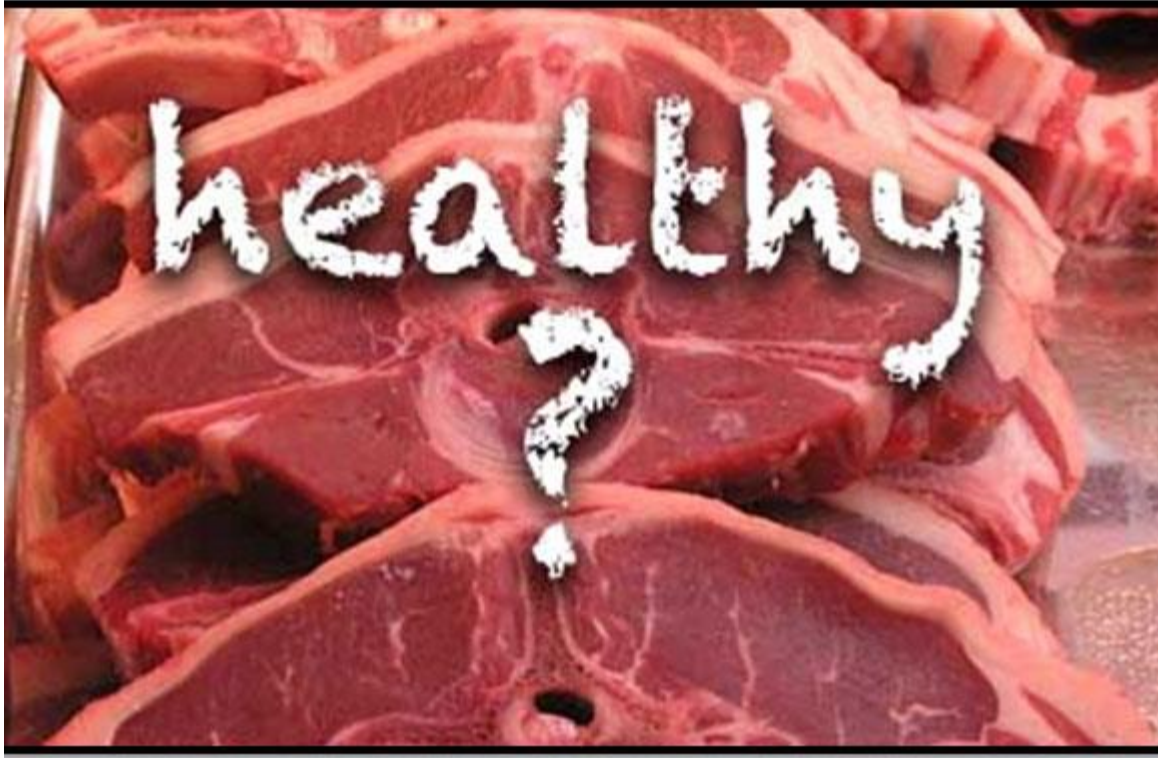
“Eat food. Not too much. Mostly plants”.

Michael Pollan



“The most conservative estimates suggest that raising livestock accounts for nearly 15% of global greenhouse gases emitted each year”.

Land use, land clearance, livestock food production...



“Overconsumption of animal protein also comes at a steep cost to human health”



“With billions of people dining multiple times of day, imagine how many opportunities exist to turn the tables”.

Eating lower on the food chain, lowering protein intake



“Business as usual emissions could be cut by 70% by adopting a vegan diet...”



... And 63% for a vegetarian diet which includes cheese, eggs and milk”.

“The potential health impact on millions of lives translates into trillions of dollars of savings”.

Health care costs, lost productivity, value of lives lost...

“eating is a profoundly personal and cultural. Meat is laden with meaning, blended into customs, and appealing to the tastebuds”.



“Meat substitutes made from plants are a key way to minimize disruption of established ways of cooking and eating...”



“In addition to meat imitation, the celebration of vegetables, grains, and pulses in their natural forms can update norms around these foods, elevating them to main acts in their own right, as opposed to sideshows”.

Plant-Based Main Dishes



“If 50% of the world’s population restricts their diet to a healthy 2,500 calories a day and reduces meat consumption overall, we estimate at least 26.7 gigatons of emissions could be avoided from dietary changes alone”.

Yotam Ottolenghi – vegetarian and vegan recipe book

Other books

Gifting to library

Which section in library are climate change books?

School libraries