

# IS OUR DIET COOKING THE PLANET?

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## The Meat Issue

**The richer we become, the more meat we tend to consume**

Our diets not only affect our own health and wellbeing, but also the health of our planet. The global meat and dairy production has increased threefold over the past 50 years. Historically, humans have not always had this immense appetite for meat and considerable differences in meat consumption still exist to this day, especially between the global North and South.

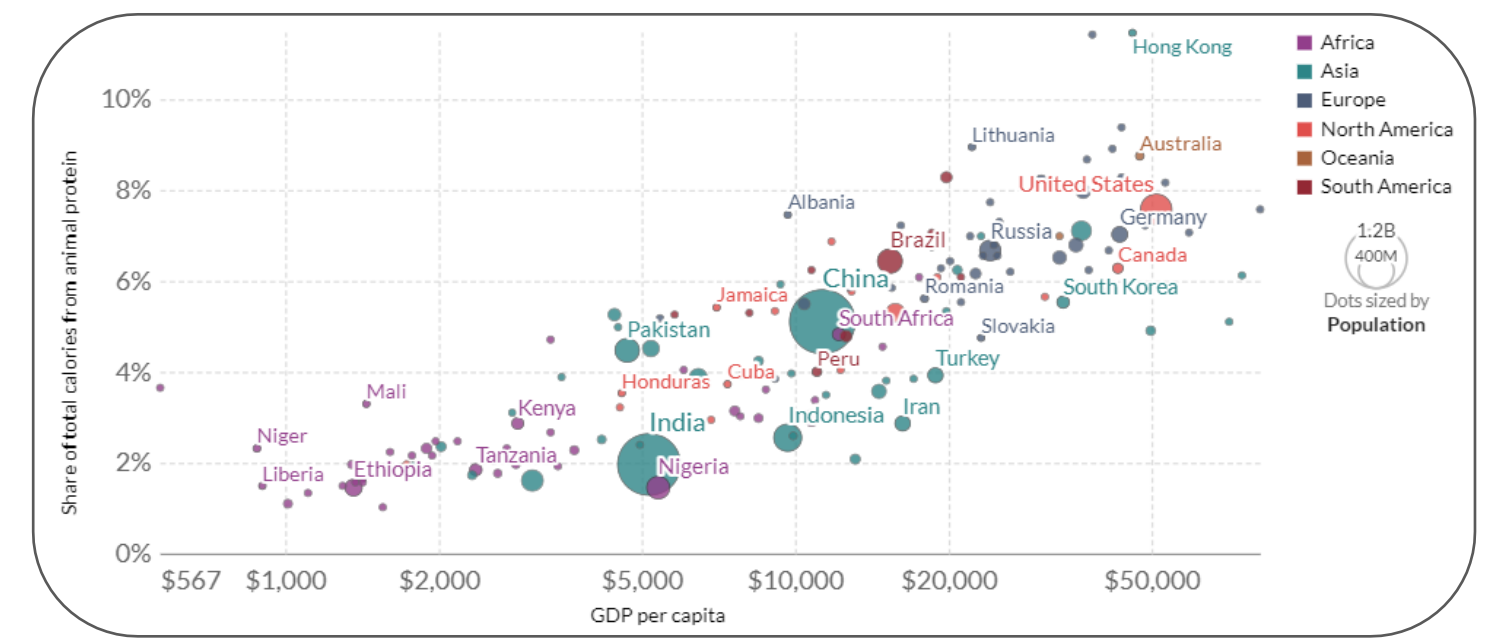
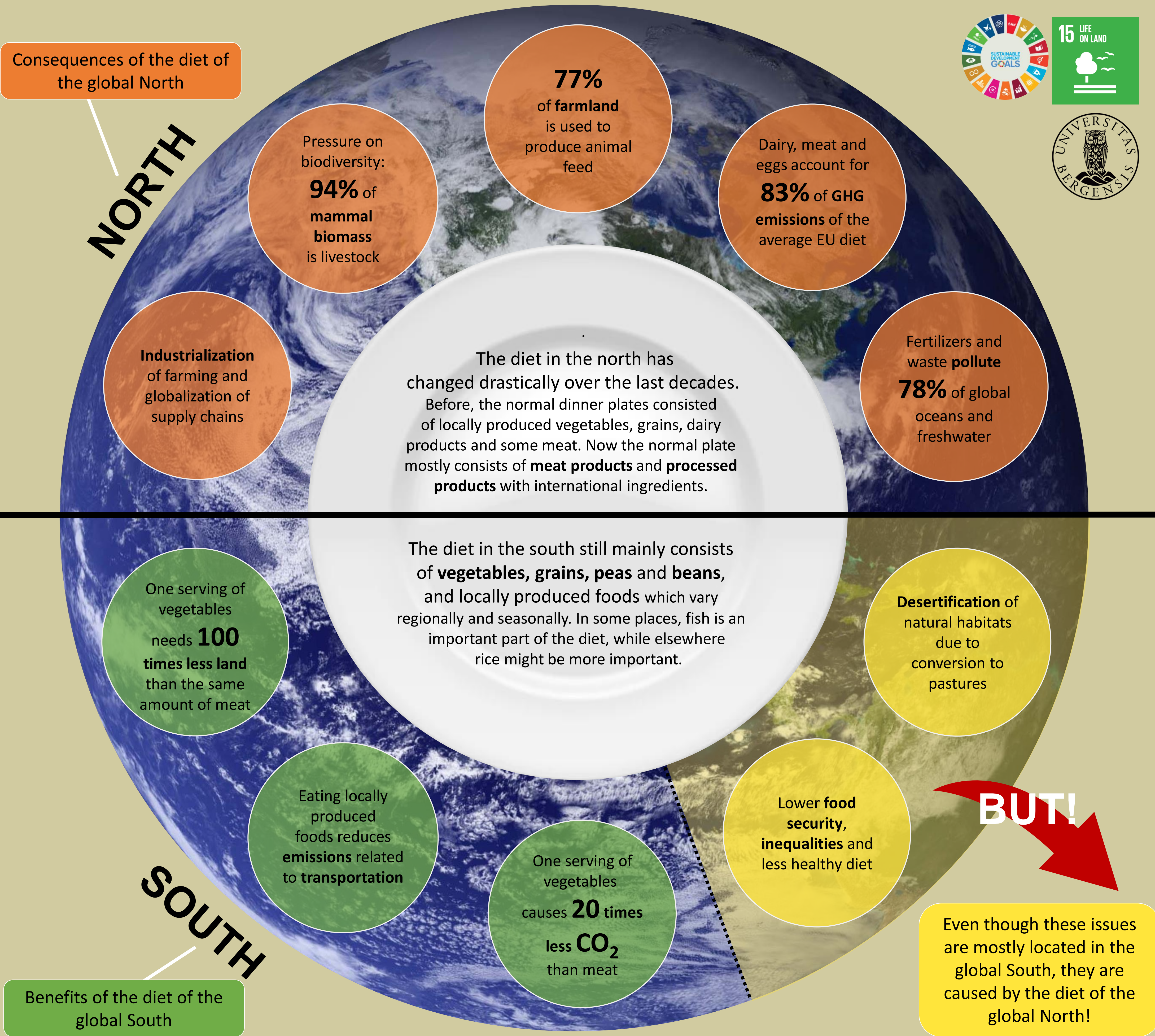


Figure 1: Average meat consumption per capita vs. GDP per capita, 2017

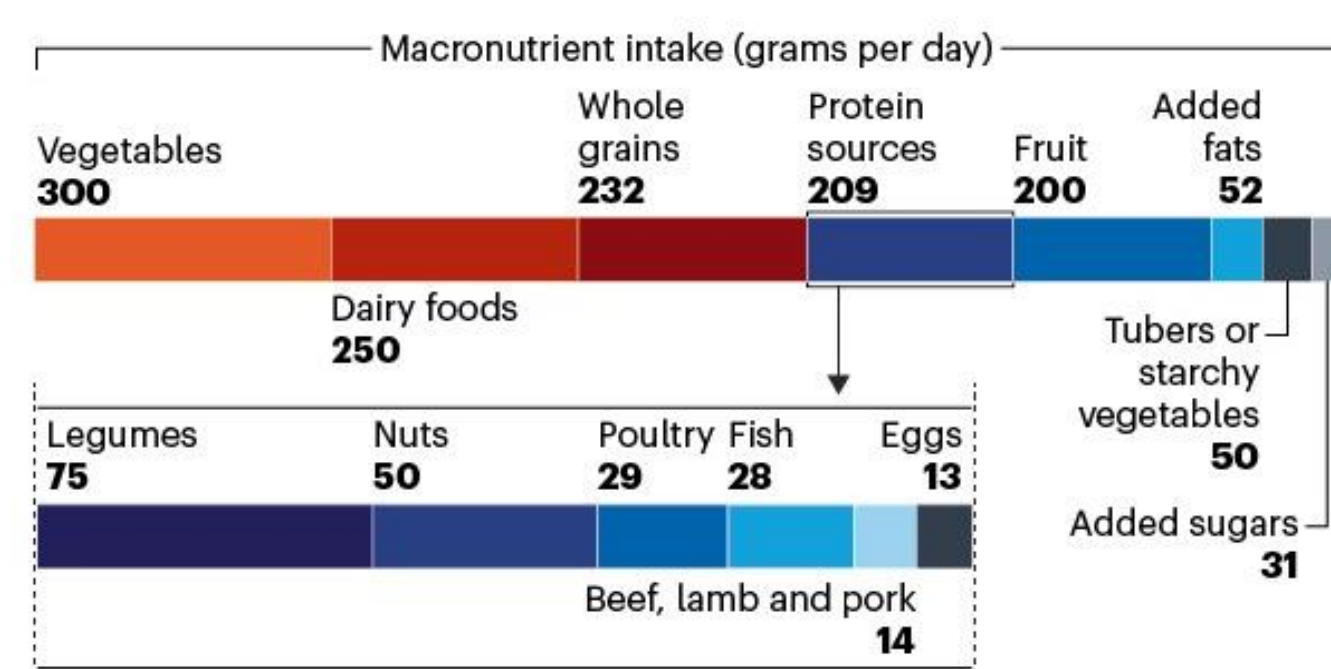


## The Future Diet To Save The Planet

If everyone shared the meat-heavy diet of the average American, the world could feed only **2.5 billion people**.

The **EAT-Lancet diet**: a global food plan to meet the needs of a growing population, while at the same time covering all the important nutrients. Aims at rich countries to increase **plant-based protein** and reduce meat-based protein sources.

Going back to the roots: growing your own food.



References can be found in our paper