## **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.

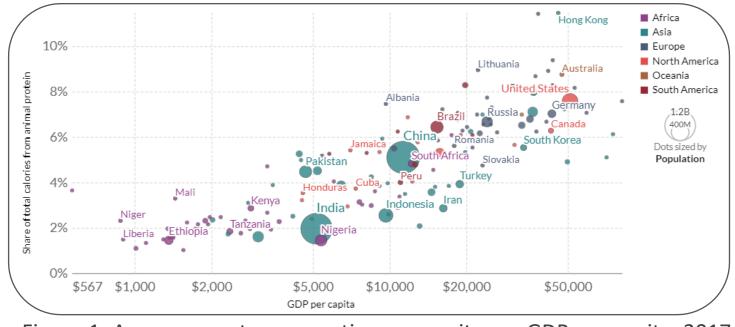


Figure 1: Average meat consumption per capita vs. GDP per capita, 2017



Industrialization of farming and globalization of supply chains

The diet in the north has changed drastically over the last decades. Before, the normal dinner plates consisted of locally produced vegetables, grains, dairy products and some meat. Now the normal plate mostly consists of meat products and processed products with international ingredients.

**Fertilizers and** waste **pollute** 78% of global oceans and freshwater

One serving of vegetables needs **100** times less land

than the same amount of meat

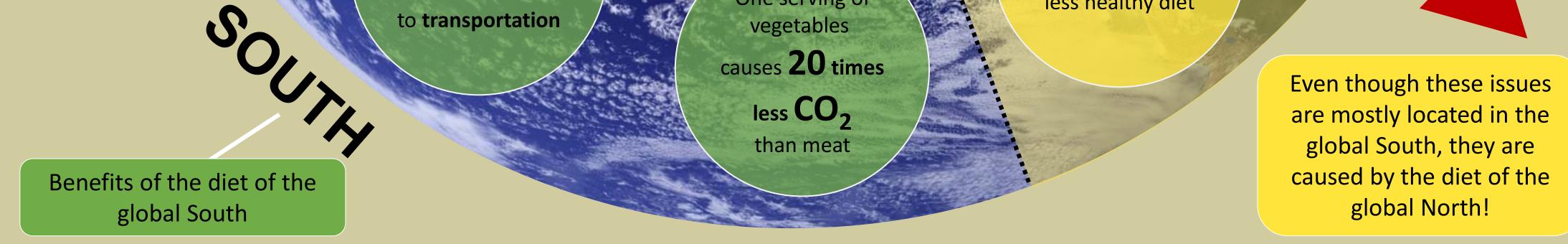
The diet in the south still mainly consists of vegetables, grains, peas and beans, and locally produced foods which vary regionally and seasonally. In some places, fish is an important part of the diet, while elsewhere rice might be more important.

**Desertification** of natural habitats due to conversion to pastures

Eating locally produced foods reduces emissions related to transportation

One serving of vegetables

Lower food security, inequalities and less healthy diet



## The Future Diet To Save The Planet

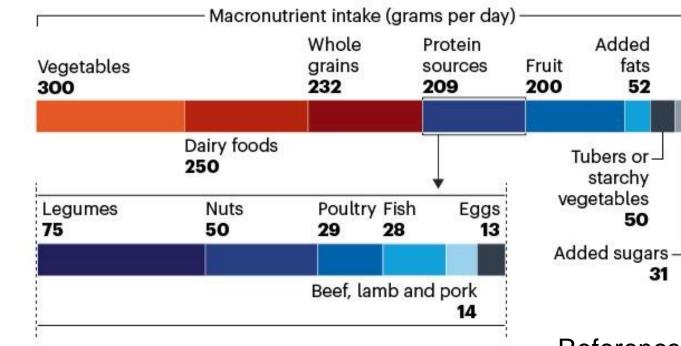
If everyone shared the meat-heavy diet of the average American, the world could feed only **2.5 billion people**.

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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

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