

## How veganism benefits the environment:

For a lot of people, it can be very difficult to make a change to their lifestyle. Some may think that vegetarianism is enough, but the dairy industry is even worse than the meat industry. Veganism has a lot of benefits, and one very important benefit is helping the environment.

How does going vegan help the environment? You may think that one person's change can't make a difference, but if everyone had that mindset then change would never happen. Veganism is becoming more and more popular in recent years. According to a recent report on food and climate in the journal of Proceedings of National Academy of Sciences, if everyone went vegan, the world's food-related emissions would drop 70% by 2050. According to Peta, it takes up to 7,500 liters of water just to produce one steak. Peta also reports that raising animals for flesh, dairy and eggs causes 65% of all nitrous-oxide emissions. The amount of plants that farmers use to feed animals is enough to end world hunger. Only 6% of the world's soy is consumed by humans, but 70% is fed to livestock, according to [www.onegreenplanet.org](http://www.onegreenplanet.org). So, by consuming meat and/or dairy and egg products, you're supporting the farmers that use inhumane techniques to raise livestock that harms the environment. If you eat a heavily meat diet, your carbon footprint is estimated to be up to 16 pounds of CO<sub>2</sub> every day, whereas if you're vegan your daily carbon footprint is estimated to be an overwhelmingly smaller 6.5 pounds of CO<sub>2</sub>, Peta reports.

It's unrealistic to change completely, but even just reducing your meat consumption can benefit the environment significantly. You can make an impact just by excluding meat from two of your meals every day, or by eating a plant-based diet one day a week. Try experimenting by buying different kinds of plant-milk, my favourite is oat milk. If you can, going plant-based would be the ideal lifestyle. Veganism doesn't stop at the environment, there's plenty of other benefits. To learn more, I recommend that you watch some documentaries, on Netflix there's currently a few great documentaries about a plant-based lifestyle and how veganism helps the environment. Some of my favourite documentaries are 'Cowspiracy', 'What The Health', 'The Game Changers' and David Attenborough's 'A Life On Our Planet'. Whether you decide to reduce your consumption of animals and their products, or if you're going full on plant-based, you're doing an excellent thing for the environment and I'm so proud of you! I couldn't recommend a plant-based lifestyle enough.

*By Nathalie Sturzel*