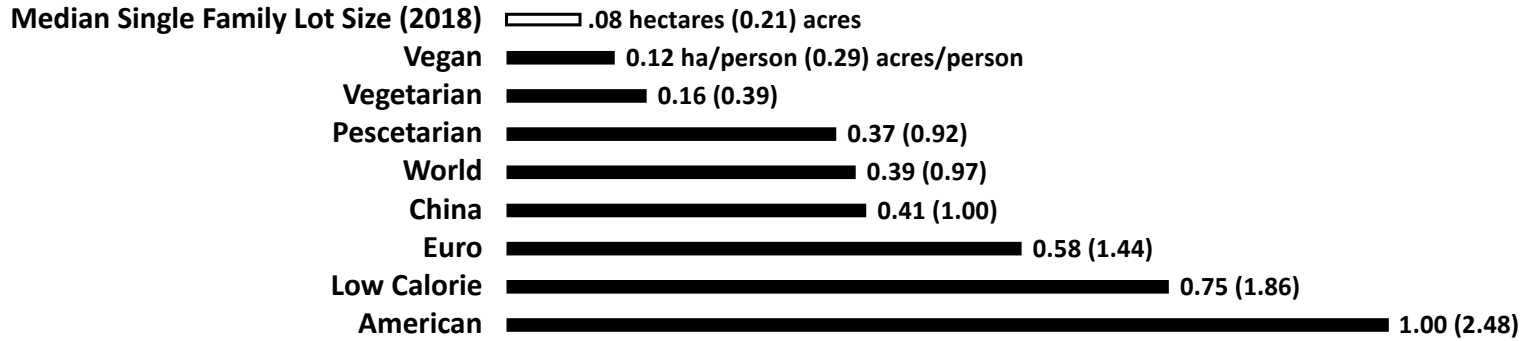
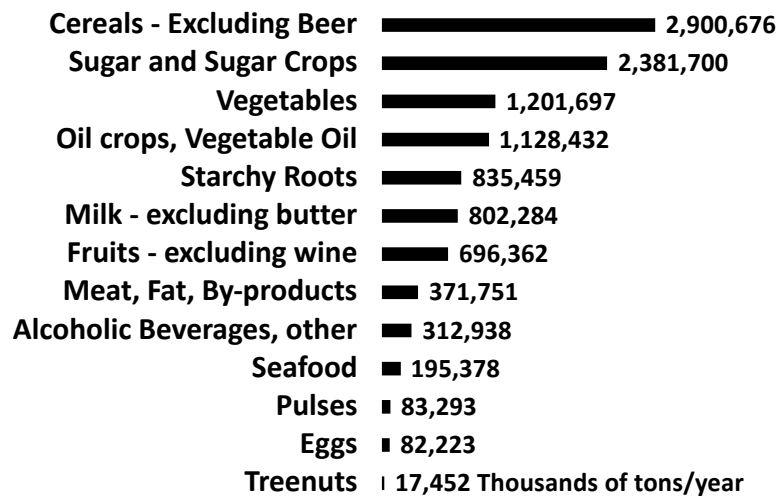


Land Use by Diet, Per Capita



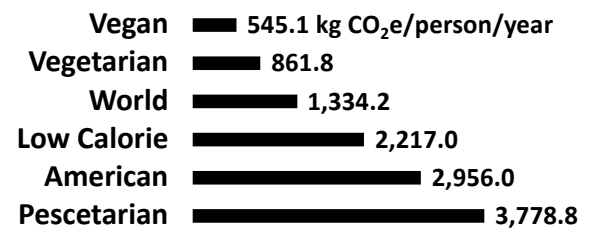
Sources: Clark & Tilman, Froehlich et al., Food and Agriculture Organization, U.S. Census Bureau

Crop Production - World



Average world crop production from 2014-17, as reported by FAOSTAT's New Food Balances, Food and Agriculture Organization of the United Nations. "FAOSTAT".

GHG Emissions by Diet

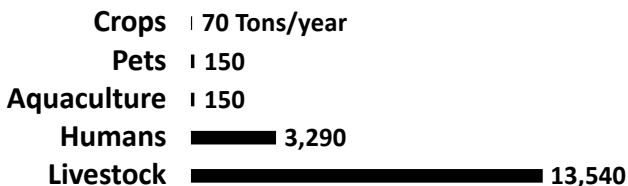


Sources: Clark & Tilman, Froehlich et al., Food and Agriculture Organization



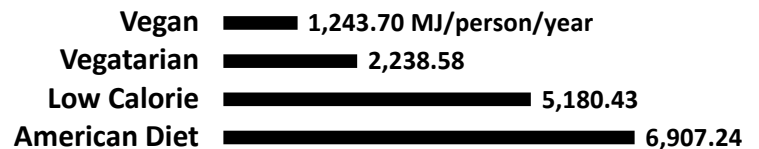
Research by Michael Goff, initial graphics and selection by Lee Nelson, layout and further selection by John van der Harst, and final graphics by Richard Burd and jye, 3/16/2023

Antibiotic Use - U.S.



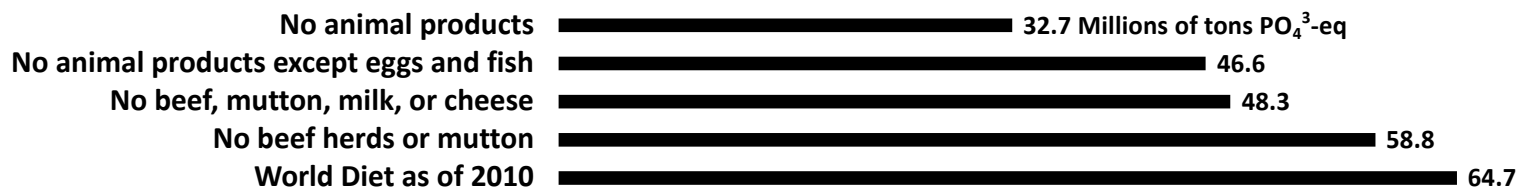
Hollis, A., Ahmed, Z. "Preserving Antibiotics, Rationally". New England Journal of Medicine 369, pp. 2474-2476. December 2013.

Energy Use in Food Production by Diet



Food and Agriculture Organization of the United Nations. "FAOSTAT". Clark, M., Tilman, D. "Comparative analysis of environmental impacts of agricultural production systems, agricultural input efficiency, and food choice". Environmental Research Letters 12(6). June 2017.

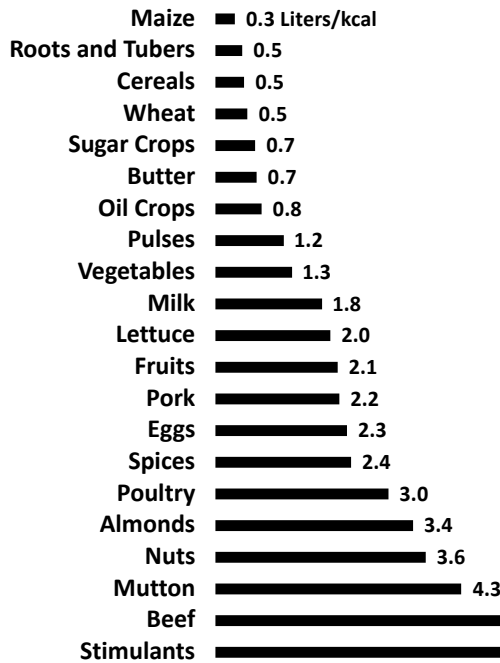
Eutrophication by Diet



Note: Eutrophication is the damage to aquatic ecosystems resulting from nitrogen and phosphorous runoff.

Poore, J., Nemecek, T. "Reducing food's environmental impacts through producers and consumers". Science 360(6392), pp. 987-992. June 2018.

Water Consumption in Food Production



Water Usage in Food



Sources: Food and Agriculture Organization of the United Nations. "FAOSTAT".

Mekonnen, M., Hoekstra, A. "The green, blue and grey water footprint of crops and derived products". Value of Water Research Report Series No. 47, UNESCO-IHE, Delft, the Netherlands. December 2010.

Mekonnen, M., Hoekstra, A. "The green, blue and grey water footprint of farm animals and animal products". Value of Water Research Report Series No. 48, UNESCO-IHE, Delft, the Netherlands. December 2010.

Food and Agriculture Organization. "Nutritive Factors". Accessed January 7, 2020.

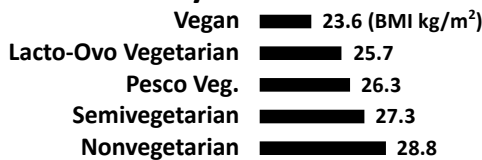


Research by Michael Goff, initial graphics and selection by Lee Nelson, layout and further selection by John van der Harst, and final graphics by Richard Burd, 2/24/2023

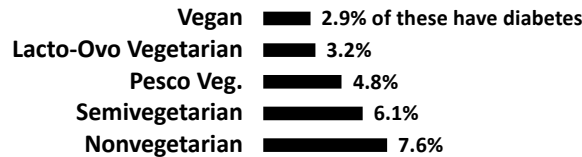
Sources: Crop and Animal Product Data – Mekonnen and Hoekstra Mass to Calories Conversion - Food and Agriculture Organization

DIRECT HEALTH IMPACTS

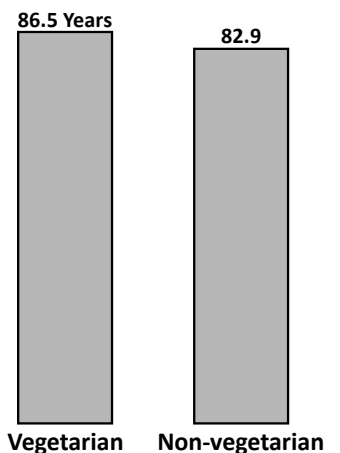
Body Mass Index



Diabetes Rate of Treatment

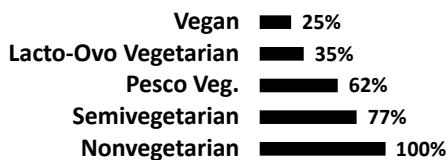


Life Expectancy by Diet



Sing, P. N., Sabaté, J., Fraser, G. E. "Does low meat consumption increase life expectancy in humans?". The American Journal of Clinical Nutrition 78(3), pp. 526S-532S. September 2003.

Hypertension Relative to Nonvegetarian Diet



Ischemic Heart Disease Relative to Nonvegetarian Diet

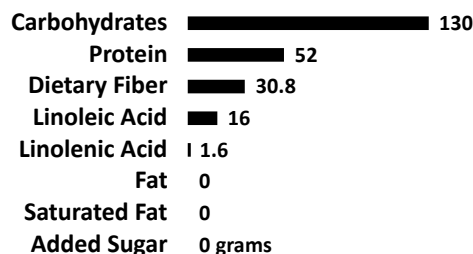


NOTE: These are the chances of contracting the disease relative to a nonvegetarian so that if a nonvegetarian has a 12% chance of developing hypertension, a vegan only has a 3% chance (25% of 12%) of contracting hypertension

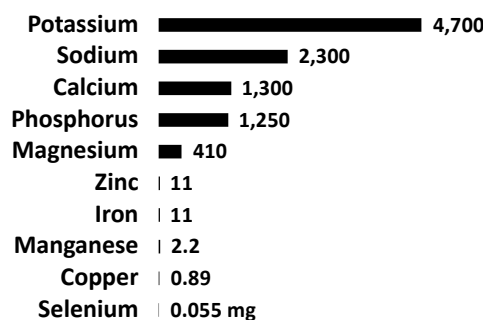
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- 1.) Craig, W. J. "Nutrition Concerns and Health Effects of Vegetarian Diets". Nutrition in Clinical Practice 25(6), pp. 613-620. December 2010.
- 2.) Dinu, M., Abbate, R., Gensini, G. F., Casini, A., Soti, F. "Vegetarian, vegan diets and multiple health outcomes: A systematic review with meta-analysis of observational studies". Critical Reviews in Food Science and Nutrition 57(17), pp. 3640-3649. November 2017.
- 3.) Liu, H., Tsai, W., Liu, J., Kuo, K. "Association of Vegetarian Diet with Chronic Kidney Disease". Nutrients 11(2): 279. February 2019.
- 4.) Marsh, K., Zeuschner, C., Saunders, A. "Health Implications of a Vegetarian Diet: A Review". American Journal of Lifestyle Medicine 6(3), pp. 250-267. May 2012.

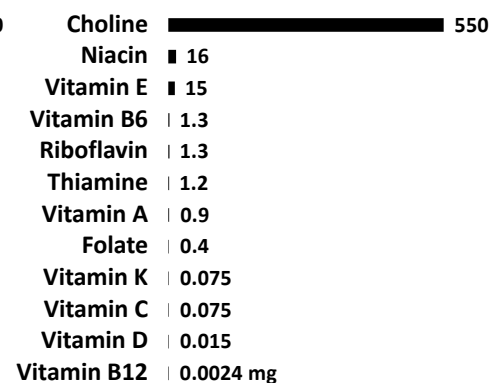
Recommended Daily Dietary Intake



Minerals



Vitamins



Sources: Crop and Animal Product Data – Mekonnen and Hoekstra Mass to Calories Conversion - Food and Agriculture Organization