Why people interested in sustainability should move towards a plant-based diet

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Some terms

- Concentrated animal feeding operation (CAFO)
- Factory Farm
- Vegetarian
- Plant-based
- Vegan
Why move towards a plant based diet?

Better for the planet, better for animals, and better for you
Waste
Oceans

Fishless oceans by 2048
Water

1 Hamburger = 660 Gallons Water = Equivalent to showering for 2 months
Pollution
Food scarcity

- We have more than enough food to feed the world’s population
It does make a difference!

- Significant decrease in the number of animals killed
Be a plant-based office or organization!

- Lead by example
- Less animal products in attendees diets
- Plants the seed
So how do you move towards a plant-based diet?
Find your “why”

- Know why you’re making these choices
Go slowly

- Phase it out
- You don’t have to do it all at once
Be informed!

- Read the label
  - Animal products are everywhere
  - But some (surprising) products are vegan
- Don’t be afraid to ask questions!
B12

- Take a B12 supplement or eat food fortified with B12
- Fortified foods:
  - Breakfast cereal
  - Nutritional yeast
  - Vegetarians too!
Listen to your body

- It takes a while to find the right balance of foods
- Iron and protein
- Get educated
  - Plant-based doesn’t necessarily mean healthy
It can be hard in the dining hall, but not impossible!

- Ask questions
- Rice and salad bar
- Vegetables
- Get creative!!
It’s okay to slip up!

- It’s okay to make a mistake
- Focus on why you’re making these diet choices
  - You don’t have to be perfect
Resources...

- Eating Animals- Jonathan Safran Foer (book)
- Cowspiracy (documentary)
- Aph Ko- [https://aphko.com/](https://aphko.com/) (writer)
- Black Vegans Rock
- Mercy for Animals[https://aphko.com/](https://aphko.com/)
- Farm Sanctuary
- YouTube