



CLIMATE CLUB

PLANT BASED DIETS



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What we eat has a powerful effect on the planet. Shifting away from meat - especially beef and lamb - is one of the most effective ways individuals can cut greenhouse gas emissions, protect ecosystems, and use Earth's resources and animals more ethically.

1. Major Carbon Savings

- Livestock farming is responsible for about 14–18% of global greenhouse gas emissions — more than the world's transport sector combined.
- Cutting out or reducing red meat can halve the climate impact of your diet. Switching to a mostly plant-based diet can reduce your food-related carbon footprint by up to 50%.

2. Protects Forests and Wildlife

- Vast areas of rainforest and grassland are cleared for grazing and animal feed crops.
- A plant-based diet requires around 75% less land than a meat-heavy one — freeing space for rewilding and carbon storage.

3. Saves Water and Resources

- Producing meat uses huge amounts of water - up to 15,000 litres per kilogram of beef.
- Plant foods are far more efficient than animal foods: less land, less water, and less energy per kcal.
- Reducing meat consumption helps global food systems to become more sustainable.

4. Reduces Pollution

- Livestock farming produces methane, nitrous oxide, and ammonia, contributing to air pollution, acid rain, and water contamination.
- Shifting to a plant-based diet helps cut agricultural pollution and improve soil and water health.

5. Supports a Fairer Food System

- Raising animals for food takes up most of the world's farmland but provides <20% of global calories.
- Choosing plant-based meals helps ensure that land and crops feed more people, not just livestock — a more efficient, equitable use of resources.

6. Financial and Lifestyle Upside

- Plant-based meals are often cheaper, using ingredients like beans, lentils, and grains.
- Lower meat consumption supports better health and reduced risk of serious diet related illnesses.

7. Animal Welfare issues

- Industrial fish and meat production is awash with welfare issues that are often hidden from view.
- Moving to plant based meals means reduced animal suffering and healthier ecosystems.