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The main arguments for a meatless diet can be broken down into two categories: ecological and nutritional.

First, the ecological argument for a meatless diet.

In order to provide the entire world with enough meat,

83% of all farmland is used on livestock which makes up 26% of earth's total land area (1).

Moreover, the meat industry makes up 15% of all greenhouse gas emissions.

Therefore, research (1) has shown that a global 50% reduction in animal products delivers a 20% reduction in greenhouse gas emission whereas a "no animal products" (vegan) approach delivers a 28% reduction. So, those diets have a positive impact on climate change.

Second, the nutritional side of the argument.

Meat isn't unhealthy by itself as no study properly proved its long-term effect on our health.

However, processed meat is heavily criticised by the scientific community:

It increases the risk of strokes (13%), diabetes (51%), colorectal cancer (18%) and coronary heart diseases (42%) per portion of 50 grams (2).

Every replacement for meat isn't particularly better as it may create some nutritional deficiencies but diversifying our diet plan can have a huge positive effect on us in the long run.

In conclusion, anyone who can afford to switch to a meat-free diet should look into it.

However, it remains an ideal for most of the population and eating less meat is not healthier for you but also for the planet.

Limiting our meat consumption to approximately one small steak a week (3) is more realistic and might encourage everyone to figure out their own well-balanced diet.

Personnaly, I am in the middle of figuring things out and I am enjoying the process so far.

Sources:

(1) <https://science.sciencemag.org/content/360/6392/987>

(2) <https://academic.oup.com/aje/article/179/3/282/103471#797877>

(3) <https://www.thelancet.com/commissions/EAT>