

RUNNING HEAD- SHOULD HUMANS CONVERT TO LACTO-OVO VEGETARIANISM?

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Humans should convert to Lacto-ovo vegetarianism, a diet consisting of no meat products, because it helps decelerate global warming, and reduces the use of environmental resources, yet can cause health issues if done incorrectly and will decrease the amount of money that countries can make off of meat.

Vegetarian diets contribute positively to global warming

According to Goodland, Anhang, (2009) ...But our analysis shows that livestock and their byproducts actually account for at least 32,564 million tons of CO₂e, or 51% of annual worldwide GHG emissions. This amount easily qualifies livestock for looking on ways to address global warming.

Since these animals are commonly raised by humans, the abstinence of meat from diet is a major milestone as raising animals to eat on these farms emits methane and nitrous oxide which commit majorly to global warming. If we as humans go vegetarian, it lowers the need for raising animals which means less methane production from them and decelerated global warming.

For this sourced quoted, we have Robert Goodland, who is a recently deceased biology and ecology major who worked for the World Bank for 23 years on mostly environmental policies and in 2008, earned the first Harold Jefferson Coolidge medal. His passion in caring for the environment to an extreme sense was a clear part of his reputation.

According to Various Global Authors from IPCC, (2015), “Consumption of vegetation by animals & microbes accounts for about 220 gigatonnes of CO₂ per year. In contrast, when you combine the effect of fossil fuel burning and changes in land use, human CO₂ emissions are only around 29 gigatonnes per year.”

Clearly, animals account for quite a bit of climate change, even though they themselves are not changing it. Humans have upset the balance of the nitrogen cycle with their production and as such, a way to decelerate it is through animals. Since livestock, or animal products, account for such a large amount of CO₂, a greenhouse gas (GHG), annually, becoming vegetarian would help reduce the effects of global warming due to what it takes to raise livestock.

The Intergovernmental Panel on Climate Change is an UN monitored organization founded 27 years ago by Bert Bolin which aims to find the impacts of human-induced climate change, and

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how the Earth can adapt and mitigate. The member countries are all voluntary members and the studies used by the IPCC are sometimes peer-reviewed.

We can conclude that since livestock usage accounts for a large amount of GHGs and vegetarian diets simply dismiss consuming livestock, vegetarianism contributes positively to global warming.

Vegetarian diets reduce the amount of environmental resources required for use in agriculture

An example of how vegetarian diets reduce environmental resource usage is that according to Spooner, (2015), ...currently, one-third of the world's freshwater and one-third of global cropland is used to produce feed for livestock. With the desert moving at a rate of up to 5km per year, in West Africa it is estimated that 319 million hectares of land is vulnerable to desertification hazards. Soil erosion is also of great concern and has already reduced Africa's grain harvest by 8 million tons, or roughly 8%.

Desertification and soil erosion are happening in areas of Africa, and since currently, one-third of the world's freshwater and global cropland is used to produce feed for livestock, that land must be for use for growing human populations as we don't have space anymore for this scale of livestock production. Becoming vegetarian reduces the amount of land needed for agriculture which is extremely vital to future human survival.

The author of this publication is Samantha Spooner, who is an editor at MG Africa with education from the School of Oriental and African Studies and write articles about various issues pertaining to Africa only, however none are related to the topic being discussed in this essay. The company which she works for currently, MG Africa, has won various awards like the CNN African Journalism award.

Along with the lowered amounts of land usage in vegetarian diets,

According to (Marlow, 2009), "the amount of water used when comparing vegetarian and non-vegetarian diets is expressed in a ratio. It was found that 2.9 times as much water was used in the production of non-vegetarian diets compared to vegetarian diets."

As stated by this source, almost 3 times as much water was put into use comparing the two types of diets. Since only 2% of the water left on Earth is water ready for consumption, and is currently being thrown around by things such as water privatization and such, reducing the need for water in our personal diets from livestock has positive effects on the conservation of available water supplies.

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Harold J. Marlow is one of the authors of this publication and has only two other publications both relating to health with his education coming from Loma Linda University School of Public Health. He is also one of the keynote speakers for "Entrusted: Christians and Environmental Care," which likely speaks volume to his personal connection to the environment given that he relates it to something like his personal religion.

Therefore, since our land and water supplies are dwindling because of our livestock, we should be vegetarian to improve these global issues.

Vegetarian diets can if done incorrectly cause poor effects to health.

According to Burkert, (2014), "Several studies have shown the mental health effects of a vegetarian diet to be divergent. Vegetarians in our study suffer significantly more often from anxiety disorder and/or depression. Additionally, they have a poorer quality of life in terms of physical health, social relationships, and environmental factors."

In this study, it was shown through their test subjects that those with vegetarian diets can suffer various health issues. The prevalence of deprecating mental health leads me to believe that those who become vegetarian try to better themselves in the depression process, yet the vegetarian decision leads to worse physical and mental health problems. It is very difficult to maintain vegetarian diets, hence physical health problems correlated with vegetarian diets.

These key points were made by Nathalie Burkert, who is the main author of this article who has education at the Institute of Social Medicine and Epidemiology in Austria as well as being a reviewer of multiple science journals. Although, her publication cited has opposite conclusions in it, one supporting vegetarians and one not.

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Vegetarian diets not only have poor effects on mental health if done incorrectly, but also physical health.

According to Lane, (2014) “The lack of vitamin B12, which is seriously deficient in Vegan diets is the main cause of the interjection by federal health officials in Switzerland, who have warned denying children access to animal-derived food at an early age can cause health problems.”

Vitamin B12 is used for nervous system development and the production of blood, which are obviously extremely essential for young children. Vitamin B12 is mainly gotten from meat, as 5 out of the 10 foods with the highest amount of vitamin B12 are different types of meat animal products. Becoming vegetarian would decrease the amount of vitamin B12 someone could get since vegetarian diets entail eating no meat. Therefore, the lacking of meat in diet often leads to nervous system developmental problems.

Oliver Lane is an active longstanding journalist for Breitbart, a European news source that describes itself as a right-wing source. He has an M.A. in Intelligence and International Security and writes articles relating almost exclusively to politics and military.

Vegetarian diets can be unhealthy considering the mental and physical effects, and who they can apply to. These two global examples exercise this point.

Vegetarian diets will decrease the amount of profit that countries can make off of meat.

According to Potts and White, (2008) “In contemporary New Zealand, the income from animal farming is significant: The Ministry of Agriculture and Fisheries (2006) estimated that New Zealand earned six times more revenue from animal sources (cattle, sheep, deer, and poultry) than it did from horticultural sources.”

New Zealand, a country known so heavily for its meat, earns quite a bit of money in its livestock compared to vegetarian-like foods. If humans go vegetarian, the exports of New Zealand will decrease, leading to less money to buy goods and support families for all of their citizens.

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Dr. Annie Potts, the author of this information, has written articles on two key domains of research for 20 years, those being Human-Animal Studies and Sexuality Studies, although her information in this article may be skewed due to the obvious intentions of the author supporting vegetarianism. She is currently a professor at the University of Canterbury in New Zealand.

This example shows how the culture and economic standings could be impacted, although mostly negative and this next example speaks of poverty.

According to (Workman, 2015), “various types of meat altogether make up 6.8%, or \$15.4 Billion US dollars’ worth of Brazilian exports.”

Exports of a country are one of the ways that they make money to buy imports from other countries, which are supplies that a country needs. Taking away such a large export in Brazil will decrease the amount of imports that can be made, leading to more poverty among the people. Given that many countries like Brazil are not the most stable in terms of economic fluctuation, although Brazil is not the most extreme example, removing meat by becoming vegetarian will damage many countries around the world.

Daniel Workman is the founder and only author of World’s Top Exports and has a degree in Business Systems Analysis and Design from Ryerson University. Workman’s primary objective is to analyze already available data, indicating a lack of expertise in the inner workings of the information.

Becoming a vegetarian was always seen as a positive towards the world that I live in as my surrounding friends all became some standard of vegetarian to not contribute to the industry due to the positive effects listed about vegetarianism and while these reasons were very true, in my research I found important global concerns that almost outweigh my former judgement. Reducing exports of a country is something that really can’t be recovered from unlike health concerns because you can’t make a country have more resources. For the future, this isn’t a clear yes or no question as based on the areas that you as a person live, it can affect you negatively and positively. Every person for the future should ask themselves the personal question of how it could help your life and how it could affect others since no one can realistically expect everyone on the planet to convert to a specific lifestyle. If you personally believe that question to be yes, then convert to that lifestyle, and vice versa. Research should really be done on how becoming vegetarian can reduce planet temperatures considering only information on how much they contribute is present, but not the aftereffects. I personally believe that despite the positive contributions vegetarian diets bring, I would rather not convert and stay an omnivore until other factors in my life tell me otherwise.

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Lacto-ovo vegetarianism is a substantial beneficiary towards the world that we live in, as it decelerates global warming, and reduces the amount of environmental resources needed for agriculture, nevertheless vegetarian diets improperly handled can be disruptive to our health, and takes major exports of some countries completely away.

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