

Are there other benefits to eating this way?

Environmental benefit of a plant-based diet:

In addition to the many health benefits of a plant-based diet, one may be interested to know that eating this way can have far-reaching benefits on the planet and all of life.

Several environmental specialists employed by two United Nations agencies (The World Bank and International Finance Corporation) have estimated that at least 51% of human-caused greenhouse gases is attributable to livestock.

Within five years (according to an article written in 2012), greenhouse gas may increase to irreversibly catastrophic levels if nothing is done to change course, according to the UN Intergovernmental Panel on Climate Change (IPCC) and the International Energy Agency.

How we can save more animals (for those animal lovers out there)

Another benefit of the plant-based diet according to an animal advocacy group is that each person that switches to a completely plant-based diet can save up to 200 animals annually. How? The less people consume animal products, the less they are produced due to a reduction in demand which translates to reduced production which means less animals sacrificed for food.

Great websites about healthy plant-based nutrition

www.pcrm.org

www.nutritionfacts.org

Documentaries about Food

Forks Over Knives	Fed Up	Food, Inc.	Genetic Roulette
Engine2 Kitchen Rescue	Vegucated	Healing Cancer from Inside Out	Eating
Fat, Sick, and Nearly Dead			

References:

Bittman, Mark, "FAO Yields to Meat Industry Pressure on Climate Change", July 11, 2012; New York Times

The following websites: www.ipcc.ch, www.nutritionfacts.org, www.pcrm.org, www.peta.org