

go vegetarian

for a healthier body and planet



overview

what is a vegetarian

why go vegetarian

proper nutrition

taking action



01

**what is a
vegetarian**

what is a vegetarian

01 a definition

02 types of vegetarians





what is vegetarianism?

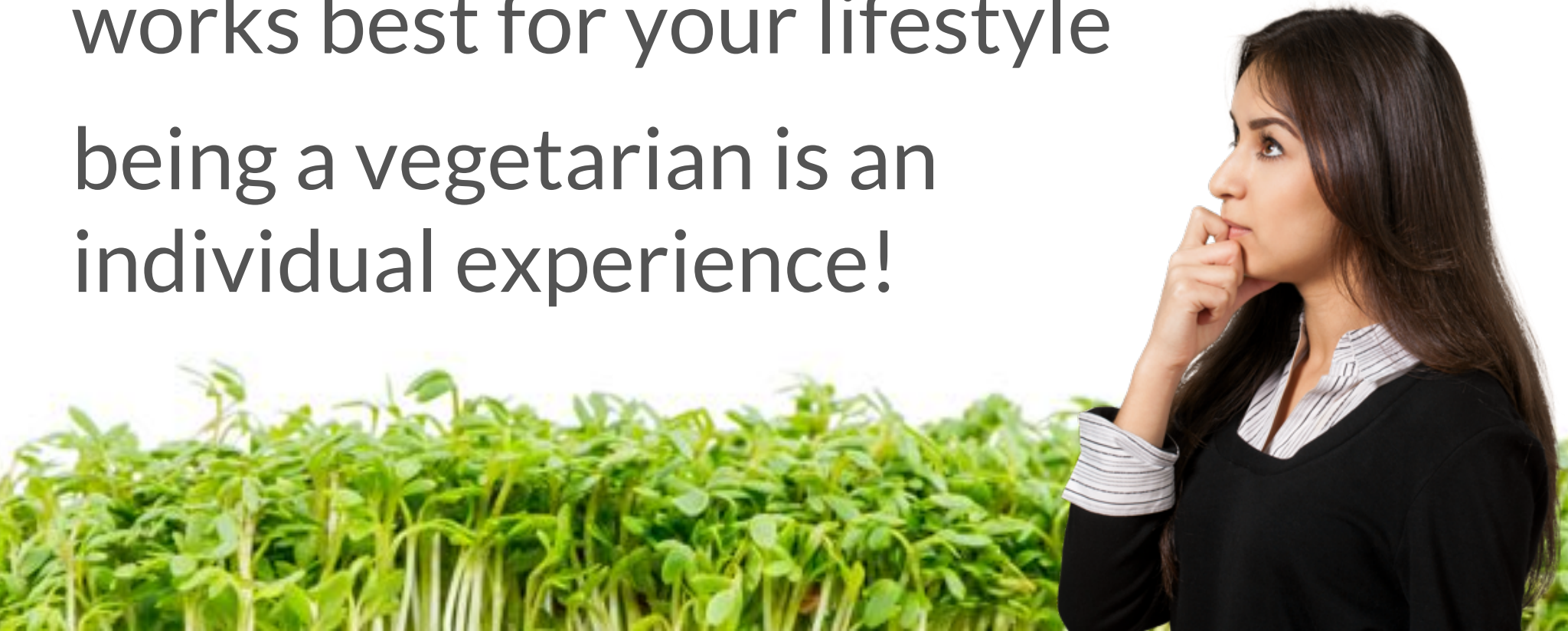
*the practice of not consuming
meat or fish*

but there are several kinds of
vegetarians that exclude
various products from their
diets

there are types of vegetarians?

yes, and you can choose the form that works best for your lifestyle

being a vegetarian is an individual experience!



most common kind of vegetarianism

the kind of vegetarian most
people imagine are those that
don't consume meat, but do
consume dairy & eggs

these are called lacto-
ovovegetarians



types of vegetarians

ovo vegetarians:
don't consume
meat/dairy, do
consume eggs

lacto vegetarians:
consume dairy,
don't eat eggs/meat



types of vegetarians



pollotarians:
vegetarians
that consume
chicken



pescatarian:
vegetarians that
consume fish

02

why go
vegetarian

why go vegetarian

- 01 decrease carbon footprint
- 02 lower water usage
- 03 reduce air pollution
- 04 health benefits



decrease your carbon footprint

"The combined climate change emissions of animals bred for their meat were about 18%...more than cars, planes and all other forms of transport put together."

"Livestock farming ranks as one of the three greatest sources of climate changing emissions and one of the largest contributors to environmental degradation."

decrease your carbon footprint



When cows digest food, they create and then emit massive amounts of methane.

"Methane is one of the most egregious of greenhouse gases, roughly **25 times more potent at trapping heat than carbon dioxide.**"

reduce water usage

to grow one
pound of:
potatoes

it takes:

27

wheat

49

corn

76

rice

104

milk

1000

chicken

1500

beef

9000

liters of water

clean up the air

“Nearly

two thirds

of the manmade ammonia – a **major contributor to acid rain** – is also generated by livestock.

In addition, concentrated factory farming of animals contributes to

ozone pollution.”

A pair of hands is shown from the wrists down, cupping a bright red heart. The hands are positioned on the left side of the frame. The background is a light blue surface with horizontal wooden planks. The text is overlaid on the right side of the image.

health benefits

Vegetarians consume less
saturated fat & cholesterol,
than meat eaters,

and are more likely to have
**lower total & bad cholesterol
and blood pressure.**

health benefits

Altogether, this results in a
lowered risk of

heart disease, cancer, and type 2 diabetes

for vegetarians.

03

**proper
nutrition**

proper nutrition

- 01 protein
- 02 iron
- 03 vitamins D & K
- 04 vitamin B12



it's a myth that vegetarians can't get proper nutrition

According to the American Heart Association, the lacto-ovovegetarian diet most definitely allows individuals to meet basic nutrient needs.



protein

It's not just meat!

Vegetarians get protein from:

peas, beans, lentils, chickpeas,
seeds, nuts, soy, and whole grains



iron

There are many sources of non-heme iron for vegetarians:

spinach, beans, lentils, nuts, seeds, potato with skin, enriched rice or bread, and fortified breakfast cereals

vitamins D & K

Leafy green vegetables contain vitamins D & K, as do fortified foods and:

soy milk, rice milk, organic orange juice, breakfast cereals, eggs, and some dairy products like cheese

vitamin B12

Vitamin B12 naturally occurs in animal products, but is also in many fortified products:

breakfast cereals, nutritional yeasts,
eggs, milk, soy milk, rice milk, and
other dairy products

now apply this knowledge!

try to slowly
incorporate these
changes into your diet —
explore with different
recipes and find new
ways to make
vegetarianism your
own.



04

taking action

taking action

- 01 phasing out meat
- 02 finding a community
- 03 making a delicious experience



slowly phase out meat from your diet

start with red meat — it has the
largest carbon footprint — and keep
taking steps

move on to poultry, then fish, and
then all animal products

go as far as you feel comfortable

join the vegetarian community

the journey is easier if you can get advice from people also going through it

find Facebook groups, role models, or lifestyle bloggers on Instagram or anywhere online

learn vegetarian recipes

this doesn't just mean salads — look for vegetarian cookbooks, peruse Youtube, or check out these bloggers:

<http://withfoodandlove.com>

<https://naturallyella.com>

<http://www.greenkitchenstories.com>

<http://www.101cookbooks.com>

welcome to the wonderful world of vegetarianism!



Thank You

FOR BEING A PIONEER OF
CHANGE AND CREATING A
WORLD THAT IS KIND TO ITS
PEOPLE AND ITS HOME

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