

# “Consider re-considering your diet”

The Bethlehem Gadfly Environment December 11, 2020

 *Latest in a series of posts on the environment* 

ref: **“the type of food you eat is the most critical factor in reducing your food footprint”**

Gadfly:

The Best Gift you Could Give, Ever?

Water Crisis? Yes.

This is a major global concern as water for drinking and agriculture is in dangerously short supply in many parts of the world, including our own west. (4,5)

Eat “Lower on the Food Chain”

This is part of the reason “eating lower on the food chain” — a more plant based diet — is much better for preserving our natural habitats — and ourselves: in addition, much less land is needed to be converted from biodiverse native habitats to monocultures — single-species crop land for the purpose of feeding animals. (Science gives us the “10% rule”: that 90% of the energy and mass consumed at any level of a food chain is lost as heat and only 10% becomes incorporated in the consuming organism!)

The HUMAN Brain — and Meat?

And we are the only species to have discovered that most of the protein and other nutrients necessary for good health can be harvested exclusively from plants. (With supplements, it can be argued that nutrients can be obtained this way.)

“But we are made to eat meat!” Yes, and we have the physical adaptations to eat plant matter as well. But we are the only species with a pre-frontal cortex (brain region) that allows us to understand that we DON'T HAVE TO eat so much meat, and so more than others nations; that, rather, we COULD HELP ourselves by reducing greenhouse gases (GHGs) instead of the opposite, ie advancing climate change.

One Burger

Further specifics that have been cited in the recent past include 660 GALLONS of water required to produce one,1/3 pound burger. (1)

Animal Agriculture & Climate Change

Lamb (yearling sheep) is close behind beef in use of water and GHG emissions. In fact, animal agriculture — largely due to methane, a more powerful GHG — contributes more overall to Climate Change than all burning of fossil fuels for global transportation. (2)

Chocolate????

Yes, of all foods, it requires the most water to produce: 488 gallons/ounce or 7,816 gallons for a whole pound. (3)

Consider re-considering your diet . . . and gifts. That might be the best gift you could give.

Greg Zahm

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1 [https://www.google.com/amp/s/www.latimes.com/food/dailydish/laddd-gallons-of-water-to-make-a-burger-20140124-story.html%3f\\_amp=true](https://www.google.com/amp/s/www.latimes.com/food/dailydish/laddd-gallons-of-water-to-make-a-burger-20140124-story.html%3f_amp=true)

2

<https://www.cowspiracy.com/facts>

3

<https://www.theguardian.com/news/datablog/2013/jan/10/how-much-water-food-production-waste>

4 <https://www.worldwildlife.org/threats/water-scarcity>

5 <https://www.worldvision.org/clean-water-news-stories/global-water-crisis-facts#facts>

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