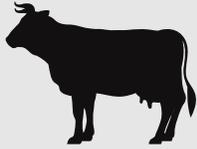


# Meat Consumption, Pollution, & Health

The Average North American Omnivore Consumes in a Lifetime:



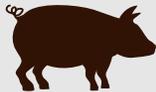
**11 Steers at 3,000lbs (1,361kg) each =s 33,000lbs (14,967kg)**



**1 Calf at 85lbs (38kg) each**



**3 Lambs at 130lbs (59kg) each =s 390lbs (177kg)**



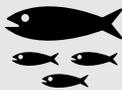
**23 Hogs at 280lbs (127kg) each =s 6,440lbs (2,921kg)**



**17 Turkeys at 17lbs (8kg) each =s 765lbs (347kg)**



**2,500 Chickens at 4-6lbs (2.72kg) each =s 15,000lbs (6,803kg)**



**3,000 Fish at 2 -3lbs (1.1kg) each =s 7,500lbs (3,401kg)**



**3,000 Litres of Milk at 2.2lbs (.99kg) each =s 6,600lbs (2,993kg)**

**Total Average For North American Omnivore Lifetime Consumption:  
69,778lbs (31,651kg) of meat/animal products**

## Pollution Facts:

- In the US, large scale corporate farms are responsible for more than 90% of airborne ammonia pollution, mostly from man made fertilizers, and livestock manure. The EPA estimates that the agricultural sector contributes about 9% of total US global warming emissions.
- There are an estimated 8 billion livestock animals being raised in the US each year which uses half of the water consumed in the country.
- In 2002, The US EPA determined in the National Water Quality Inventory, that about 40% of rivers and streams in the US were impaired, with the number one cause of pollution being run off from herbicides, pesticides, and manure as a bi-product from livestock agriculture and grain feed.
- Methane from 8 billion cattle per year in the US is a HUGE contributor to green house gases.
- **OPINION:** *We are killing ourselves to uphold unhealthy and unsustainable dietary habits.*

## Health Facts:

- The over consumption of animal protein is a huge contributor to most inflammatory diseases, including heart disease, arthritis, and cancer.
- The recommended daily animal protein for a sedentary man is 0.12lb or 56gr per day. The recommended daily animal protein for a sedentary woman is 0.10lb or 46gr per day.
- The average North American consumes between 2 and 3 times the recommended daily animal protein intake.
- **OPINION:** *Staying within the recommended intake of animal protein would severely decrease cases of lifestyle centered inflammatory diseases, and possibly cut pollution levels from livestock agriculture and grain feed by half.*