Page 108 of Mayor Adams' book, "Healthy at Last"

Go Plant Based for the Environment

In this book we're focusing on the health reasons you should give up meat and go plant based, but that isn't the only reason. By helping your health, you are also helping the health of the planet. Here are only a few reasons why:

1. If every American removed a single serving of chicken from their diet, it would be the equivalent of removing half a million cars from the road.
2. By going vegan, the average American reduces the country's carbon emissions by 1.5 tons per year.
3. Cows, pigs, chickens, and turkeys are the largest producers of methane in the United States—a greenhouse gas that is 20 times more effective at trapping heat than carbon dioxide.
4. One calorie from animal protein requires 11 times as much fossil fuel energy compared to plant protein, and all told, eating a meat-based diet creates 7 times more greenhouse gas emissions than a vegan diet.
5. Almost half of all the fresh water used in the United States goes to raising animals for food.
6. It takes more than 2,400 gallons of water to create just a single pound of meat. By not eating that pound, you'd save the water equivalent of not showering for six months.
7. Animals raised for meat and dairy create almost 90,000 pounds of excrement per second, much of which contaminates ground water.
8. Thirty percent of the world's entire land mass is devoted to grazing animals for slaughter—a space larger than the surface area of the moon.
9. Every minute the equivalent of seven football fields are bulldozed just to create space for farmed animals.

NOTE: Fish, and reasons for not eating it, is mentioned thirteen times in the mayor's book.