VEGANIZE IT!

The agricultural industry contributes around 9% to Greenhouse Gas (GHG) emissions in the United States. GHG emissions from agriculture have increased by almost 20% since 1990, primarily due to livestock manure. High consumption of animal products increases agricultural demand which increases GHG emissions. Transitioning to a plant-based diet can directly help the planet because it can reduce GHG emissions by 35-64%. Plant-based diets can be affordable and culturally relevant. Additionally, they can bring communities closer to local business owners that focus on plant-based diets.

What it takes to make a quarter-pound hamburger:

- **Feed.** 6.7
  - Pounds of grains and forage.
  - 528
- **Water.** 74.5
  - Gallons for drinking water and irrigating feed crops.
- **Land.** 1,036
  - Square feet for grazing and growing feed crops.
- **Fossil fuel energy.**

IS PLANT-BASED EATING FOR YOU?

Reported Eating Preferences in the U.S.

**Reported Eating Preferences in the U.S. by Age**

- **Vegetarian**
- **Vegan**

**Reported Eating Preferences in the U.S. by Annual Income**

- **Vegetarian**
- **Vegan**

MEAT IN YOUR TRADITIONAL DISHES?

1. **FIND ALTERNATIVE RECIPES**
   - Butternut Squash Enchiladas
   - Tempeh Tikka Masala
   - Black Eyed Pea Gumbo
   - Crispy Vegan Tofu

2. **SUPPORT LOCAL PLANT-BASED BUSINESSES AND FOOD FESTIVALS**

![Loving Hut Vegan Cuisine USA](image)