# IOWA STATE UNIVERSITY **University Honors Program**

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## Relative Greenhouse Gas Emissions of American Traditional, Vegetarian, and Vegan Diets

### Background

Our diet has many environmental impacts, one of which is greenhouse gas emissions. The greenhouse gas emissions involved in growing food and raising livestock come from things such as fertilizer use, transportation, processing, and the plants and animals themselves.

### **Objectives**

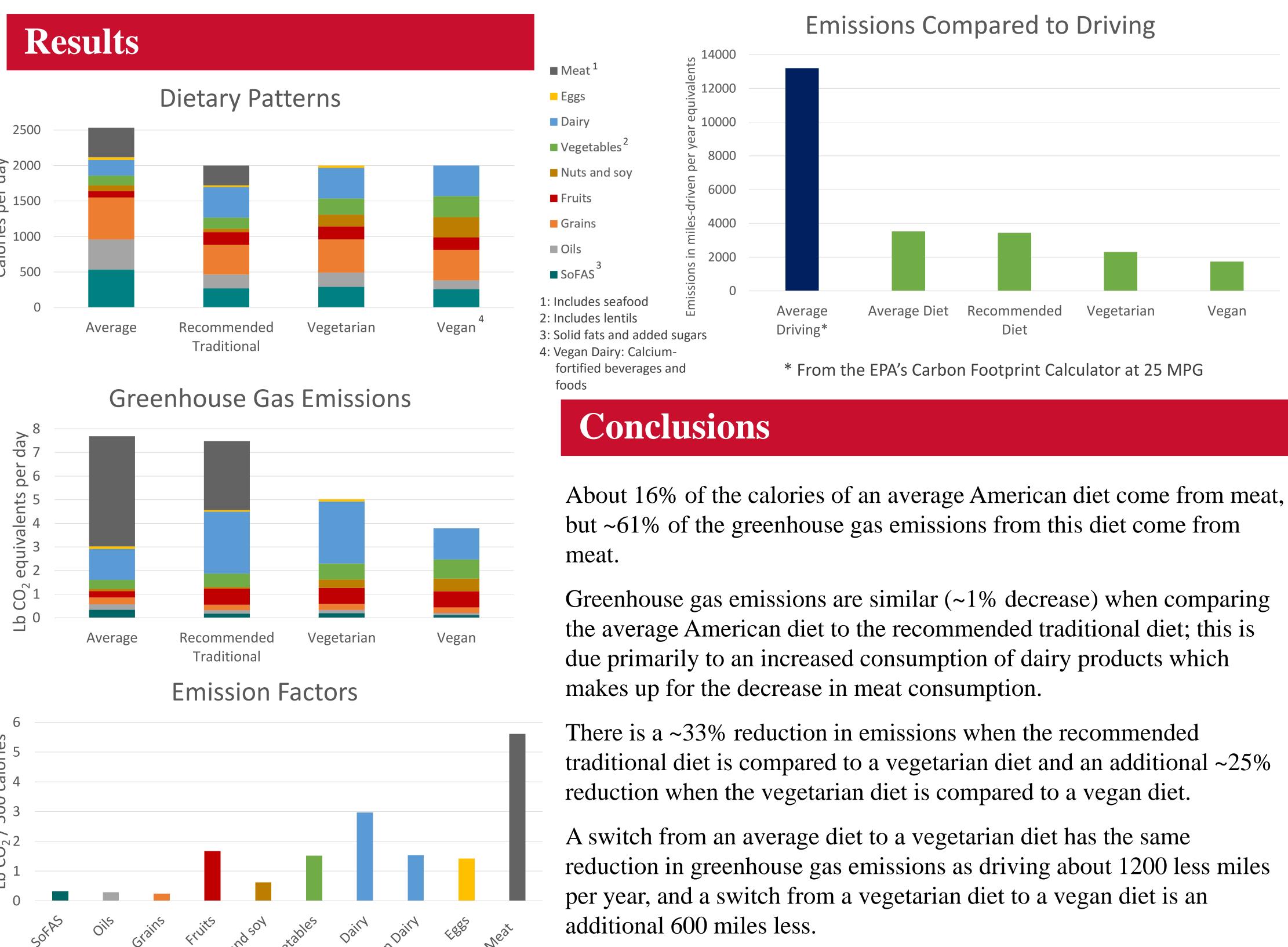
This project quantifies the greenhouse gas emissions of the average daily American diet (in  $CO_2$  equivalents) and compares it with the emissions associated with the recommended traditional, vegetarian, and vegan diets for Americans.

#### Methods

The average daily American diet was determined by using the USDA's Economic Research Service Food Availability (Per Capita) Data System. This was compared with the USDA's Healthy U.S.-Style Eating Pattern for traditional, vegetarian, and vegan diets. The  $CO_2$  equivalent for each diet was calculated using emission factors for each food type.

<u>у</u> 2000 Ju 1500 Calories 500





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