

# Adopting a plant-based diet (or at least more of one) is one of the easiest ways to reduce your environmental impact. You will help to...

- Avoid excessive CO2 production
- Particularly if you reduce the amount of dairy that you eat, cut your carbon footprint without compromising on taste or your own health
- Reduce methane and nitrous oxide production
- Save tremendous amounts of water
- Reduce pollution of streams/rivers/oceans, air, and land
- Reduce destruction of topsoil & tropical rainforest, and other land
- Reduce destruction of wildlife habitats & endangered species
- Reduce the use of antibiotics, growth promoters, and chemicals



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"This may surprise you, because it surprised me when I found out, but the single biggest thing that an individual can do to combat climate change is to stop eating animals."  
-James Cameron

