

Diets and their impacts

If all Europeans would become vegetarians today – i.e. they would eat no meat, meat products or eggs – the EU would achieve about half of its environmental targets for 2020. This clearly shows the environmental burden of meat consumption.

Saturated fats
People run an increased risk of cardiovascular diseases when they eat large amounts of saturated fats.

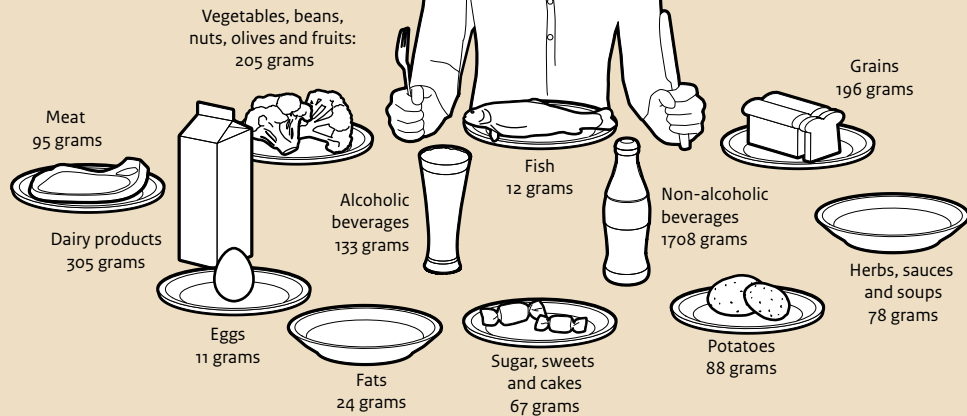
Greenhouse gases
95% of greenhouse gases consists of carbon dioxide, nitrous oxide and methane.

Surface area
Croplands compete with livestock production over land. Because the growing middle class consumes more meat per capita, this is becoming an ever-increasing global problem.

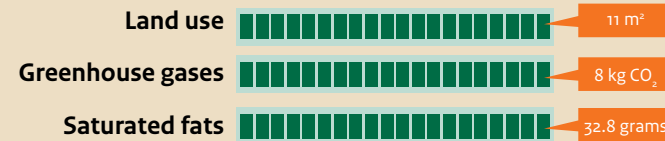
Water
The production of agricultural goods for Dutch consumption contributes to water shortages around the world, such as in Spain.

Natural resources
Agriculture depletes many natural resources, such as fuels and phosphate in inorganic fertiliser.

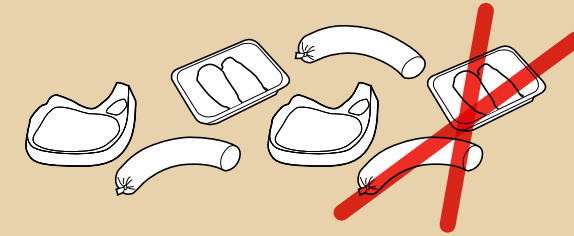
Average Dutch daily diet



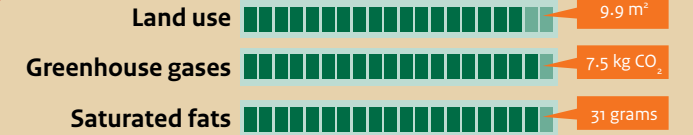
Per Dutch person per day:



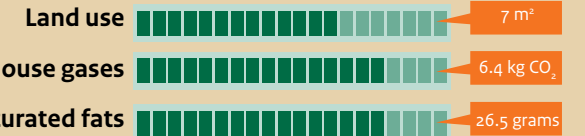
Flexitarian diet: twice a week no meat



Per Dutch person per day:



Vegetarian diet



Netherlands Nutrition Centre guidelines

