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.

Average Dutch daily diet

- Meat: 91 grams
- Dairy products: 55 grams
- Grains: 149 grams
- Vegetables, beans, nuts, olives and fruits: 206 grams
- Fish: 14 grams
- Non-alcoholic beverages: 231 grams
- Sugar, sweets and cakes: 67 grams
- Herbs, sauces and soups: 78 grams
- Fats: 24 grams
- Non-alcoholic beverages: 1708 grams
- Alcoholic beverages: 133 grams
- Vegetables, beans, nuts, olives and fruits: 205 grams
- Dairy products: 305 grams
- Sugar, sweets and cakes: 67 grams
- Fats: 24 grams

Per Dutch person per day:

- Land use
- Greenhouse gases
- Saturated fats

Netherlands Nutrition Centre guidelines

Flexitarian diet: twice a week no meat

- Land use
- Greenhouse gases
- Saturated fats

Vegetarian diet

- Land use
- Greenhouse gases
- Saturated fats