



# FOOD FACTS

<https://foodfacts.jp>



**Fish:** The oceans will be empty by 2048.

**Fish:** 1/3 of all fish caught are fed to farm animals.



**Green House Gas emissions (GHG):** 51% of all Green House Gas Emissions are caused by animal agriculture.

**Ocean Dead Zones:** "The majority of dead zones worldwide are a direct result of farm animal agricultural practices."



**Ocean Plastic:** Fishing nets account for 46 percent of ocean trash, with the majority of the rest composed of other fishing industry gear.

**Vegan Diet:** World vegan diet by 2050 would cut greenhouse gas emissions by 2/3, reduce deaths by 10%, and save \$1.5 trillion in climate damages.



**Land/Protein:** Meat and dairy provide just 18% of calories and 37% of protein, but use 83% - of farmland and produce 60% of agriculture's greenhouse gas emissions.

**Land:** Worldwide, more than 40 percent of wheat, rye, oats, and corn production is fed to animals, along with 250 million tons of soybeans and other oil seeds.



**GHG emissions:** The livestock sector could total 49% of the GHG budget by 2030.

**GHG emissions:** 50% cut in meat is equal to taking 26 million cars off the road in the US.



**GHG emissions:** Cows produce more greenhouse gas emissions than the entire European Union.

**Land:** Replacing meat with soya reduces our land use by 70% for chicken, 89% for pork and 97% in the case of beef.



**Meat Consumption:** Global meat consumption to increase by 76% by 2050.

**Beef:** 1kg of beef requires 13kg of grain, 30kg of hay, and 98,000 liters of water.



**By 1930:** The average world citizen needs to eat 75% less beef, 90% less pork and half the number of eggs.

**GHG emissions:** Animal agriculture responsible for 60% of biodiversity loss.



**Land:** 70% of agricultural land is used for animal agriculture.

**Land:** Livestock use 30% of all the Earth's surface.



**People:** "The crops fed to industrially reared animals worldwide could feed an extra four billion [people] on the planet."

**Land:** 75% less land would be used if we quit meat & dairy. An area equivalent to the US, China, European Union and Australia.



Food Facts is here to provide you with the facts that the Japanese media won't. It's imperative that we move to largely plant based diets to avoid the stronger typhoons, floods, heatwaves and sea level rise that Japan has witnessed recently. We don't have much time to avoid the worst.



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**Heart Disease:** Meat protein increases risk of heart disease by 60%. Plant protein decreases risk of heart disease by 40%.

**Antibiotics:** Overuse of antibiotics in animals is contributing to growing drug resistance in humans with serious health implications



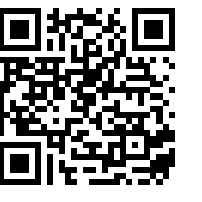
**Longevity:** Vegetarians live on average almost eight years longer than the general population.

**Mental Health:** "It can be concluded plant-based diets can significantly improve psychological health."



**Processed Meat:** "Processed meats do cause cancer" World Health Organisation

**Early Deaths:** 1/3 of all early deaths could be prevented by quitting meat.



**Money & Health:** Vegan diets would reduce mortality by 10% and the savings in healthcare and lost work productivity equal \$30 trillion a year.

**Red meat:** Eating red meat increases chance of dying from heart disease by 16% and cancer by 10%. Eating processed red meat increases chance of dying from heart disease by 21% and cancer by 16%.



**Early Deaths:** Those who drank three glasses or more a day (680ml) were twice as likely to die early than those who consumed less than one.

**Heart disease:** The #1 killer in the US, was found to be almost nonexistent in populations focused on plant-based diets.



**Belgium:** Meat just as unhealthy as fizzy drinks, chips and pizza, new 'food pyramid' campaign warns.

**Canada:** Food Guide revamp encouraging plant-based, low-meat diet is good for people and the planet.



**Cholesterol:** A plant-based vegetarian diet is associated with total cholesterol that's 29.2 mg/dL lower than meat eaters.

**Eggs:** Eating three whole eggs a week can thicken the arteries as much as smoking.



Food Facts is here to provide you with the facts that the Japanese media won't. The majority of the killer diseases we face are caused by eating animal products. By switching to a plant based diet, you hugely reduce the risk of dying from cancer, heart disease, and diabetes. You also lower your cholesterol and avoid obesity.