

Easy Steps That Will Make a Difference!

- Try meatless Mondays and substitute with vegetarian or vegan foods.
- Switch the meat in your diet to mostly chicken and fish.
- Limit your consumption of dairy products as most of these products come from livestock.
- Eat locally produced grains, vegetables, fruit, meat and dairy.
- Look for foods from farms that practice sustainable or organic farming.

Resources

Physicians Against Red Meat

www.pharm.org

<http://www.lancetcountdown.org/media/1426/2018-lancet-countdown-policy-brief-usa.pdf>

<https://www.psr.org/issues/environment-health/>

<https://globalforestcoalition.org/>



Www.MyGreenDoctor.org helps health professionals and healthcare offices to become environmentally sustainable and to share these ideas for living with their patients and communities. My Green Doctor is a service of the Florida Medical Association and the following partnering or participating organizations:



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Get Ready For Climate Change



Eat Less Red Meat

Ideas for living from your health professional and from My Green Doctor



Climate Change: What is it and What Makes it Worse?

Climate change is defined as the gradual shift in weather patterns across the globe due to an excess of greenhouse gases in the atmosphere as the result of the burning of fossil fuels and agricultural activities such as raising animals and deforestation.



This can be associated with extreme temperatures, high and low, and increased natural disasters. These can cause

- Decreased air and water quality
- Increased air and water borne disease
- Increased insect borne disease
- Decreased crop yields
- Deaths from heat events

Food production — especially of red meat — is one of the leading causes of greenhouse gas production.

Red Meat Production and its Contributions to Climate Change.

“Red meat” is meat produced from four-legged animals such as cows, sheep, pigs and goats.

- Raising livestock produces about 18% of all GHG’s (greenhouse gases), especially methane gas.
- In one year, just one cow can produce up to 244 pounds of methane gas.
- With the rising number of farms used to raise livestock, there is increased deforestation.
- Clearing land for farms decreases the earth’s ability to absorb GHG’s.
- Transporting all of the red meat produced to consumers increases the use of fossil fuels.



Globalforestcoalition.org



Eat Less Red Meat:

Reduce the Rate of Climate Change and Improve Your Health.

- 20 servings of vegetables produce less GHG’s than 1 serving of beef.
- Just one person switching to a vegetarian diet reduces their carbon footprint by 1.4 tons each year.
- Less red meat reduces risk of:
 - Obesity
 - High Blood Pressure
 - Diabetes
 - Heart Disease
 - Cancer
- Avoiding red meat reduces exposure to pesticides, dioxins, hormones, and antibiotics.