A diet too low in iron, zinc, calcium, and vitamins A and B12 can lead to anemia, vitamin A deficiency, and poor physical and cognitive development. Meat and dairy products can be good sources of these nutrients.

**Too much**

A diet overly rich in saturated fats and calories from meat, whole milk, and eggs is associated with increased risk of obesity, coronary heart disease, and some forms of cancer.

**Resource Hog**

It takes a lot of grain and water to produce a kilogram of meat.

1 kg of poultry meat: 2 kg of grain
1 kg of pig meat: 4 kg of grain
1 kg of beef: 7 kg of grain

It takes 3,500 liters of water to produce 1 kg of poultry meat.
1 kg of pig meat: 6,000 liters of water
1 kg of beef: 43,000 liters of water

**Climate Risk**

Livestock production contributes to various greenhouse-gas emissions.

- **Ammonia**: 65% of livestock contribution
- **Methane**: 37%
- **Carbon Dioxide**: 9%

**Biodiversity Threat**

In the Amazon, 70% of once-forested land is now pasture for livestock. Such dramatic deforestation is a threat to the rich biodiversity of the world’s plant and animal species.

**Too little**

For many poor people, livestock is a source of food, income, and savings. With urbanization and incomes on the rise, and demand for meat in poor countries growing, boosting domestic livestock production could help increase rural incomes, create more jobs in rural areas, and stimulate rural economies.

**IF RICHER COUNTRIES CUT BACK ON MEAT, WOULD IT IMPROVE CHILD NUTRITION IN POORER COUNTRIES?**

In 2030, there will be an estimated 133.9 million malnourished children. Freeing up the resources that support meat consumption in rich countries, Brazil, and China would help reduce that number—but only by 2.3 million. While eating less meat will improve the health and environment of rich countries, it’s not the solution to ending child malnutrition.

**In 2030, there will be an estimated 133.9 million malnourished children.**

**Kilograms of meat consumed annually per person (2007)**

- **United States**: 125.4
- **Brazil**: 80.6
- **Argentina**: 91.7
- **Philippines**: 54.1
- **Swaziland**: 36.7
- **World average**: 38.7

**Malnourished children in the Amazon**

- **Indonesia**: 10.8
- **Kenya**: 16.1
- **Angola**: 20.2
- **Ethiopia**: 8.4
- **Rwanda**: 5.5
- **India**: 3.2

**World average**

- **World average**: 38.7

**For many poor people, livestock is a source of food, income, and savings.**

**A path out of poverty?**

Boosting domestic livestock production could help increase rural incomes, create more jobs in rural areas, and stimulate rural economies.

**752 Million**

Poor livestock keepers worldwide

**ARE YOU GOING TO DRINK THAT?**

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