ONE MEATLESS MONDAY SAVES:

3,000 gallons of water by replacing 4 ounces of beef
It takes a lot of water to grow the grain to feed the cow that ultimately produces a hamburger. Replacing just four ounces of beef in your diet a week with a vegetarian option can save more than 3,000 gallons of water.

16 pounds of grain when you skip eating 1 pound of meat
We put far more energy into animals per unit of food than we do for any plant crop. Animals consume much more grain than they produce as meat.

Your health! Plant-based eating may lower your risk of diabetes, heart disease, cancer and obesity
A plant-based diet could extend your life by several years, as well as lower your risk of chronic health problems. In the long run, you’ll see a payoff in better health and lower healthcare costs.

The planet! One less burger a week is equal to taking your car off the road for 320 miles
Skip steak once a week with your family and it would be the equivalent of taking your car off the road for nearly three months.

Imagine how much carbon and resources we could save if we ate less meat. Even just eating meat one less day a year would make a difference.

Source: www.earthday.org