



Plant-Forward Diet

A plant-forward diet can reduce emissions associated with meat production. This solution assumes people 1) maintain a 2,500 calorie per day nutritional regime; 2) meet daily protein requirements; and 3) purchase locally produced food when available.

QUICK FACTS

- On average, Georgians consume about 105 lbs of meat (beef, pork, poultry & fish) each year.
- More than half of the meat consumed in the state each year comes from beef and pork.
- This solution considers both displacing meat with plant-based alternatives and adopting to low-carbon meats.

BEYOND CARBON

- Plant-forward diets are associated with many environmental benefits. This includes improved air and water quality as well as less extensive farming practices.
- Reducing meat consumption can mean reductions in obesity, incidence of cancer, and risk of developing diabetes and heart diseases, which also means reduced long-term health-care costs.
- Issues to watch include concerns around cultural fit and way of life as well as addressing food desert and solution access considerations.

FOOD & AGRICULTURE

GEORGIA'S 2030 MEGATON OPPORTUNITY

We could reduce 1 Mt of CO₂e in Georgia if 25% of Georgians adopt a plant-forward or lower-carbon-emitting diet, or by reducing statewide meat consumption by 25%.

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