

Living Responsibly Making Your Daily Life a Beautiful Prayer: Eat Less Beef

Therefore strive that your actions day by day may be beautiful prayers. —'Abdu'l-Bahá



One benefit of the Bahá'í Fast (March 1–19, 2017) is that we more often think about people who suffer from hunger. Did you know that you can help reduce hunger all year long by eating less beef? Beef production requires about ten times more land area to feed a person than a plant based diet. In addition, it takes about 2,500 gallons of water to grow the grain for one pound of beef. Moreover, greenhouse gas emissions from cows are a very significant factor in global warming which causes erratic weather patterns, more severe droughts, floods, and storms. All these impacts on the climate are harmful to agriculture and, therefore, increase malnourishment.

For more information, see:

<http://www.ewg.org/meateatersguide/at-a-glance-brochure/>