

Scientists: Vegetarian world would be better

By Megan Rowling, Reuters

By eating less meat and more fruit and vegetables, the world could avoid several million deaths per year by 2050, cut planet-warming emissions substantially, and save billions of dollars annually in healthcare costs and climate damage, researchers said.

A new study, published in the Proceedings of the National Academy of Sciences of the United States of America, is the first to estimate both the health and climate change impacts of a global move toward a more plant-based diet, they said.

Unbalanced diets are responsible for the greatest health burden around the world, and our food system produces more than a quarter of greenhouse gas emissions, said lead author Marco Springmann of the Oxford Martin Programme on the Future of Food.

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