



## Veggies Save Energy

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Topic: [Demand/Consumption](#)

Believe me when I say this: I love meat. I've always been more carnivore than veggie.

But lately when I've been reading about ways of reducing energy consumption, it has become inescapable - since I don't drive a car, the best way that I can personally reduce energy consumption is to simply consume less meat. According to [GoVeg](#), meat consumption accounts for 1/3 of our total fossil fuel consumption. In fact 80% of agricultural land in this country goes to feed animals meant for consumption. We could dramatically increase our agricultural productivity and reduce our oil consumption if we could just eat less meat. Simple enough, right? Wrong.

For 2 weeks I started noting how much meat I ate and how many of my meals contained meat. Here were the grim statistics on my meat (over) consumption:

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Breakfast: 3 of 14 meals (21%)

Lunch: 11 of 14 meals (79%)

Dinner: 13 of 14 meals (93%)

This is going to be hard! In most of the dinner and lunch meat meals, meat was the main dish. My resolution for the rest of the year is to only eat meat once a day AND make it more of a side dish as much as possible.

Cutting meat out of breakfast only means getting rid of bacon or sausage on the weekends, but it's been pretty hard choosing whether to eat meat at lunch or dinner. But I've managed to keep to the plan for the first two weeks. That means I've cut the number of meals with meat from 64% to just 33%.

It's totally a personal decision, but I really like that I can make a difference with each meal I choose.

Next step? Meatless Mondays.

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