

An Urge to Vegetarianism

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ABSTRACT:

It is now fashionable these days to show the non-vegetarian living standard in the society. In this article some partial answers to the questions are provided in three separate analyses: (i) that it is much more costly to produce and consume non vegetarian food, (ii) that vegetarian food provides health benefits, (iii) that non veg food affects economy and environment. The article provides an urge to adopt vegetarianism.

Key word: fashionable, environment, vegetarianism

INTRODUCTION

The human body for its survival needs air to breathe, water to drink and food to eat. The food for which man works hard day and night visualizes this hard

work for his beloveds, who are waiting for him at home. In times of today that man among his beloveds, forgetting his beloved mother environment and his beloved sister economy on whose belongings he is surviving. He forgot that his mother and sister both are suffering from drastic diseases which are the cause of his own food, the non-vegetarian diet. The question which arises in the mind of an economist as a doctor of the disease is that what one economist, following Pareto Optimality should must perform in order bring sustainability regarding natural resources in the economy. An answer that exactly benefits the economy is shifting the consumption of to vegetarian diet. The instance of the same can be gathered from the

depletion of environment from which the people are shifting to greener technology or more prevalent to GREEN ECONOMICS. The economic costs and benefits to the economy and environment of a shift away from non-vegetarian consumption can be shown in this article with a microscopic eye.

REVIEW OF LITERATURE

Reay Tannahill quoted, “For 12,000 years there has been a steady undercurrent of antagonism between vegetarians and non-vegetarians.” In the Old Testament—a sacred text shared by Judaism, Christianity, and to some extent Islam—humans began in the Garden of Eden, where “to every beast of the earth, and to every fowl of the air, and to everything that creepeth upon the earth, wherein there is life, I have given every green herb”. The interpretation of this text to some scholars is clear: “this should be

interpreted to mean: every green herb and *nothing else*”.

Professor Edgar Hertwich, the lead author of the report, (UN) said: "Animal products cause more damage than [producing] construction minerals such as sand or cement, plastics or metals. Biomass and crops for animals are as damaging as [burning] fossil fuels.

Lord Nicholas Stern, former adviser to the Labour government on the economics of climate change said "The recommendation follows advice last year that a vegetarian diet was better for the planet” .

Ernst von Weizsaecker, an environmental scientist said: "Rising affluence is triggering a shift in diets towards meat and meat products - livestock now consumes much of the world's crops and by inference a great deal of freshwater, fertilisers and pesticides

Dr. Kurt Straif, Head of the

International Agency for Research on Cancer (IARC) said “In view of the large number of people who consume processed meat, the global impact on cancer incidence is of public health importance”. Thus a vegetarian eating offers notable health benefits compared with a traditional meat-based diet.

OBJECTIVES

The primary objective of the study is to analyze the impact of non-vegetarian diet on environment and economy.

RESEARCH MEYHODOLOGY

This research paper is conceptual and exploratory in nature. The data used for this research paper is secondary in nature and is collected from:

- Websites of vegetarian diet
- UN reports
- Articles from Newspapers

FINDINGS

"A global shift towards a vegetarian

diet is vital to save the world from hunger, fuel poverty and the worst impacts of climate change, a UN report ."

It shocking to know that the taste of non vegetrian food can cause immense and drastic effect on human health as the cancer research arm of the World Health Organization (WHO) has determined that the consumption of processed meats like hotdogs, ham, sausages and meat-based sauces causes colorectal cancer, while eating red meat like beef, pork and lamb is “probably carcinogenic to humans.”

"The UN Report 2010 found that energy and agriculture both need to be "decoupled" from economic growth because environmental impacts rise roughly 80% with a doubling of income. Achim Steiner, the UN under-secretary general and executive director of the UNEP, said: "Decoupling growth from

environmental degradation is the number one challenge facing governments in a world of rising numbers of people, rising incomes, rising consumption demands and the persistent challenge of poverty alleviation". But in addition to the health benefits, a vegetarian diet offers monetary advantages as well. Many vegetarian foods cost far less than animal products, allowing consumers to cut their household expenses even as the cost of living rises steeply around them .It is far more economical to choose foods from lower on the food chain and obtain nutrients directly from vegetables and grains. Consumers who obtain their nutrients secondhand from animal products pay for them many times over. When they buy beef, for example, they are paying for the grains fed to the animal; the rancher's overhead; the animal's slaughter; and the processing,

packaging, and transporting of the meat. Clearly, the more economical option is to eat the plant foods directly. The production of clothing illustrates this difference: A sweater purchased in a consumer's hometown would be a cheaper option than one produced by sending the wool to a distant factory; combining it with synthetic fabrics; designing the sweater; sending it through an assembly line; folding, pinning, and transporting it to a wholesale distributor in yet another distant city; and finally shipping it to a retail outlet right back in the consumer's hometown. The same philosophy applies to animal foods: It is economically unsound and wasteful it is to have one's nutrients "processed" through an animal rather than obtaining them directly from the nutrient "loom," the vegetable or grain itself.

According

to UN report of 2010 ,the global population surges towards a predicted 9.1 billion people by 2050, western tastes for diets rich in meat is unsustainable, says the report from United Nations Environment Programmer's (UNEP) international panel of sustainable resource management. It says: "Impacts from agriculture are expected to increase substantially due to population growth increasing consumption of animal products. Unlike fossil fuels, it is difficult to look for alternatives: people have to eat. A substantial reduction of impacts would only be possible with a substantial worldwide diet change, away from animal products".Dr Rajendra Pachauri, chair of the UN's Intergovernmental Panel on Climate Change (IPCC), has also urged people to observe one meat-free day a week to curb carbon emissions." The panel of experts ranked products, resources, economic activities and

transport according to their environmental impacts. Agriculture was on a par with fossil fuel consumption because both rise rapidly with increased economic growth. The report even brings out the facts that agriculture, particularly meat and dairy products, accounts for 70% of global freshwater consumption, 38% of the total land use and 19% of the world's greenhouse gas emissions. "One of our key challenges is overusing agricultural land for growing meat," said report lead author Robert Howarth of Cornell University. He continues, "We need to reduce our meat consumption by 60 percent."

CONCLUSION

According to various analyses about vegetarian diet the paper investigates the adverse effects of non-vegetarian diet on the environment not only causing adverse impact on people's

health but also impacts the surroundings in which they live. The study further analysed that the non-vegetarian diet in one way or the other causes deterioration in economy by impacting consumption expenditure.

Improve Your Health For Less Money". Archived from the original on 16 Jan 2013. Retrieved 10 February 2013.

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