

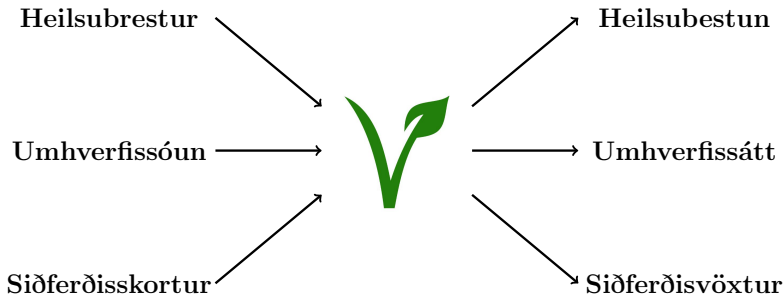
# Er vegan framtíðin?

Málþing Náttúrulækningafélag Íslands  
21.03.2017



**Allir vegir liggja til vegan**  
Benjamín Sigurgeirsson

## Allir vegir liggja til vegan



# Vegan vegur til betri heilsu

- ▶ Helsta dánarorsök mannsins eru ósmitbærir sjúkdómar
  - ▶ Hjartagallar
  - ▶ Sykursýki
  - ▶ Krabbamein
  - ▶ ...vitglöp (e. dementia), lungnasjúkdómar o.fl

## Analysis and valuation of the health and climate change cobenefits of dietary change

Marco Springmann<sup>a,b,1</sup>, H. Charles J. Godfray<sup>a,c</sup>, Mike Rayner<sup>a,b</sup>, and Peter Scarborough<sup>a,b</sup>

<sup>a</sup>Oxford Martin Programme on the Future of Food, Department of Zoology, University of Oxford, Oxford OX1 3PS, United Kingdom; <sup>b</sup>British Heart Foundation Centre on Population Approaches for Non-Communicable Disease Prevention, Nuffield Department of Population Health, University of Oxford, Headington, Oxford OX3 7LF, United Kingdom; and <sup>c</sup>Department of Zoology, University of Oxford, Oxford OX1 3PS, United Kingdom

Edited by David Tilman, University of Minnesota, St. Paul, MN, and approved February 9, 2016 (received for review November 22, 2015)

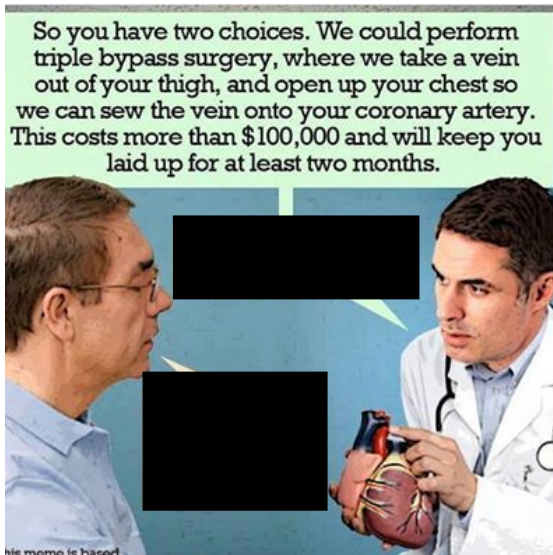
Helstu niðurstöður ef mannkynið skipti alfarið yfir í vegan mataræði:

- ▶ Koma í veg fyrir 8.1 milljón dauðsföll á ári
- ▶ Bjarga 129 milljón mannsárum árið 2050
- ▶ Spara 1000 milljarða bandaríkjadala í heilbrigðiskerfinu

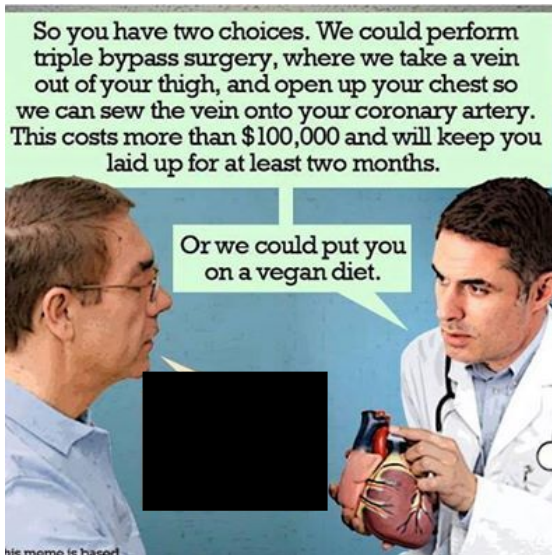
# Vegan vegur til betri heilsu



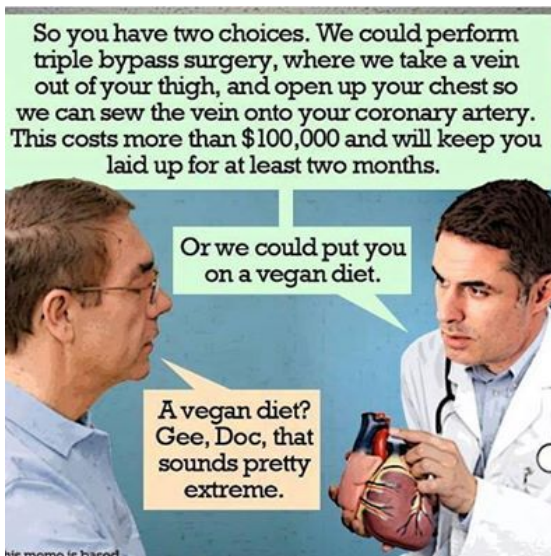
## Vegan vegur til betri heilsu



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# Vegan vegur til betri heilsu







# Vegan vegur til betri heilsu



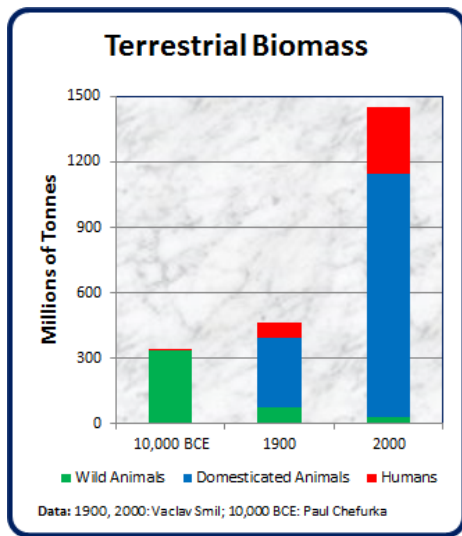
Hippókrates (460 f.kr - 377 f.kr)

# Vegan vegur að bættu og betur nýttu umhverfi

Samanburður á plöntumat og dýramat:

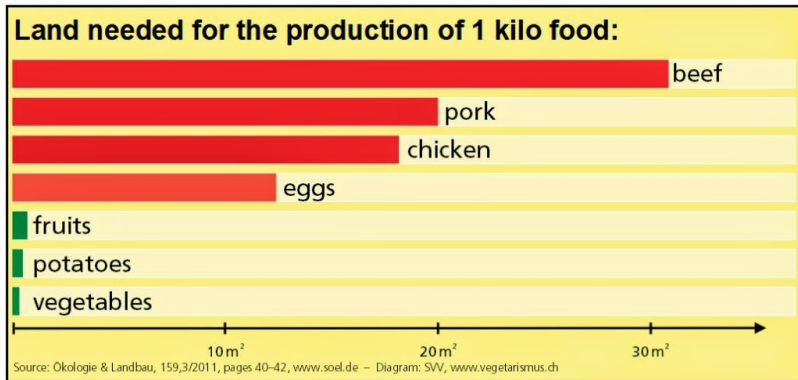
- ▶ Landnýting
- ▶ Vatnsnotkun
- ▶ Mengun

# Vegan vegur að bættu og betur nýttu umhverfi



# Vegan vegur að bættu og betur nýttu umhverfi

## Landnýting



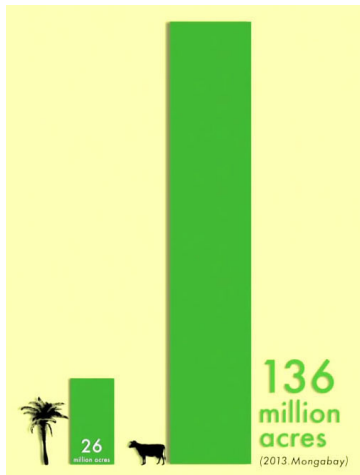
# Vegan vegur að bættu og betur nýttu umhverfi

Landnýting



# Vegan vegur að bættu og betur nýttu umhverfi

## Landnýting



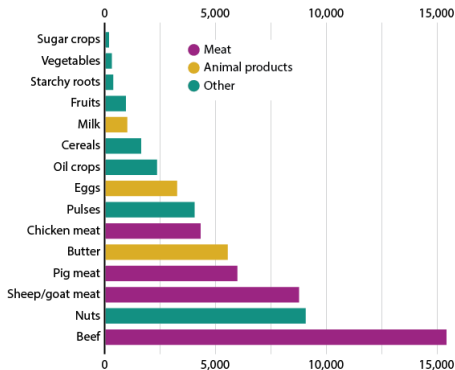
**Deforestation due to palm oil  
and to livestock**

# Vegan vegur að bættu og betur nýttu umhverfi

## Vatnsnotkun

### Meat And Animal Products Use A Huge Amount Of Water

Total water footprint per ton (m<sup>3</sup>/ton)



Source: Ecosystems, A Global Assessment of the Water Footprint of Farm Animal Products

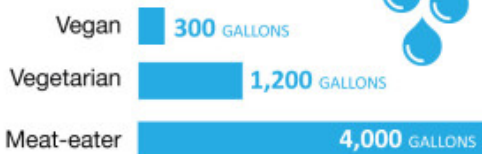
THE HUFFINGTON POST



# Vegan vegur að bættu og betur nýttu umhverfi

Vatnsnotkun

## AVERAGE DAILY WATER FOOTPRINT OF DIET



**It takes less water to produce a year's food for a vegan than to produce a month's food for a meat-eater.**

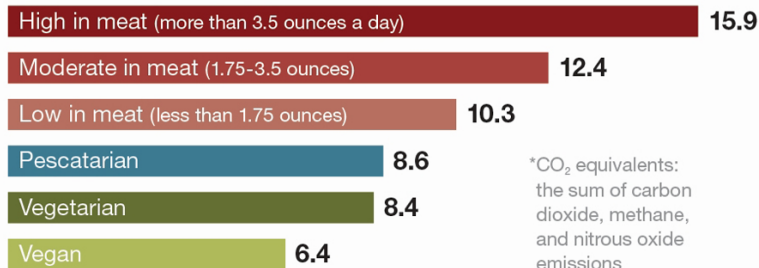
Source: John Robbins' pivotal book *Diet for a New America*, nominated for the Pulitzer Prize for Non-Fiction



# Vegan vegur að bættu og betur nýttu umhverfi

Mengun

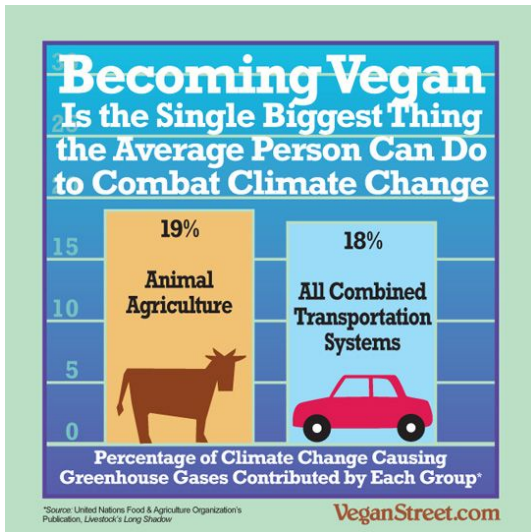
**Mean greenhouse gas emissions per 2,000 kilocalorie diet**  
*pounds of CO<sub>2</sub> equivalents\**



GRAPHIC: NGM ART. SOURCE: PETER SCARBOROUGH, OXFORD UNIVERSITY

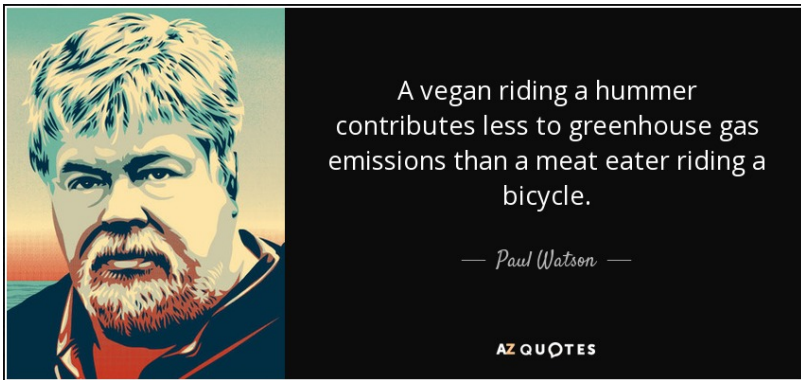
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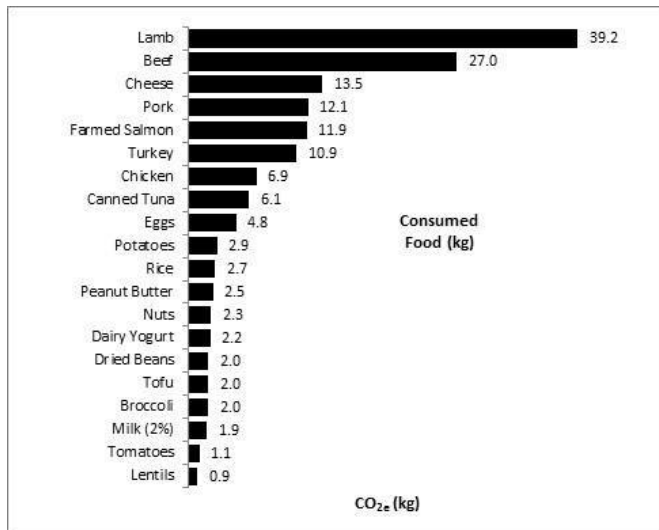
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Mengun



# Vegan vegur að bættu og betur nýttu umhverfi

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# Vegan vegur að bættu og betur nýttu umhverfi

## Analysis and valuation of the health and climate change cobenefits of dietary change

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Helstu niðurstöður ef mannkynið skipti alfarið yfir í vegan mataræði:

- ▶ Losun gróðurhúsalofttegunda væri 3.4 gígatonn í stað 11.4 gígatonn árið 2050
- ▶ Losun vegna landbúnaðar myndi minnka um 70%

# Vegan vegur að siðferðisvexti

Þurfum við yfir höfuð að huga að einhverju siðferðistengdu þegar það kemur að því að nýta okkur önnur dýr - hvort sem það er til fæðu eða annars?

# Vegan vegur að siðferðisvexti

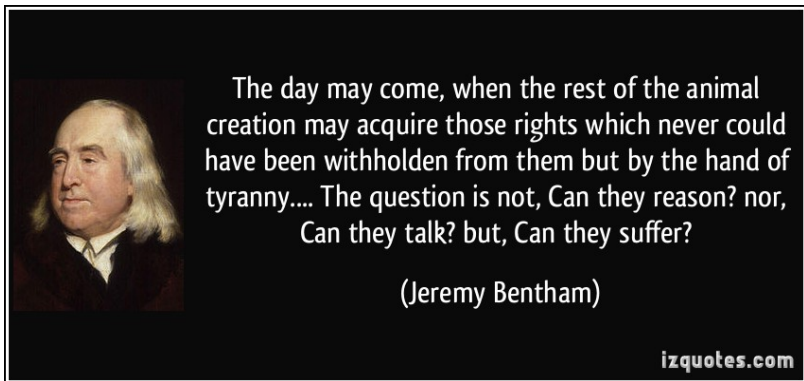


René Descartes  
(1596-1650)

- ▶ dýr hafa enga rökhugsun og geta ekki fundið fyrir sársauka
- ▶ dýr eru hvorki með huga né sál
- ▶ dýr eru lífrænar verur en eru ósjálfráð (e. automata) líkt og vélmenni
- ▶ aðeins menn eru með sál, meðvitund, geta lært og talað tungumál og eru einu verunar sem eiga skilið samúð

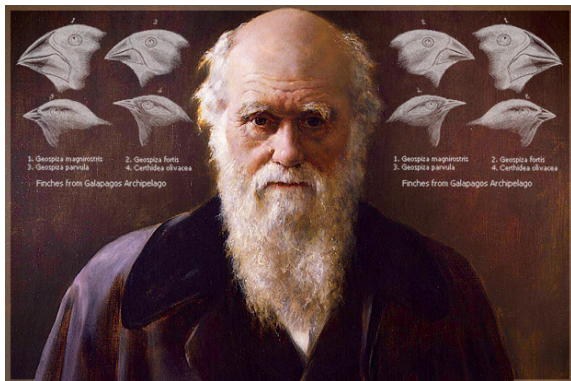


## Vegan vegur að siðferðisvexti



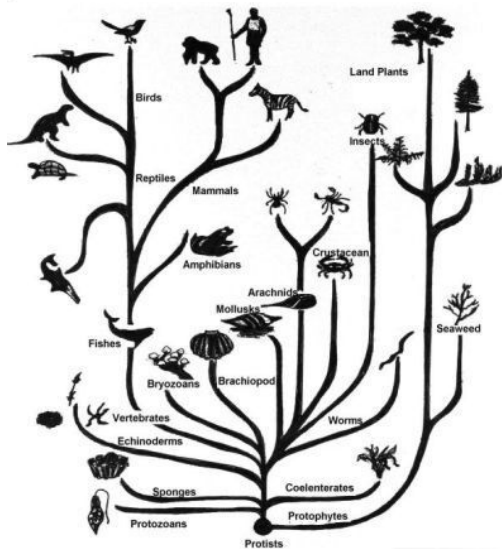
Jeremy Bentham (1748 - 1832)

# Vegan vegur að siðferðisvexti



Charles Darwin (1809 - 1882)

# Vegan vegur að siðferðisvexti



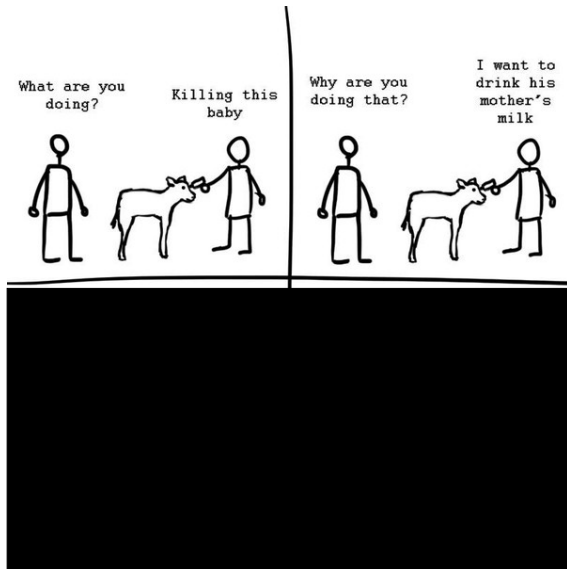
# Vegan vegur að siðferðisvexti

What are you  
doing?

Killing this  
baby



# Vegan vegur að siðferðisvexti



# Vegan vegur að siðferðisvexti

What are you  
doing?

Killing this  
baby



Why are you  
doing that?

I want to  
drink his  
mother's  
milk



Why not  
drink something  
else?



# Vegan vegur að siðferðisvexti

What are you  
doing?



Killing this  
baby



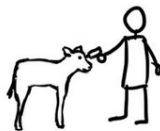
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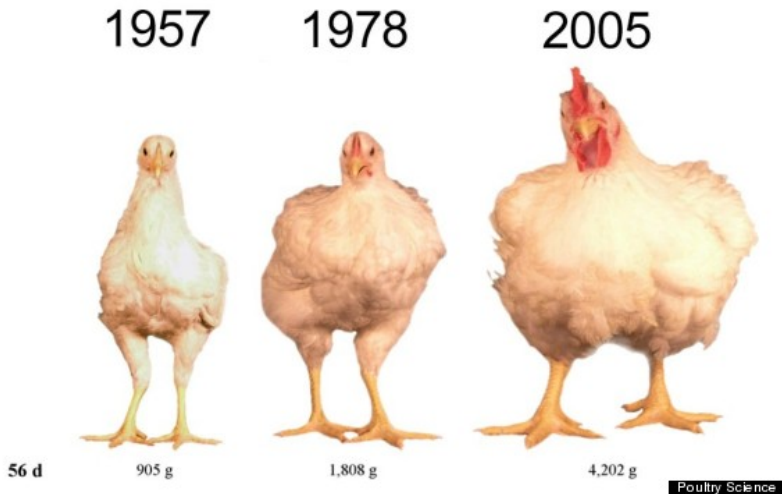


Don't be  
so extreme



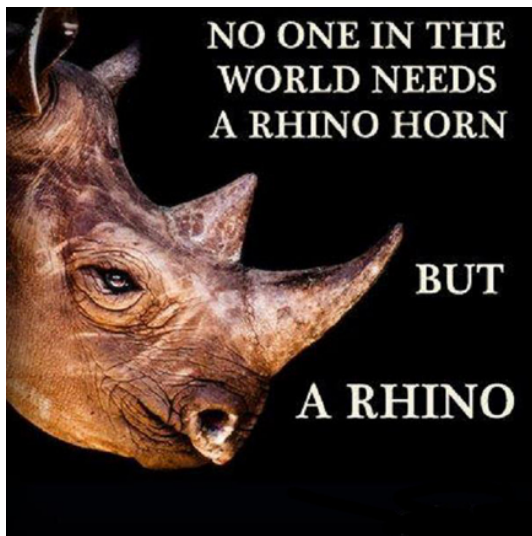
facebook.com/vegansidekick

# Vegan vegur að siðferðisvexti





## Vegan vegur að siðferðisvexti



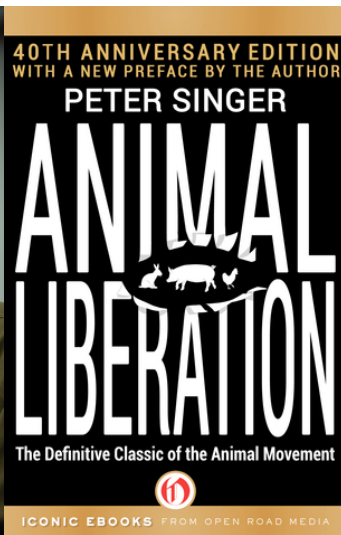
## Vegan vegur að siðferðisvexti

NO ONE IN  
THE WORLD  
NEEDS A  
CHICKEN  
BREAST

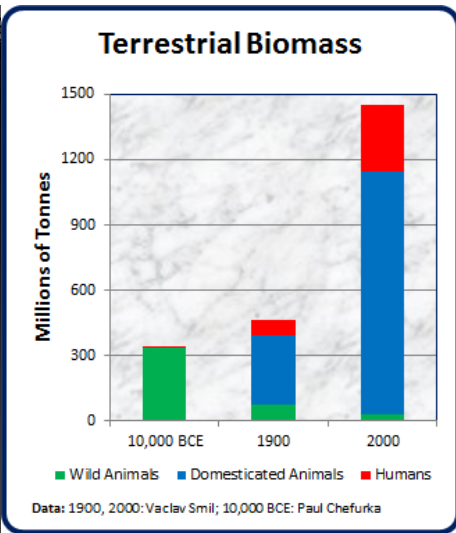
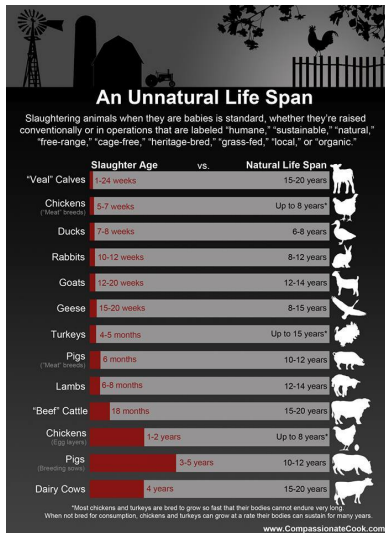
BUT A  
CHICKEN



# Vegan vegur að siðferðisvexti



# Vegan vegur að siðferðisvexti

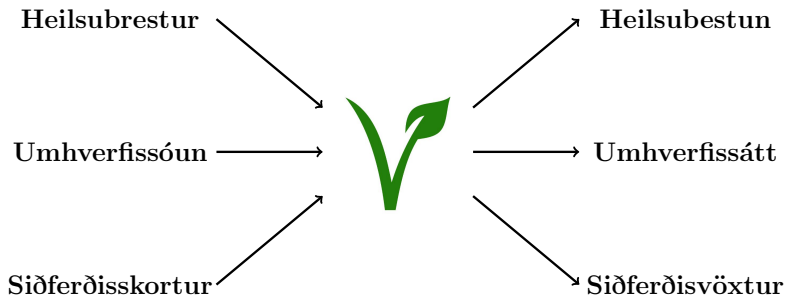


## Vegan vegur að siðferðisvexti



If it is in our power to prevent something bad from happening, without thereby sacrificing anything of comparable moral importance, we ought, morally, to do it.

## Allir vegir liggja til vegan



**ENDIR**