

Table 4.5 Twenty-one studies demonstrating that a plant-based diet can be the lowest emissions diet (2009–23).

^a Also appears in Table 4.3.

	Authors	Title	Journal	Year
1	E. Stehfest, L. Bouwman, D.P. van Vuuren, M.G.J. den Elzen, B. Eickhout and P. Kabat	Climate benefits of changing diet	<i>Climatic Change</i>	2009
2	H. Risku-Norja, S. Kurppa and J. Helenius	Dietary choices and greenhouse gas emissions: assessment of impact of vegetarian and organic options at national scale	<i>Progress in Industrial Ecology</i>	2009
3	A. González, B. Frostell and A. Carlsson-Kanyama	Protein efficiency per unit energy and per unit greenhouse gas emissions: potential contribution of diet choices to climate change mitigation	<i>Food Policy</i>	2011
4	M. Berners-Lee, C. Hoolohan, H. Cammack and C.N. Hewitt	The relative greenhouse gas impacts of realistic dietary choices	<i>Energy Policy</i>	2012
5	P. Scarborough, S. Allender, D. Clarke, K. Wickramasinghe and M. Rayner	Modelling the health impact of environmentally sustainable dietary scenarios in the UK	<i>European Journal of Clinical Nutrition</i>	2012
6	T. Meier and O. Christen	Environmental impacts of dietary recommendations and dietary styles: Germany as an example	<i>Environmental Science and Policy</i>	2013
7	A. Joyce, J. Hallett, T. Hannelly and G. Carey	The impact of nutritional choices on global warming and policy implications: examining the link between dietary choices and greenhouse gas emissions	<i>Energy and Emission</i>	2014
8	L. Baroni, M. Berati, M. Candilera and M. Tettamanti	Total environmental impact of three main dietary patterns in relation to the content of animal and plant food	<i>Control Technologies Foods</i>	2014
9	P. Scarborough, P.N. Appleby, A. Mizdrak, A.D.M. Briggs, R.C. Travis, K.E. Bradbury and T.J. Key	Dietary greenhouse gas emissions of meat-eaters, fish-eaters, vegetarians and vegans in the UK	<i>Climatic Change</i>	2014
10	C. Van Dooren, M. Marinussen, H. Blonk, H. Aiking and P. Vellinga	Exploring dietary guidelines based on ecological and nutritional values: a comparison of six dietary patterns	<i>Food Policy</i>	2014
11	E. Hallström, A. Carlsson-Kanyama and P. Börjesson	Environmental impact of dietary change: a systematic review	<i>Journal of Cleaner Production</i>	2015
12	K.-H. Erb, C. Lauk, T. Kastner, A. Mayer, M.C. Theurl and H. Haberl ^a	Exploring the biophysical option space for feeding the world without deforestation	<i>Nature Communications</i>	2016
13	L. Aleksandrowicz, R. Green, E.J.M. Joy, P. Smith and A. Haines ^a	The impacts of dietary change on greenhouse gas emissions, land use, water use, and health: a systematic review	<i>PLOS One</i>	2016
14	G.M. Turner-McGrievy, A.M. Leach, S. Wilcox and E.A. Frongillo	Differences in environmental impact and food expenditures of four different plant-based diets and an omnivorous diet: results of a randomized, controlled intervention	<i>Journal of Hunger and Environmental Nutrition</i>	2016

15	M.E. Nelson, M.W. Hamm, F.B. Hu, S.A. Abrams and T.S. Griffin	Alignment of healthy dietary patterns and environmental sustainability: a systematic review	<i>Advances in Nutrition</i>	2016
16	B.C. Chai, J.R. van der Voort, K. Grofelnik, H.G. Eliasdottir, I. Klöss and F.J.A. Perez-Cueto	Which diet has the least environmental impact on our planet? A systematic review of vegan, vegetarian, and omnivorous diets	<i>Sustainability</i>	2019
17	M.C. Theurl, C. Lauk, G. Kalt, A. Mayer, K. Kaltenegger, T.G. Morais et al. ^a	Food systems in a zero-deforestation world: dietary change is more important than intensification for climate targets in 2050	<i>Science of the Total Environment</i>	2020
18	M. Pieper, A. Michalke and T. Gaugler	Calculation of external climate costs for food highlights inadequate pricing of animal products	<i>Nature Communications</i>	2020
19	A. Rabès, L. Seconda, B. Langevin, B. Allès, M. Touvier, S. Hercberg et al.	Greenhouse gas emissions, energy demand and land use associated with omnivorous, pesco-vegetarian, vegetarian, and vegan diets accounting for farming practices	<i>Sustainable Production and Consumption</i>	2020
20	A. Kustar and D. Patino-Echeverri	A review of environmental life cycle assessments of diets: plant-based solutions are truly sustainable, even in the form of fast foods	<i>Sustainability</i>	2021
21	P. Scarborough, M. Clark, L. Cobiac, K. Papier, A. Knuppel, J. Lynch et al.	Vegans, vegetarians, fish-eaters and meat-eaters in the UK show discrepant environmental impacts	<i>Nature Food</i>	2023

Table source: Twine, R. (2024) *The Climate Crisis and Other Animals*. Sydney: Sydney University Press. pp.175-177.