

**“Why Plant-Rich Diets are Critical to Saving Our Planet”**  
**Presented to Ann Arbor Rotary on January 14, 2021 by Andrea Wotan, MPH RDN**

---

## REFERENCES

[Amazon Deforestation](#). WWF Website. Accessed 11 Jan 2021.

Amigo I. [When will the Amazon hit a tipping point?](#) *Nature*. 25 Feb 2020.

[Animal Feeding Operations](#). USDA Natural Resources Conservation Service Website. Accessed 11 Jan 2021.

Bar-on et al. [The biomass distribution on earth](#). PNAS. June 2018.

Bergen S. [Less Beef, Less Carbon](#). *Natural Resources Defense Council Website*. 22 Mar 2017. Accessed 10 Jan 2021.

Borunda A. [How beef eaters in cities are draining rivers in the American West](#). National Geographic Website. 2 Mar 2020.

Bryce E. [We can feed the world if we reclaim our crops from livestock](#). Anthropocene Magazine Website. 27 Jul 2018. Accessed 11 Jan 2021.

Cain M. Guest post: [A new way to assess ‘global warming potential’ of short-lived pollutants](#). Carbon Brief website. 7 Jun 2018.

Carrington D. [Humanity has wiped out 60% of animal populations since 1970, report finds](#). The Guardian. 29 Oct 2018.

Center for Sustainable Systems, University of Michigan. Sep 2020. “[Carbon Footprint Factsheet](#).” Pub. No. CSS09-05.

[Cerrado Facts](#). WWF Website. Accessed 11 Jan 2021.

Clark et al. [Global food system emissions could preclude achieving the 1.5° C and 2 ° C climate change targets](#). *Science*. 6 November 2020.

Corbin C. [Animal torture, abuse called a ‘regular practice’ within federal wildlife agency](#). Fox News Website. 12 Mar 2013. Accessed 12 Jan 2021.

Costello et al. [Global fisheries prospects under contrasting management regimes](#). PNAS. 3 May 2016.

Eldardiry H, Habib E. [Carbon capture and sequestration in power generation: review of impacts and opportunities for water sustainability](#). *Energ Sustain Soc*. 1 Feb 2018.

[Emissions impossible: How big meat and dairy are heating up the planet](#). *GRAIN and IATP*. July 2018.

[Exposed: USDA’s Secret War on Wildlife](#). Predator Defense Youtube Video. 2 Dec 2013.

**“Why Plant-Rich Diets are Critical to Saving Our Planet”**  
**Presented to Ann Arbor Rotary on January 14, 2021 by Andrea Wotan, MPH RDN**

---

**REFERENCES**

FAO. 2020. [\*The State of World Fisheries and Aquaculture 2020. Sustainability in action. Rome.\*](https://doi.org/10.4060/ca9229en) <https://doi.org/10.4060/ca9229en>

Farah T. [U.S. rivers and lakes are shrinking for a surprising reason: cows.](#) The Guardian. 2 Jul 2020.

Ge M, Friedrich J. [4 Charts Explain Greenhouse Gas Emissions by Countries & Sectors.](#) World Resources Institute Website. 6 Feb 2020. Accessed January 9, 2021.

Gibbs D, Harris N, Seymour F. By the numbers: [The value of tropical forests in the climate change equation.](#) 4 Oct 2018. World Resources Institute Website. Accessed 9 Jan 2021.

Gonzales et al. [Carbon capture and storage 101.](#) Resources for the Future website. 6 May 2020.

[Hamburger vs. Wildlife: The environmental cost of beef.](#) Center for Biological Diversity – TakeExtinctionOffYourPlate.com. Accessed 11 Jan 2021.

Hayek M, Harwatt H, Ripple W, Mueller N. [The carbon opportunity cost of animal-sourced food production on land.](#) *Nature Sustainability*. 7 Sep 2020.

Heller, Keoleian, Rose. [Implications of future U.S. diet scenarios on greenhouse gas emissions.](#) Center for Sustainable Studies, University of Michigan. 13 Jan 2020.

Hribar C, Schultz M. [Understanding concentrated animal feeding operations and their impact on communities.](#) NALBOH. CDC Website. Accessed 11 Jan 2021.

[Key facts and findings.](#) *Food and Agriculture Organization of the United States website.* Accessed January 9, 2021.

[Livestock and Landscapes.](#) FAO.

[Living Planet Report 2020.](#) World Wildlife Fund. 10 Sep 2020.

McDonald J. [How Potent is Methane?](#) FactCheck.org. 24 Sep 2018.

Myers R, Worm B. [Rapid worldwide depletion of predatory fish communities.](#) *Nature*. 15 May 2003.

[Nature’s dangerous decline ‘unprecedented’; Species extinction rates accelerating.](#) IPBES Website. May 2019.

Pacheco, P., Mo, K., Dudley, N., Shapiro, A., Aguilar-Amuchastegui, N., Ling, P.Y., Anderson, C. and Marx, A. 2021. [Deforestation fronts: Drivers and responses in a changing world.](#) WWF, Gland, Switzerland. Published Jan 2021.

[Plow Print 2020.](#) World Wildlife Fund. Aug 2020. Accessed 11 Jan 2021.

**“Why Plant-Rich Diets are Critical to Saving Our Planet”**  
**Presented to Ann Arbor Rotary on January 14, 2021 by Andrea Wotan, MPH RDN**

---

## REFERENCES

- Poore, Nemecek. [Reducing food’s environmental impacts through producers and consumers](#). *Science*. 1 Jun 2018.
- [Program Data Reports](#). Wildlife Services – USDA APHIS Website. Accessed 11 Jan 2021.
- Ranganathan J, Waite R. [Sustainable diets: What you need to know in 12 charts](#). WRI website. 20 Apr 2016.
- Readfearn G. [More than 80% of Indian Ocean dolphins may have been killed by commercial fishing, study finds](#). *The Guardian*. 2 Mar 2020.
- Richter B, et al. [Water scarcity and fish imperilment driven by beef production](#). *Nature Sustainability*. 02 March 2020.
- Ripple et al. [World Scientists’ Warning of a Climate Emergency](#). *Bioscience*. 5 Nov 2019.
- Ritchie H, Roser M. [Environmental Impacts of Food Production](#). Our World in Data website. Accessed 9 Jan 2021. Source: Poore & Nemecek (2018). Additional calculations by OWID.
- Ritchie H. [The carbon footprint of foods: are differences explained by the impacts of methane?](#) Our World In Data website. 10 Mar 2020.
- Rumpler J. [Corporate Agribusiness and the fouling of American’s waterways](#). Environment America Research & Policy Center. Jun 2016.
- Sabate J et al. [The environmental cost of protein food choices](#). Cambridge University Press. 6 Nov 2014.
- Saunois et al. [The global methane budget 2000-2017](#). Earth System Science Data website. 15 Jul 2020.
- [Saving the Cerrado: Brazil’s vital savanna](#). World Wildlife Fund Website. 25 Jan 2018. Accessed 11 Jan 2021.
- Schultz S. [Controlling methane is a fast and critical way to slow global warming, say Princeton experts](#). *Princeton University website*. 19 Sep 2019.
- Stillerman KP. [In a warming world, Carolina CAFOs are a disaster for farmers, animals and public health](#). Union of Concerned Scientists. 21 Sep 2018.
- [The case against carbon capture: False claims and new pollution](#). Food & Water Watch. 27 Mar 2020.
- [The Hidden Cost of Hamburgers](#). *PBS Website*. 2 Aug 2012. Accessed 10 Jan 2021.
- UN Environment Programme (2020). [Emissions Gap Report 2020– Executive summary](#). Nairobi.
- Urbina I. [How China’s expanding fishing fleet is depleting the world’s oceans](#). 17 Aug 2020.

**“Why Plant-Rich Diets are Critical to Saving Our Planet”**  
**Presented to Ann Arbor Rotary on January 14, 2021 by Andrea Wotan, MPH RDN**

---

## REFERENCES

[What’s driving deforestation?](#) Union of Concerned Scientists website. 8 Feb 2016. Accessed 11 Jan 2021.

[Why are CAFOs bad?](#) Sierra Club – Michigan Chapter Website. Accessed 11 Jan 2021.

Worm B. [Averting a global fisheries Disaster](#). *PNAS*. 3 May 2016.

## OTHER KEY STUDIES:

Bradshaw CJA et al. [Underestimating the Challenges of Avoiding a Ghastly Future](#). 13 Jan 2021. *Front. Conserv. Sci.* <https://doi.org/10.3389/fcosc.2020.615419>

EAT Lancet Commission. [Healthy diets from sustainable food systems: Food, planet, health](#). EAT Lancet Commission Summary Report. 16 Jan 2019. *The Lancet*. (Full Report: [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(18\)31788-4/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(18)31788-4/fulltext))

Taylor M. [Global food industry on course to drive rapid habitat loss – research](#). 21 Dec 2020. The Guardian Website.

Williams, D.R., Clark, M., Buchanan, G.M. *et al.* [Proactive conservation to prevent habitat losses to agricultural expansion](#). *Nat Sustain* (2020). <https://doi.org/10.1038/s41893-020-00656-5>