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Abstract

Plant-based diets are on the rise, but the costs surrounding a transition to a plant-based diet are highly debated. Many believe that consuming a plant-based diet is expensive or even unattainable. One must know the costs surrounding an omnivore and a plant-based diet, in order to make the best dietary choices for their personal situation. An analysis of six costs surrounding a plant-based lifestyle and animal agriculture bring to light some of the true costs and savings of adopting a plant-based lifestyle. These costs are all on the individual citizen of the United States, whether directly or indirectly. Through an analysis of food, medical, environmental, land, water, and incalculable costs, one can have a greater understanding of the impact of an omnivore diet on one's wallet, health, and the earth.

Honors College
Ball State University
Muncie, IN 47306