

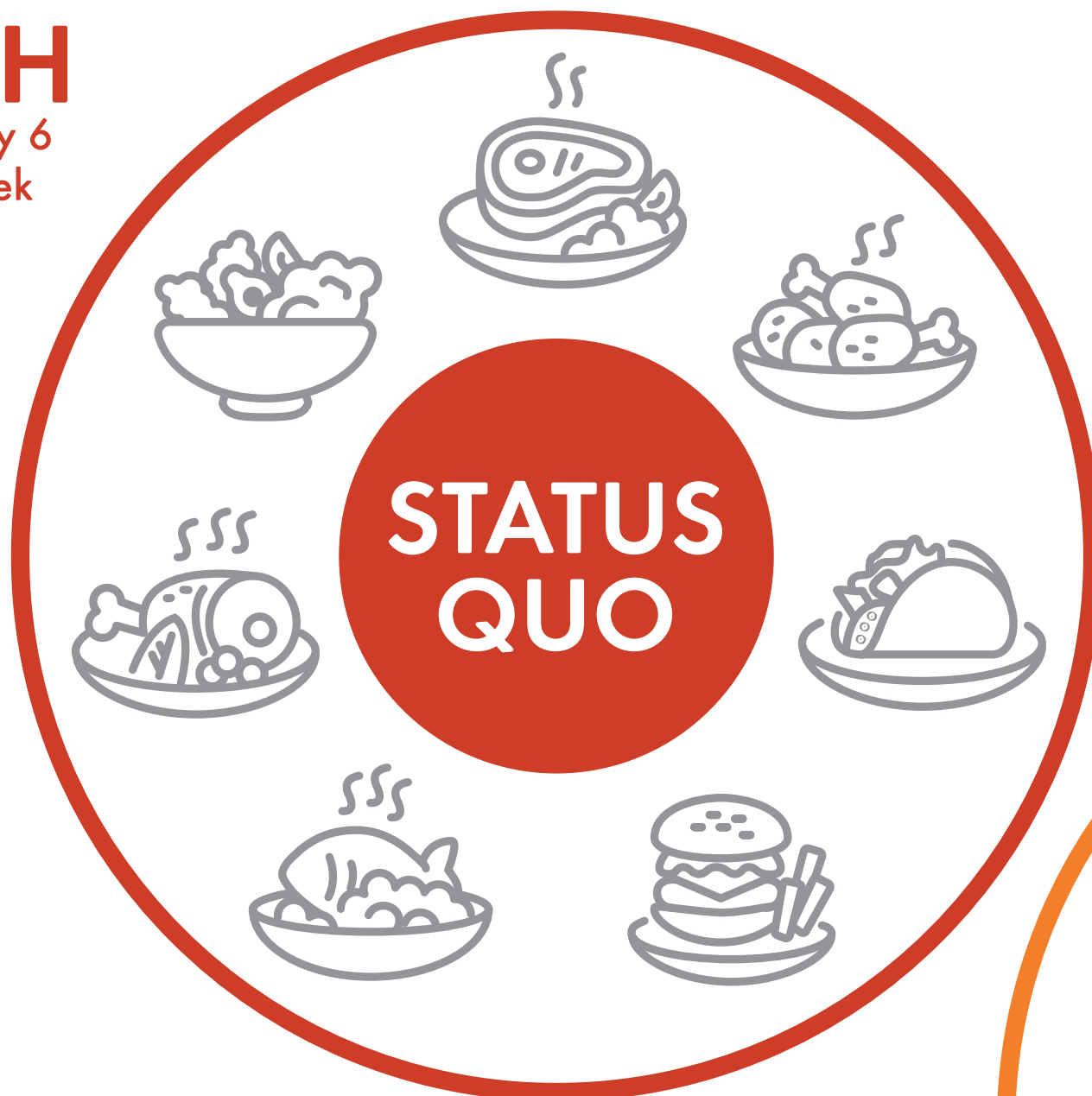


# Moving Canada to a low meat consumption model for animals, the planet and your health

Currently, meat and other animal products make up a huge 57% of the Canadian plate. All the fruit, vegetables, grains and legumes (including meat replacements) we eat, account for the rest. Assuming most meals currently include some form of animal products, here is what a week of dinners could look like, in the three scenarios by 2050.

## HIGH

Meat/dairy 6 days a week



## LOW

Meat/dairy 1 day a week



## MEDIUM

Meat/dairy 3 days a week

