



# Food For Thought (And Action!)

## Food Facts at a Glance

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U.S. mortality related to diet: **Two-thirds**

Incidence of high blood pressure in U.S. senior citizens: **More than 50%**

Incidence of high blood pressure in senior citizens in nations with low-fat, plant-based diets: **Virtually none**

Breast cancer rate for women in Japan who eat meat daily compared to those who rarely or never eat meat: **8.5 times greater**

Per cent of world grain harvest fed to livestock: **36%**

Number of people starving or malnourished in the world: **1 billion**

Number of people who could be fed by grain and soybeans eaten by U.S. livestock: **1.4 billion**

Per cent of rain forest in Mexico and Central America cut down, mainly to produce meat for the U.S.: **50%**

Water required to produce one pound of beef: **2,500 gallons**

Water required to produce one pound of chicken: **815 gallons**

Water required to produce one pound of carrots: **33 gallons**

Water required to produce one pound of wheat: **25 gallons**

Current number of people worldwide facing a water shortage: **Nearly half a billion**

Number of fish that have been killed by pig and chicken waste on the East Coast: **2 billion (2,000,000,000)**

Amount of water pollution generated by producing a pound of meat compared to a pound of pasta: **17 to 1**

Number of Americans who drink water contaminated with pesticides: **15 million**

Per cent of U.S. fresh fruits and vegetables containing at least one pesticide: **67%**

Per cent of pesticides potentially cancer-causing: **40%**

Amount of minerals contained in organic foods compared to conventional foods:

Calcium: **63% higher**

Iron: **59% higher**

Potassium: **125% higher**

Amount paid to farmer for a \$1 loaf of bread: **5 cents**

Amount paid for marketing the bread: **75 cents**

Farmer's typical profit in selling directly to customer compared to selling to food distributor: **10 to 1**

Cost to consumer of buying directly from a farmer's market or CSA (Community-Supported Agriculture) compared to buying equivalent produce in a grocery store: **Varies, but usually about the same**

Number of farmer's markets starting in the U.S. in the last ten years: **2,000**

Number of farmer's markets in the Portland area: **16**

Number of households in the U.S. who have joined a CSA in the past few years: **Over 100,000**

Number of CSA's in the Portland area: **12**

**Sources:** Chesapeake Bay Foundation, Department of Environmental Quality, John Robbins, [The Food Revolution](#), Journal of Applied Nutrition, MacArthur Foundation Report, [Portland's Bounty](#), Rainforest Action Network, Steve McFadden, [Farms of Tomorrow Re-Visited](#), Union of Concerned Scientists, U. of California Agricultural Extension, USDA, US EPA, US Surgeon General, Vital Signs 2000, Worldwatch Institute