



# Spooky Facts About the Standard American Diet



## 1. According to [Jeff Novick, RD:](#)

66% of American adults are overweight or obese  
42 % of American children are overweight or obese

## 2. According to David Pimental, Ph.D., Professor at Cornell:

Americans eat an average of 3800 calories per day.  
They should eat only 2500 calories per day.



## 3. According to [Jeff Novick, RD:](#)

Americans eat:  
~ 20% of their calories from white flour  
37% from fat      23% from white sugar      15% from protein  
(leaving only ~ 5% from complex carbohydrates, which should make up the vast majority of our calories.)



## 4. According to [Joel Fuhrman, M.D.:](#)

Only 7% of calories consumed by Americans are from fruits and vegetables.  
Half of all vegetables consumed are potatoes.  
Half of all potatoes consumed are in the form of chips and fries.

42% of calories consumed by Americans come from dairy and animal products  
51% of calories consumed by Americans come from highly processed and refined carbohydrates and extracted oils.



## 5. According to David Pimental, Ph.D.:

The average American drinks 600 cans of soda per year.  
(This is 90,000 calories totalling 50 lbs. of sugar per person per year.)

## 6. According to the [National Agricultural Statistics Service](#), the following number of animals were slaughtered in the US in 2008:

cattle: 34.4 million (avg/day 94,247)  
calves: 956,600 (avg/day 2,621)  
hogs: 116.5 million (avg/day 319,178)  
sheep and lambs: 2.56 million (avg/day 7,014)  
turkeys: 3,672,000 (avg/day 10,060)  
chickens: 9,075,261,000 (avg/day 24,863,729)



(There are 308 million humans in the U.S., so this averages 32 animals per person, per year, not counting fish and seafood.)

7. According to [Bruce Friedrich](#):

There are no laws to protect farmed animals from abuse, and that what happens to them would warrant felony cruelty charges if these were dogs or cats.



8. According to Jim Motavalli, editor of E: the environmental magazine:

More than one third of all fossil fuels produced in the U.S. are used in animal agriculture. 80% of all agricultural land in the U.S. is used in the meat and dairy industries.

9. According to David Pimental:

It requires 5000 gallons of water to produce 1 pound of beef.



10. According to [John Robbins, in \*The Food Revolution\*](#):

70% of U.S. grains and cereals are fed to livestock

80% of U.S. soybeans are fed to livestock

77% of U.S. corn is fed to livestock

Number of humans that could be fed by the grain and soybeans eaten by livestock: 1.4 billion

11. According to [Joanne Stepaniak in \*The Vegan Sourcebook\*](#):

The red coloring in SOME bottled juices, colored pasta; candies, ice cream, yogurt and fruit fillings are derived from the ground body of the female cochineal beetle. Also labeled as carmine, cochineal and carminic acid.



12. According to [Joanne Stepaniak in \*The Vegan Sourcebook\*](#):

Marshmallows and SOME other candies, frosted cereals and many dairy products such as yogurt, sour cream and ice cream, as well as Jello include the bones, cartilage, tendons, skin and other tissues of steer, calves or pigs.

13. According to [John Robbins, in \*The Food Revolution\*](#):

Bones, brains, meat scraps, feathers and intestines of cows, pigs and poultry are routinely ground up and added to the grain and soybeans fed to animals.

14. According to [John Robbins, in \*The Food Revolution\*](#):

5000 people per day get sick from campylobacter bacteria, usually from eating chicken.

70% of chickens and 90% of turkeys have campylobacter bacteria.

