

Referenties Plant Power brochure maart 2017

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(1) www.scp.nl/Publicaties/Alle_publicaties/Publicaties_2016/Kiezen_bij_de_kassa

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De hamburger

30 kg CO2 uitstoot (1)

19 kg plantaardig voedsel (1)

15.400 liter water (1)

60 kg mest (2)

Kap regenwoud (3)

De vegaburger

2 kg CO2 uitstoot (1)

1 kg plantaardig voedsel

160 liter water (4)

Geen kap regenwoud (5, 6)

(1) www.milieucentraal.nl/milieubewust-eten/vlees-vis-of-vega/

(2) www.milieudefensie.nl/publicaties/brochures-folders/voer-tot-nadenken

(3) www.milieudefensie.nl/veestapel

(4) www.fi.uu.nl/toepassingen/12021/documents/handleiding_watertekort.pdf

(5) www.alpro.com/nl/faq/detail/koopt-alpro-bonen-uit-het-amazonewoud

(6) www.milieudefensie.nl/veevoer/veelgestelde-vragen-over-soja#-br-wat-is-er-eigenlijk-mis-met-soja-

(7) www.ipcc.ch/pdf/assessment-report/ar5/syr/AR5_SYR_FINAL_SPM.pdf

(8) www.veganisme.org/2016/03/01/waarom-je-als-veganist-ook-heel-veel-water-bespaart-met-infographic/

(9) www.milieudefensie.nl/veevoer/veelgestelde-vragen-over-soja#hoeveel-oerwoud-wordt-er-gekap-voor-ons-vlees-

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-Y.F. Chiu, C.C. Hsu, T.H. Chiu, C.Y. Lee, T.T. Liu, C.K. Tsao, S.C. Chuang, C.A. Hsiung (2015). Cross-sectional and longitudinal comparisons of metabolic profiles between vegetarian and non-vegetarian subjects: a matched cohort study. *The British journal of nutrition* Sep 10:1-8.

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