

# Global Meat Exhaustion Day

## 19<sup>th</sup> of June 2025

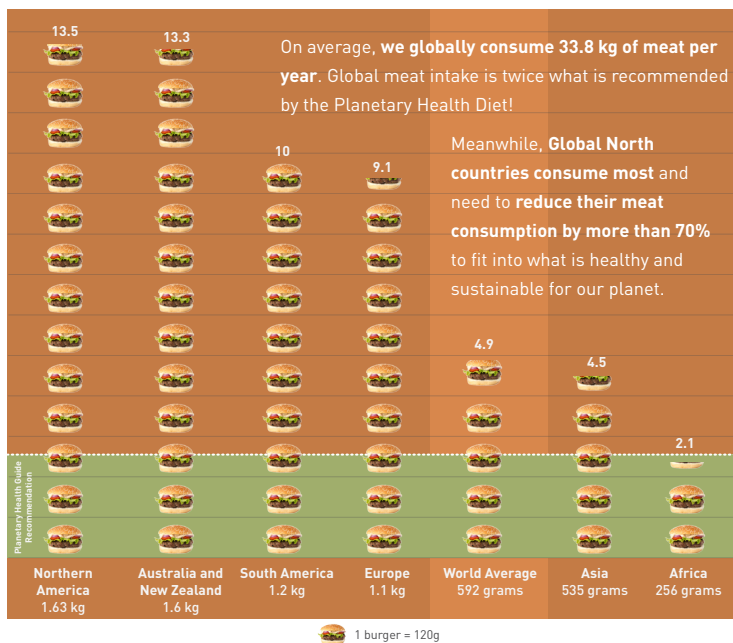
### What is Meat Exhaustion Day?

Meat Exhaustion Day determines the day on which the maximum recommended meat consumption per year has been reached with respect to the Earth's limit (planetary boundaries) and considering human health requirements (health boundary).

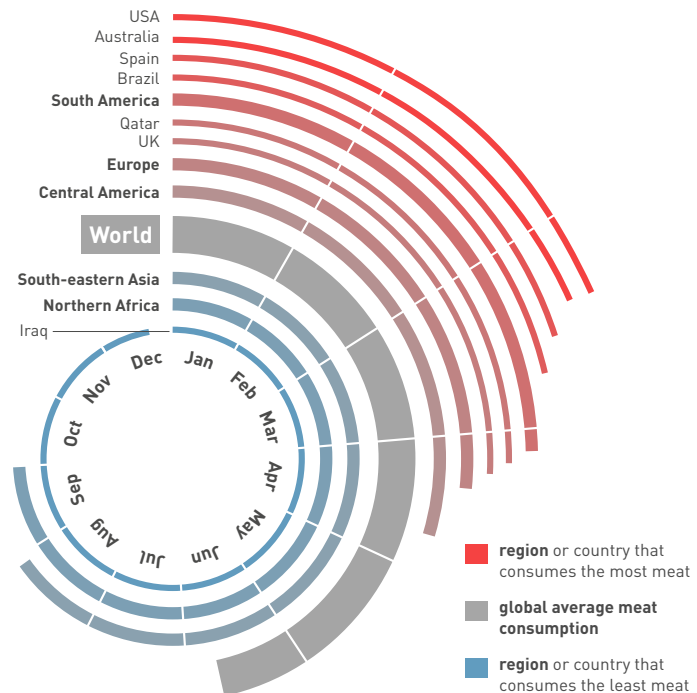
It is comparable to the **Earth Overshoot Day** (also known as Ecological Debt Day).

The meat exhaustion date is calculated by comparing a country's actual consumption of meat per capita in a year, with the maximum yearly amount of meat intake that is recommended by the **Planetary Health Diet** by the EAT-Lancet Commission<sup>1</sup>. This diet limits meat consumption to no more than 15 kilos and 695 grams per person per year (302 grams per person per week).

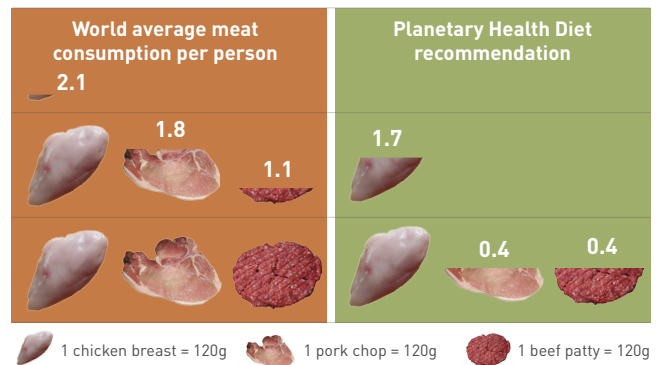
### Weekly Average Meat Consumption around the World – in burger equivalent



### Meat Exhaustion Day around the Globe



### Weekly Consumption vs Recommendations



### The harmful effects of meat



Reducing meat in diets is beneficial for your health and the planet.



Meat production is harming the planet. Animal agriculture currently makes up around 1/6<sup>th</sup> of all manmade greenhouse gas emissions<sup>3,4</sup>. Agricultural expansion is responsible for 88% of global deforestation, and is the most powerful driver of habitat loss on Earth, water use and pollution, leading to losses in biodiversity<sup>5-7</sup>.

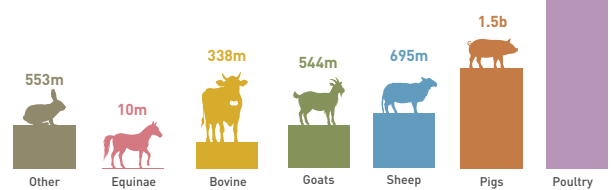


The consumption of meat has notorious impacts on human health. Regular and high meat consumption can lead to obesity, diabetes and an increased risk of diseases and death, while red and processed meat are known carcinogens<sup>8,9</sup>.

**A global dietary shift is needed!**

More than

**85.4 billion animals were slaughtered for consumption in 2023<sup>2</sup>**



**Animals slaughtered in 2023**

#### References

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