

Director James Cameron switches to vegan diet: Eating meat destroys the planet



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Director James Cameron, who's famous for making Hollywood blockbusters such as "Titanic," "Aliens," and the "Terminator" series, recently switched to a vegan diet.

While many **vegans cite health** as the primary motive for following the plant-based diet, Cameron, 58, says his decision was driven by ethical reasons.

"It's not a requirement to eat animals, we just choose to do it," Cameron told the **Calgary Herald** in October 2012. "So it becomes a moral choice and one that is having a huge impact on the planet, using up resources and **destroying the biosphere.**"

However, Cameron notes that his five children (whose ages range from 5 to 23) aren't jumping on the vegan bandwagon anytime soon. "The kids want hamburgers and Coke because they're kids," said the lanky 6-foot-2 Cameron. "But [that's because] all of human consciousness is five years old emotionally."

While some have slammed vegetarians and vegans for being "**self-righteous**," numerous reports have confirmed that livestock

farming taxes the soil, uses huge supplies of water, and is environmentally costly.

According to a United Nations report, raising livestock for food uses 30% of the Earth's land mass. It takes more than 2,400 gallons of water to produce one pound of meat, versus 25 gallons for growing a pound of wheat.

Marc Reisner, former staff writer at the Natural Resources Defense Council, recently noted: "In California, the single biggest consumer of water is not Los Angeles. It is not the oil and chemicals or defense industries. Nor is it the fields of grapes and tomatoes. It is irrigated pasture: grass grown in a near-desert climate for cows.

"The West's water crisis — and many of its environmental problems as well — can be summed up in a single word: livestock."

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