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Did You Eat Your Worms?

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Did You Eat Your Worms?!

Sources: <https://www.sciencedirect.com/science/article/pii/S1878450X20301451>

- Tahner Green, Kimberly Nehls
International Business, UNLV

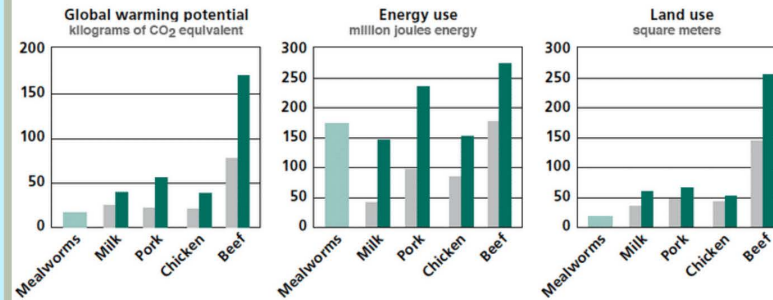
Let's Eat Bugs!



- Most of the world will begin eating bugs within the next 50 years
- Insects are a more sustainable protein source for the environment
- 80% of the world eats insects, it is mainly taboo in western cultures
- Sweden has started promoting insect-eating as a social norm.
- As our population continues to grow, we need to change our diets
- Like Sweden, we need to develop our comfortability with insect-eating for environmental reasons

Changing Social Norms

Greenhouse gas production (global warming potential), energy use and land use due to the production of 1 kg of protein from mealworms, milk, pork, chicken and beef



Note: The grey bars are minimal values and the dark green bars are maximum values found in the literature.

- In order to make Insect-eating normal, we need to expose its benefits
- Insects produce less harmful emissions and consume less water than high-consumption animals.
- Insects also have more nutrients and health benefits than High-Consumption animals.
- The mission is to let Sweden know about the environmental and health benefits of insect-eating. In hopes, it changes their perspective on insects.

Results/ Conclusion

- As Sweden Showed the environmental benefits of bugs, more men were willing to eat insects.
- As they showed the health benefits, we have seen more women willing to eat bugs.
- Overall, tasty dishes, as well as the potential benefits, Provided awareness for people to begin eating insects in Sweden.
- If we can inform more countries about the many benefits of eating insects, we will see a decrease in methane pollution and water consumption. These findings should be used to inform other countries that find insect consumption taboo, and encourage them to change their nation's diets for the benefit of the planet.

Reasons for eating insects, men vs women (%)

