

Supplemental Table 1. Relative difference (in percentage) of greenhouse gas (GHG) emissions, land use and water use by shifting from current dietary patterns to vegetarian diets.

Study (reference)	Type of vegetarian diet	Relative difference (%)		
		GHG emission	Land use	Water use
Springmann et al. 2018 (8)	Ovolactovegetarian	-82	-31	-7
	Vegan	-89	-36	1
	Vegan	-87	-29	33
Rosi et al. 2017 (30)	Ovolactovegetarian	-34	-38	-27
	Vegan	-41	-44	-22
Abeliotis et al. 2016 (31)	Ovolactovegetarian	-37	--	--
Bryngelsson et al. 2016 (32)	Ovolactovegetarian	-36	-46	--
	Vegan	-72	-80	--
Davis et al. 2016 (33)	Ovolactovegetarian	-46	-74	-28
Goldstein et al. 2016 (34)	Ovolactovegetarian	-46	-67	--
	Vegan	-60	-78	--
Jalava et al. 2016 (56)	Ovolactovegetarian	--	--	-16
Springmann et al. 2016 (35)	Ovolactovegetarian	-58	--	--
	Vegan	-67	--	--
Vanham et al. 2016 (57)	Ovolactovegetarian	--	--	-49
Grabs 2015 (36)	Ovolactovegetarian	-20	--	--
Heller and Keoleian 2015 (40)	Ovolactovegetarian	-33	--	--
	Vegan	-53	--	--
Pairotti et al 2015 (37)	Ovolactovegetarian	-13	--	--
Sabate et al. 2015 (38)	Ovolactovegetarian	-28	--	--
	Vegan	-42	--	--
Stamm 2015 (39)	Ovolactovegetarian	-17	--	--
	Vegan	-39	--	--
Jalava et al. 2014 (58)	Ovolactovegetarian	--	--	-22
Meier et al. 2014 (53)	Ovolactovegetarian	--	-28	--
	Vegan	--	-44	--
Scarborough et al. 2014 (41)	Ovolactovegetarian	-35	--	--
	Vegan	-50	--	--
Soret et al. 2014 (42)	Ovolactovegetarian	-29	--	--
Tilman and Clark 2014 (12)	Ovolactovegetarian	-55	-28	--
Tyszler et al. 2014 (52)	Vegan	--	-40	--
Van Dooren et al. 2014 (43)	Ovolactovegetarian	-22	-51	--
	Vegan	-35	-59	--

Supplemental Table 1. (Continued)

Study (reference number)	Type of vegetarian diet	Relative difference (%)		
		GHG emission	Land use	Water use
Werner et al. 2014 (44)	Ovolactovegetarian	-34	--	--
	Vegan	-48	--	--
da Silva et al. 2013 (59)	Ovolactovegetarian	--	--	-43
Hoolohan et al. 2013 (45)	Ovolactovegetarian	-35	--	--
Meier and Christen 2013 (46)	Ovolactovegetarian	-24	-27	85
	Vegan	-53	-50	107
Temme et al. 2013 (54)	Vegan	--	-51	--
Vanham 2013 (61)	Ovolactovegetarian	--	--	-37
Vanham et al. 2013 (60)	Ovolactovegetarian	--	--	-38
Wilson et al. 2013 (47)	Ovolactovegetarian	-73	--	--
		-74	--	--
		-78	--	--
		-57	--	--
		-83	--	--
		-85	--	--
	Vegan	-81	--	--
Berners-Lee et al. 2012 (48)	Ovolactovegetarian	-22	--	--
		-18	--	--
		-25	--	--
	Vegan	-31	--	--
		-23	--	--
		-25	--	--
Audsley et al. 2009 (49)	Ovolactovegetarian	-40	--	--
Risku-Norja et al. 2009 (51)	Vegan	-48	--	--
Risku-Norja et al. 2008 (50)	Vegan	-61	-49	--
Peters et al. 2007 (55)	Ovolactovegetarian	--	-55	--
Renault and Wallender 2000 (62)	Ovolactovegetarian	--	--	-52

--:no reported data. GHG: greenhouse gas

Note: Relative differences were directly obtained from the publications, or estimated from data reported in them.