How might entomophagy provide for a sustainable future?

Insects offer a lot of great protein and nutrition for the world’s population. Insects use far less water and resources than any other farmed animal, and also causes far less methane emissions than cattle. Insects are also cultivated and eaten in over 80% of the world (Martin, 2017)! That’s right, the six-legged champions of sustainable meat are already being used all throughout Asia, the south Pacific, and Africa!

Western cultures have an innate hatred towards insects, and most arthropods that are not lobster or crab. In the west, the thought of eating insects may seem like something of a last resort. No other food available, so you have to make due. This is not at all the case! Insects are not only sustainable, but they’re also quite palatable! Put them in a stew, roast them up, deep-fry them, however you want them, they’ll taste great in the end!

Livestock attributes greatly to yearly greenhouse gas emissions. Cattle release over 66% of the world’s atmospheric methane, a gas which causes global warming. This gas is over twenty times more powerful than carbon dioxide as a greenhouse gas (van Huis, et al 2014). Though some insects release methane gas into the air, insects are responsible for only 4% of it (van Huis, et al 2014). This means that insects could hold a key to halting global warming.

• A first step to making the change would be finding an efficient and sustainable way to harvest the insects. This is already happening, but in a very small scale.
• People in western cultures absolutely need to embrace and tolerate insects as food. Though the evidence to support entomophagy is there, but the disgust associated with it is still a huge hurdle.

Interesting Facts!
Insects are very different than human beings, unlike cattle or poultry, this means illness would be a lot harder to contract if eaten uncooked/undercooked. (Looy, et al, 2014)

Lobsters and crabs are arthropods, much like insects and also spiders. Lobster and crab meat is a very sought out in western culture.

The US Food and Drug Administration allows certain amounts of insect parts in foods, such as hops (an ingredient in beer), which is allowed to have 250 aphids (leaf-eating macroinvertebrate insect) per gram.


