

# Vegetarian Statistics

Statistics	Data
Percent of kids age 8 to 18 that are vegetarians	3 %
Percent of adults who consider themselves vegetarians	10 %
Percent of people surveyed who said they are "definitely interested" in following a vegetarian diet in the future	5.2 %

Demographics of Vegetarians	Data
Percent of female vegetarians	59 %
Percent of male vegetarians	41 %
Percent age 18 to 34	42 %
Percent age 35 to 54	40.7 %
Percent over 55	17.4 %

Length of time being a vegetarian	Data
Percent who have followed a vegetarian diet for 5 to 10 years	18 %
Percent who have followed a vegetarian diet for 2 to 5 years	10.8 %
Percent who have followed a vegetarian diet for less than 2 years	14.1 %

Top Vegetarian Cities	(Ranked by number of vegetarian restaurants)		
1	Portland, Oregon	6	Washington, D.C.
2	Seattle, Washington	7	Minneapolis, Minnesota
3	San Francisco, California	8	Austin, Texas
4	New York, New York	9	Philadelphia, Pennsylvania
5	Atlanta, Georgia	10	Chicago, Illinois

Reasons cited for being a vegetarian	Data		
54 %	Animal welfare	31 %	Food Safety Concerns
47 %	Environmental concerns	25 %	Weight loss
39 %	Natural approaches to wellness	24 %	Weight maintenance

## SOURCE:

Statistics Brain at: <http://www.statisticbrain.com/vegetarian-statistics/>, Vegetarian Research Group, Vegetarian Times, Harris Interactive Service Bureau. Research Date: 10.16.2012

**22.8**  
**Million**  
**Americans**  
**follow a**  
**“vegetarian**  
**inclined” diet**

**7.3 Million**  
are vegetarian

**1 Million**  
are Vegan

**57.1 %**  
have been a  
vegetarian for over  
10 years

**53%**  
are vegetarian  
to improve their  
health