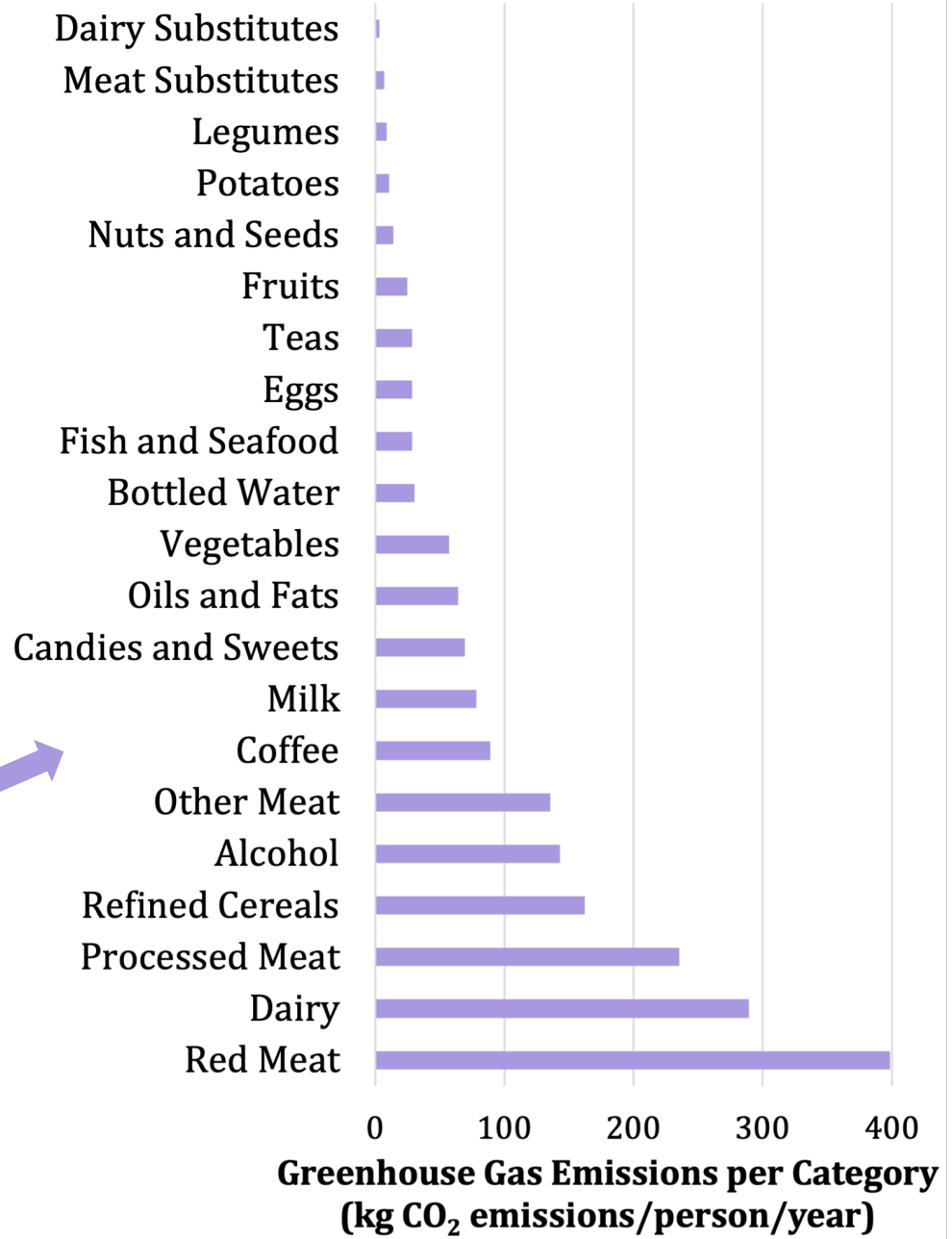
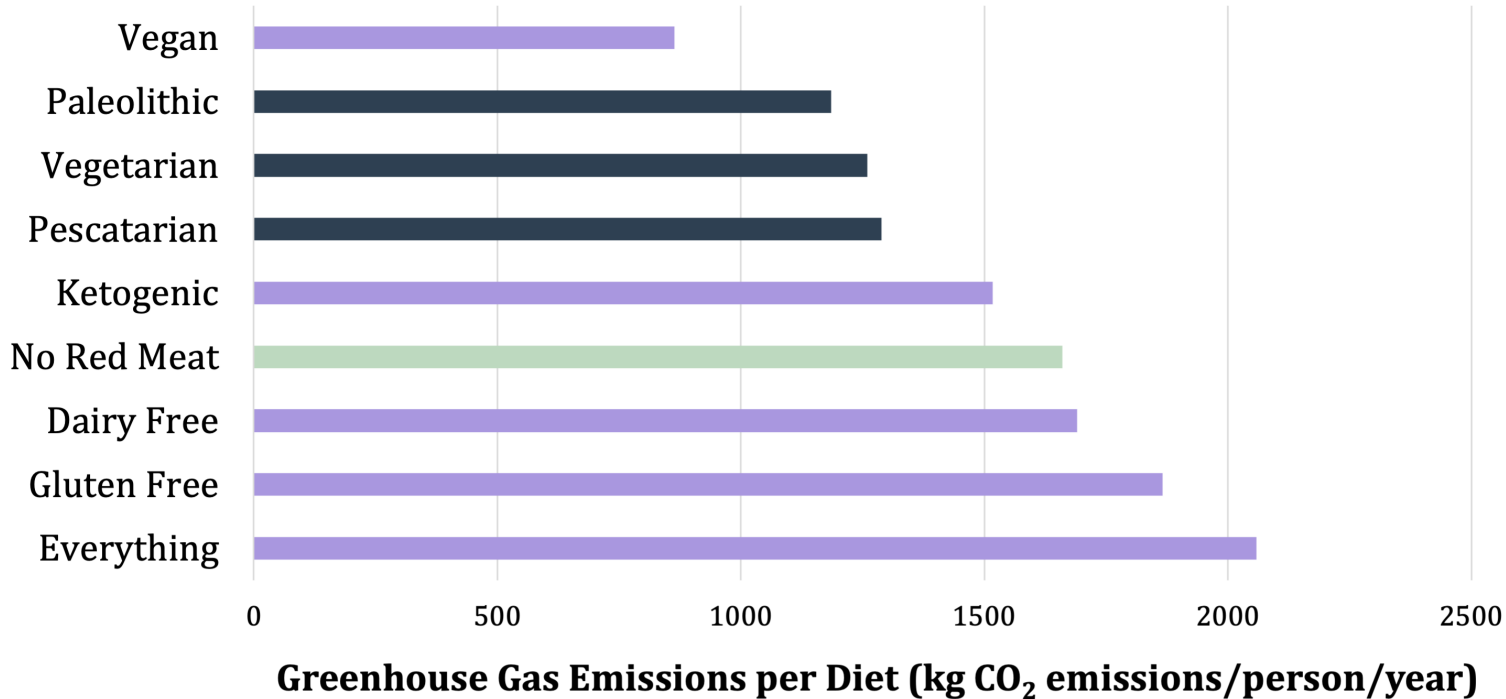


Save the Planet with your Diet



Red meat: most GHG emissions
→ cut out, reduce GHG ~20%

Vegan diet **BEST** for the planet → animals require resources and degrade the environment



BUT
Paleolithic, Vegetarian & Pescatarian Diets reduce GHG ~40% & **easier** to sustain

Katherine Smith

<https://tinyurl.com/2d7f2e3y>