



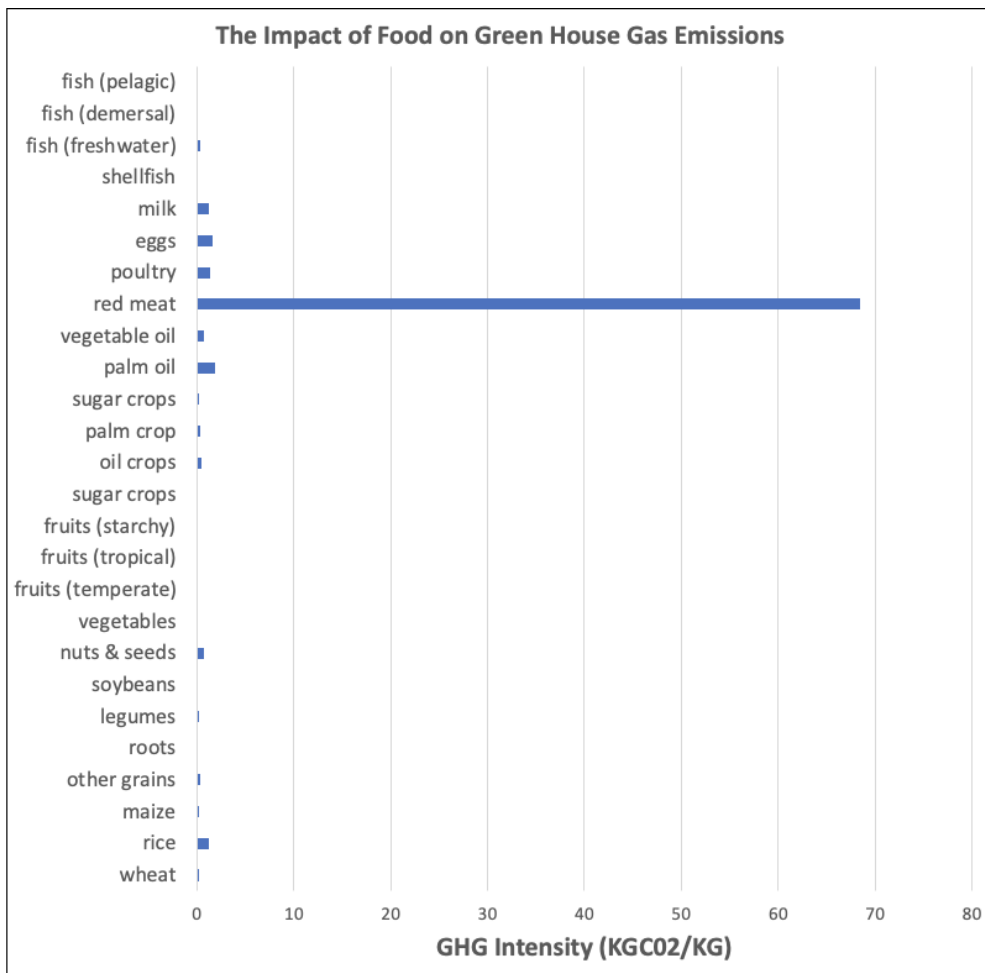
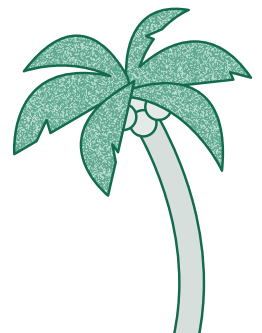
EAT GREEN TO BREATHE CLEAN

Redden McElveen

<https://tinyurl.com/65dfdnr5>

Climate change is the fight of our generation. We must adopt sustainable diets that reduce carbon and other greenhouse gas (GHG) emissions.

Got Beef? Sure hope not.



Red meat produces more GHG emissions than any other food. Comparatively, fish and plant-based sources of nutrition create far fewer emissions

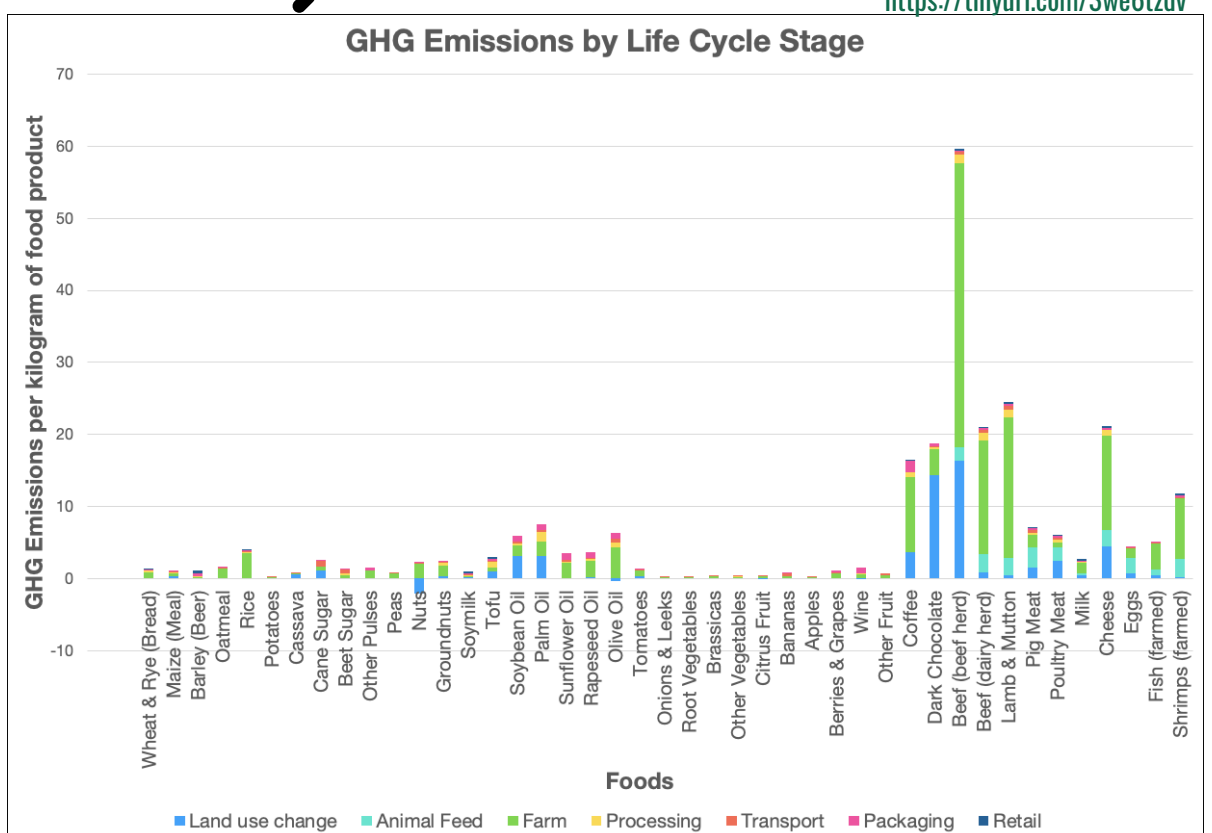
This difference in emissions is due to the costly life cycle of particular foods.



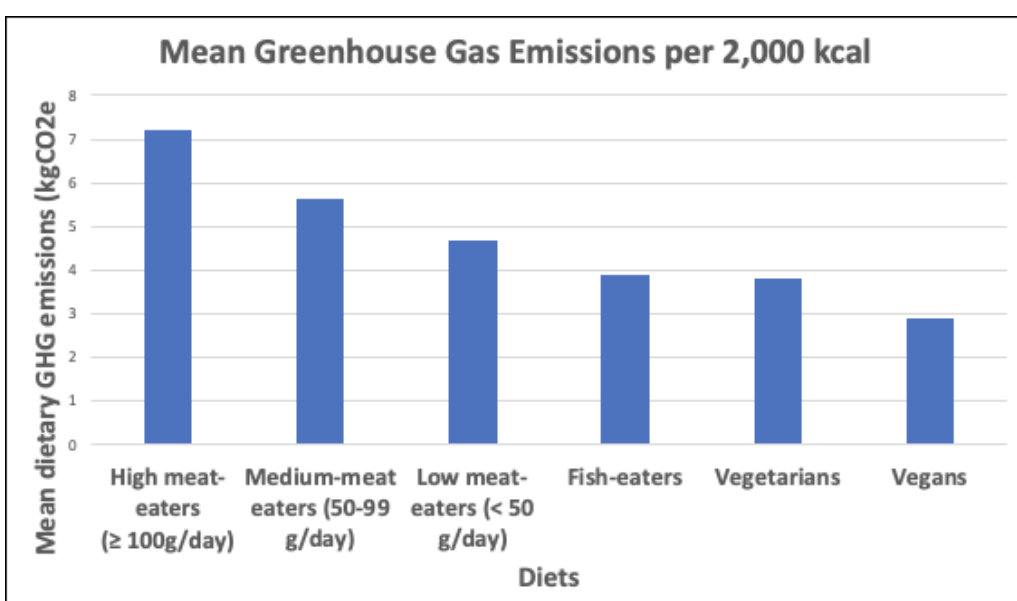
<https://tinyurl.com/foodC02>

Beef and cheese produce the most GHG emissions primarily due to the farming and land use element of their life cycle stages. Plant-based foods produce significantly less GHG in both of these stages.

<https://tinyurl.com/3we6tzdv>



So What Diet Should I Adopt?



Diet's with less meat and more plant-based sources of nutrition serves as the weapon we need to combat climate change.

Our results tell us that out of all the major diets, a vegan diet is the best at reducing GHG.

<https://tinyurl.com/2x93xyt5>

