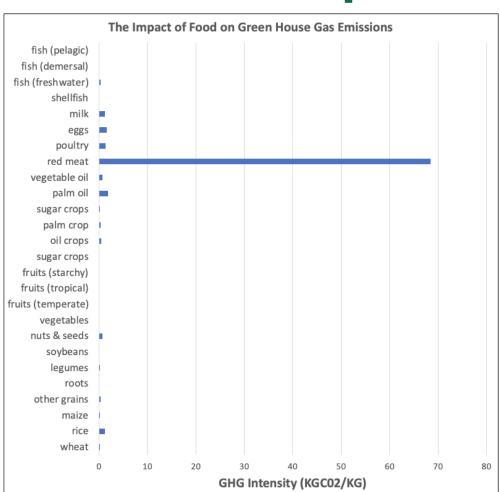


## EAT GREEN TO BREATHE CLEAN

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.

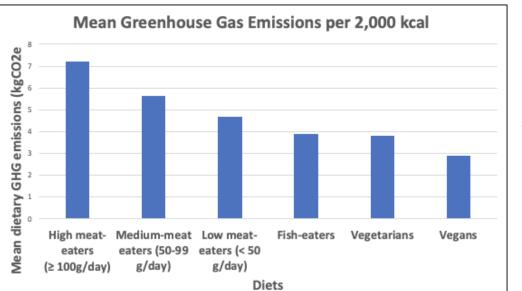


https://tinyurl.com/foodC02

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 GHG Emissions by Life Cycle Stage GHG Emissions per kilogram of food product Groundnuts = Soymilk Peas Tofu Potatoes Cassava Other Pulses Nuts Tomatoes Berries & Grapes Oatmeal Cane Sugar Sunflower Oil Rapeseed Oil Onions & Leeks Pig Meat Wheat & Rye (Bread) Barley (Beer) Soybean Oil Palm Oil Olive Oil Root Vegetables Brassicas Bananas Other Fruit Dark Chocolate Cheese Fish (farmed) Citrus Fruit Beef (beef herd) Beef (dairy herd) Lamb & Mutton -10 Foods Farm Animal Feed ■ Processing ■ Transport ■ Packaging ■ Retail Land use change

## So What Diet Should I Adopt?



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

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

