

## Bite Into a Better Planet

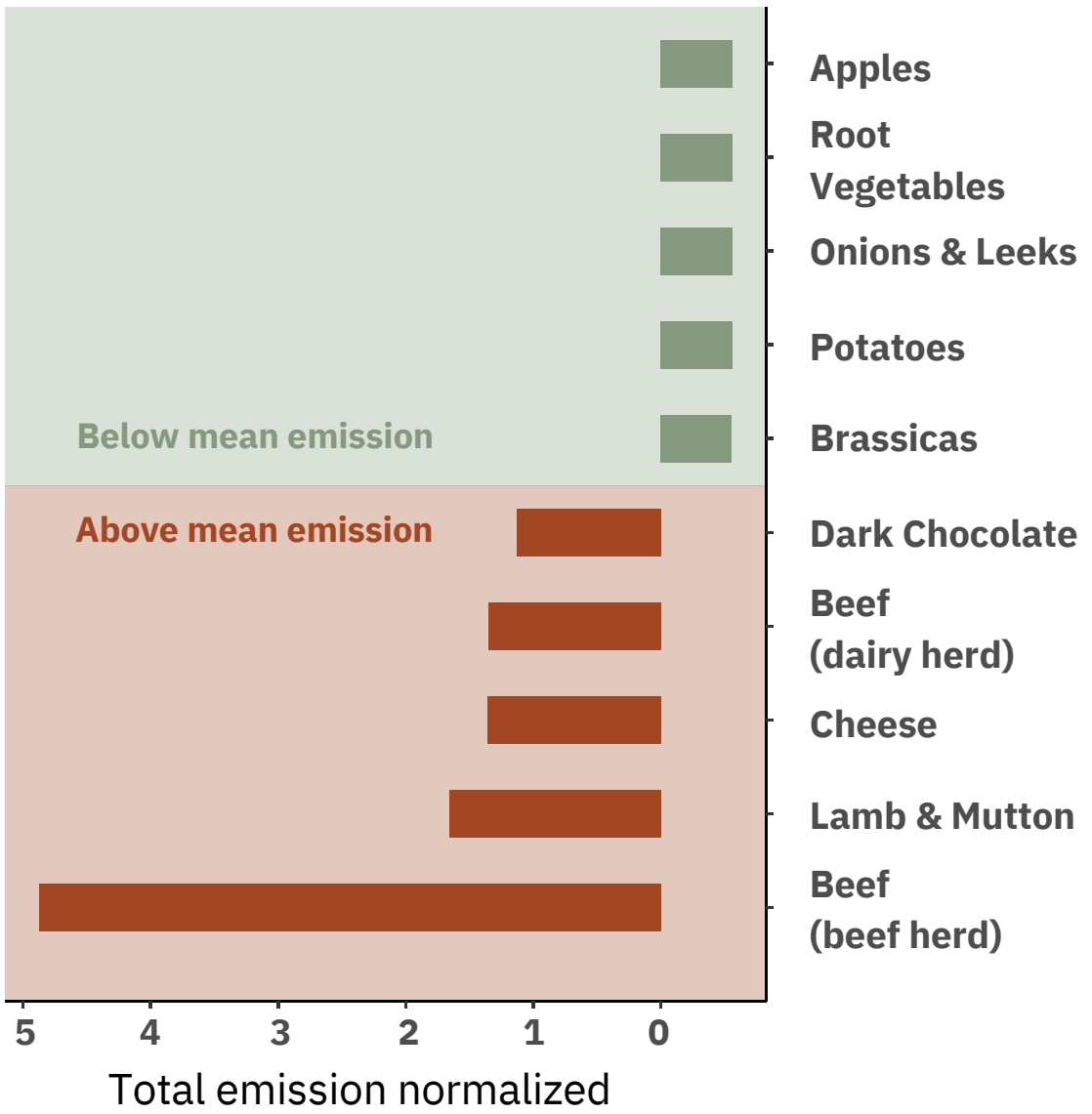


The cultivation and preparation of food, essential for human health and sustenance, often lead to the release of environmentally detrimental gases, especially greenhouse gases. These emissions originate from various stages in the food supply chain, including crop cultivation, livestock rearing, transportation, processing, and the energy required for food preservation and cooking. The environmental impact varies significantly among different food products.

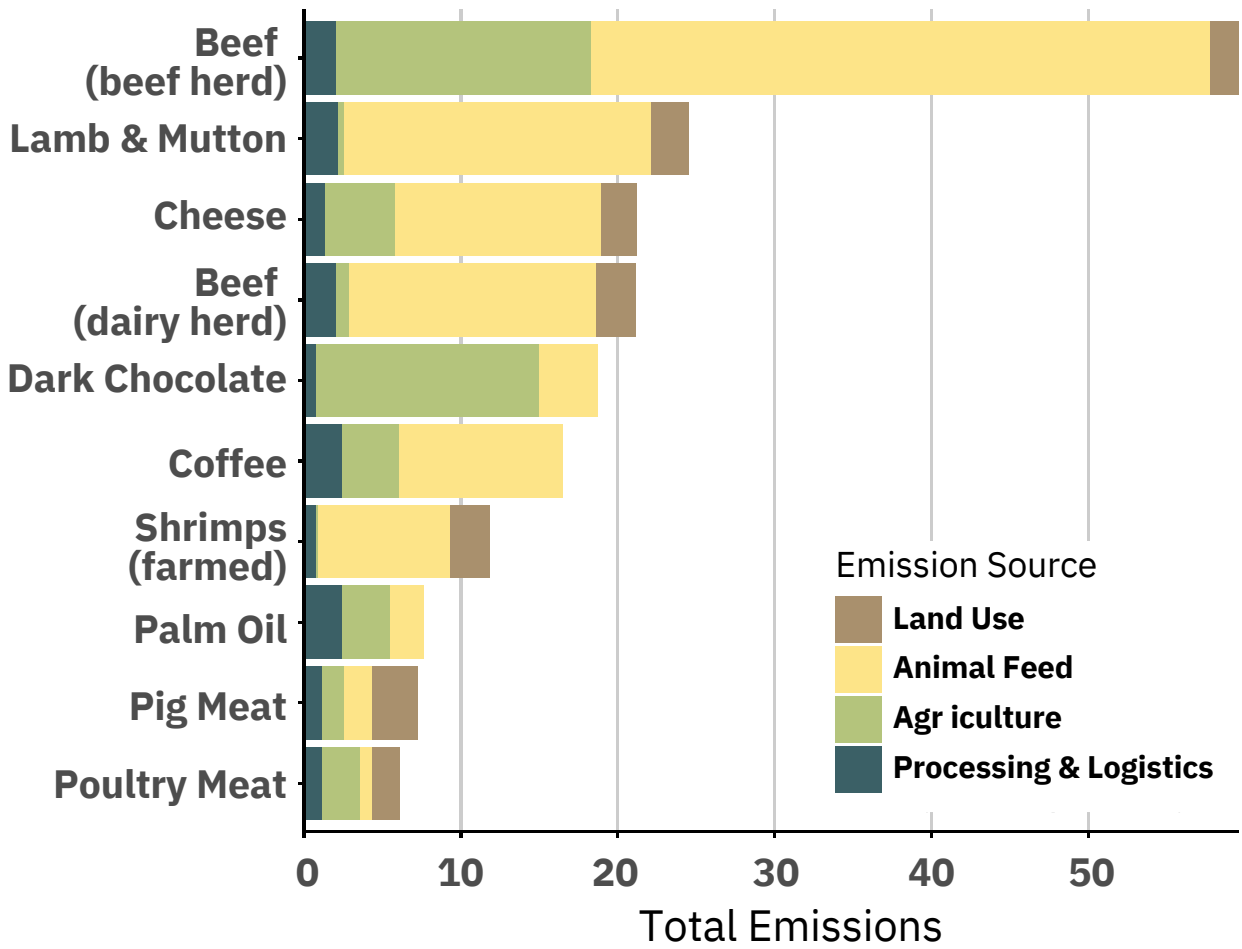
An accompanying graph shows the greenhouse gas emissions per kilogram for various foods. Apples and various types of vegetables have lower-than-average emissions, making them more eco-friendly. In contrast, animal products, cheese, and dark chocolate significantly exceed the average, indicating a higher environmental impact.

**6,38**  
MEAN EMISSION PER KG OF PRODUCT

## Total emission of greenhouse gasses

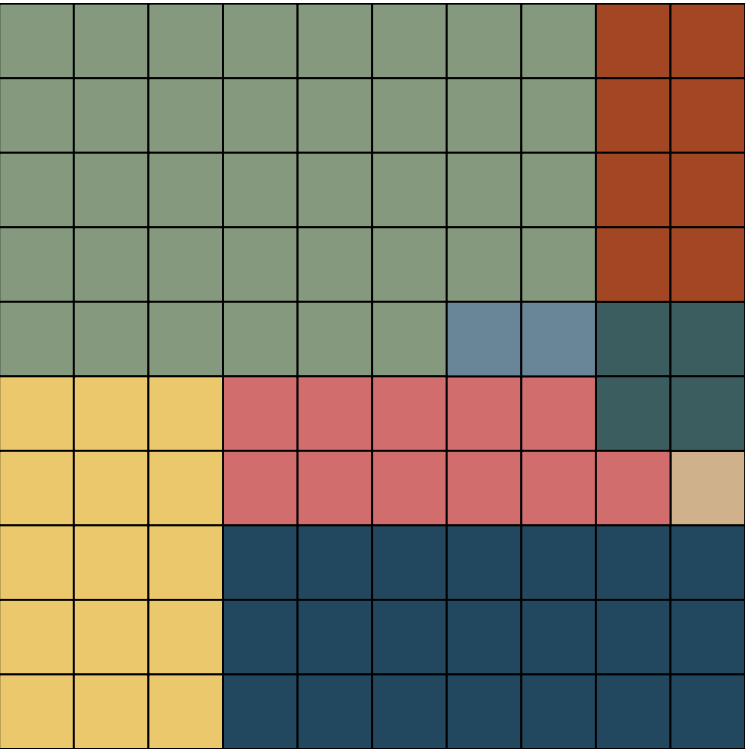


## Comparative Emissions of High-Impact Food Products

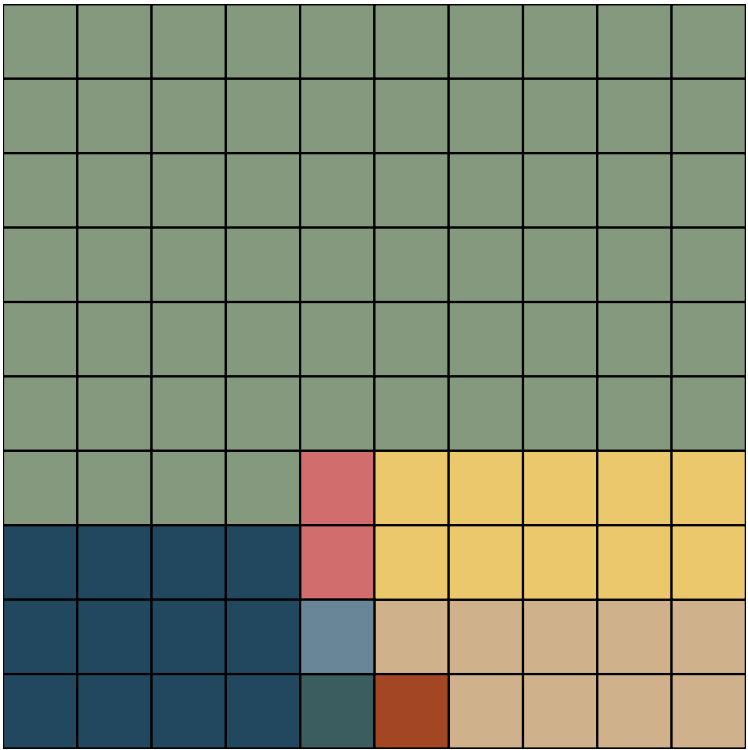


Production of beef, mutton, and lamb is especially highlighted in the graph as having the highest greenhouse gas emissions. This category's top emitters also include pork and poultry, illustrating that meat, a common component in many diets, represents a significant environmental concern.

## Share in fresh water withdrawals



## Share in land use



Animal-based      Fruits      Oils      Sugars and Sweeteners  
Proteins Beverages      Grains      Plant-based Proteins      Vegetables

## Drops & Acres: Charting Water and Land Use

The production of animal-based products demands substantial water and land resources, contributing greatly to their environmental impact. This realization brings into focus the potential environmental benefits of a vegetarian diet. By shifting consumption patterns away from high-impact foods and choosing more sustainable options, individuals can play a crucial role in conserving natural resources and protecting the environment.