A carbon footprint is the total amount of greenhouse gas emissions that come from the production, use and end-of-life of a product or service. It includes carbon dioxide — the gas most commonly emitted by humans — and others, including methane, nitrous oxide, and fluorinated gases, which trap heat in the atmosphere, causing global warming. Usually, the bulk of an individual’s carbon footprint will come from transportation, housing and food.

Here are some of the ways to reduce carbon footprint

Food

1. Eat low on the food chain. This means eating mostly fruits, veggies, grains, and beans. Livestock—meat and dairy—is responsible for 14.5 percent of manmade global greenhouse gas emissions, mainly from feed production and processing and the methane (25 times more potent than CO2 at trapping heat in the atmosphere over 100 years) that beef and sheep belch out. Every day that you forgo meat and dairy, you can reduce your carbon footprint by 8 pounds—that’s 2,920 pounds a year. You can start by joining Meatless Mondays.

Buy foodstuffs in bulk when possible using your own reusable container.

1. Reduce your food waste by planning meals ahead of time, freezing the excess and reusing leftovers.