



Each symbol on the left equals a kilogram of food, each symbol at the right equals a kilogram of CO₂-equivalent emissions, based on data from the U.S.

We'd like to exchange our base diet of milk, cheese, eggs, poultry and meat (top left) with with soymilk, almond milk, beans, lentils, tofu and nuts (bottom left). At the right, you see how much greenhouse gases this produces. Moving to a vegan diet will enable us to reduce greenhouse gases with 100kg per week.