



**Reducing Greenhouse Gas
Emissions
by Changing What we Eat**

Food and carbon emissions

- **One quarter of our CO2 emissions created by food supply**
- **What you can do to reduce the effect of your diet on the climate**
 - Best - eat an all-plant diet
 - Next best – eat fish and plants instead of poultry & red meat
 - Next best – eat pork, poultry and plants instead of red meat
- **Eliminate food waste (25% of all food is wasted)**
- Choose seasonal and local food if possible

How much impact does food have?

Proportion of total greenhouse gas emissions from food

A quarter of global emissions come from **food**

Food
26%

Other greenhouse
gas emissions 74%

More than half of food emissions come from **animal products**

Animal products
58%

Other food
42%

Half of all farmed animal emissions come from **beef and lamb**

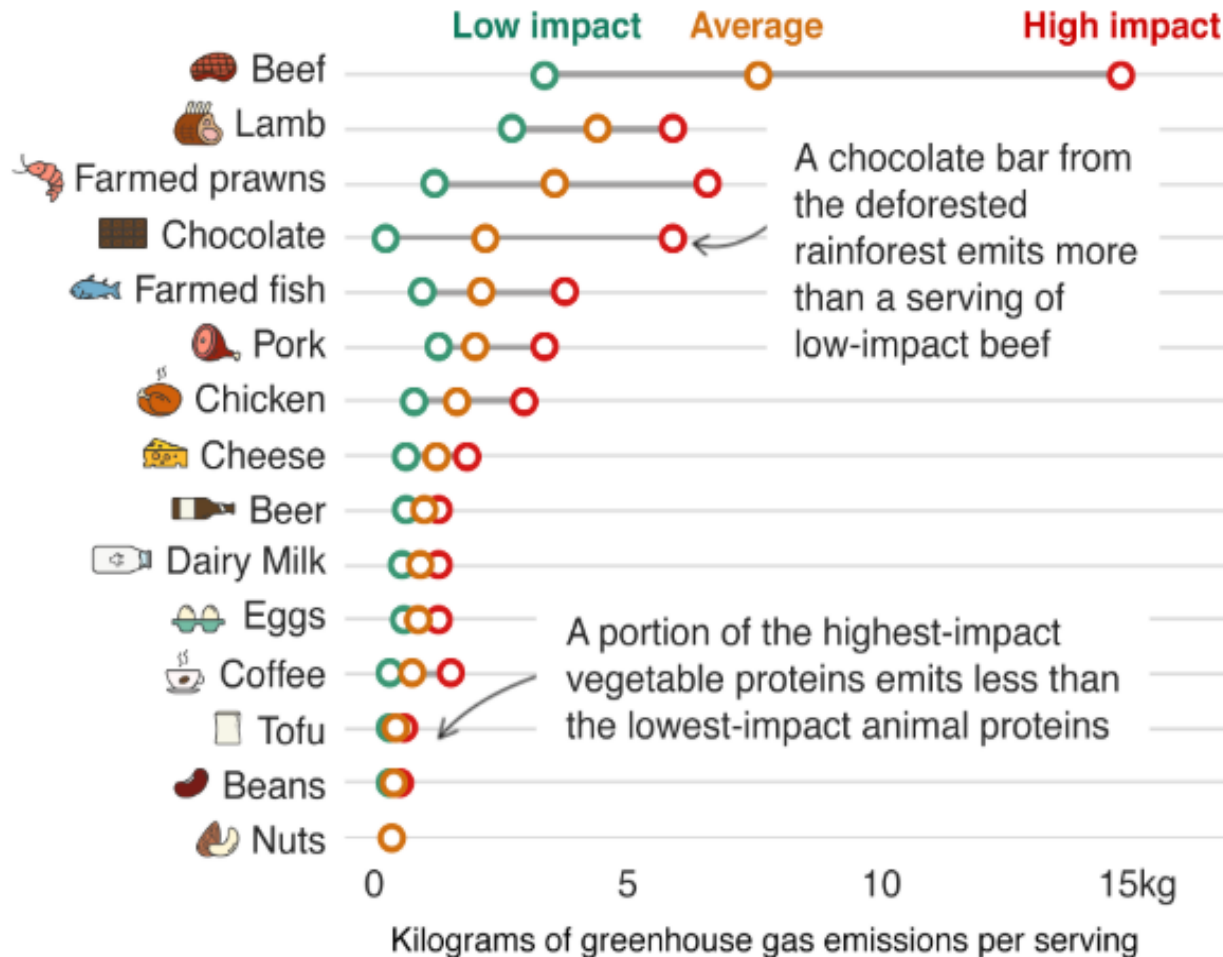
Beef & lamb
50%



Other animal
products 50%

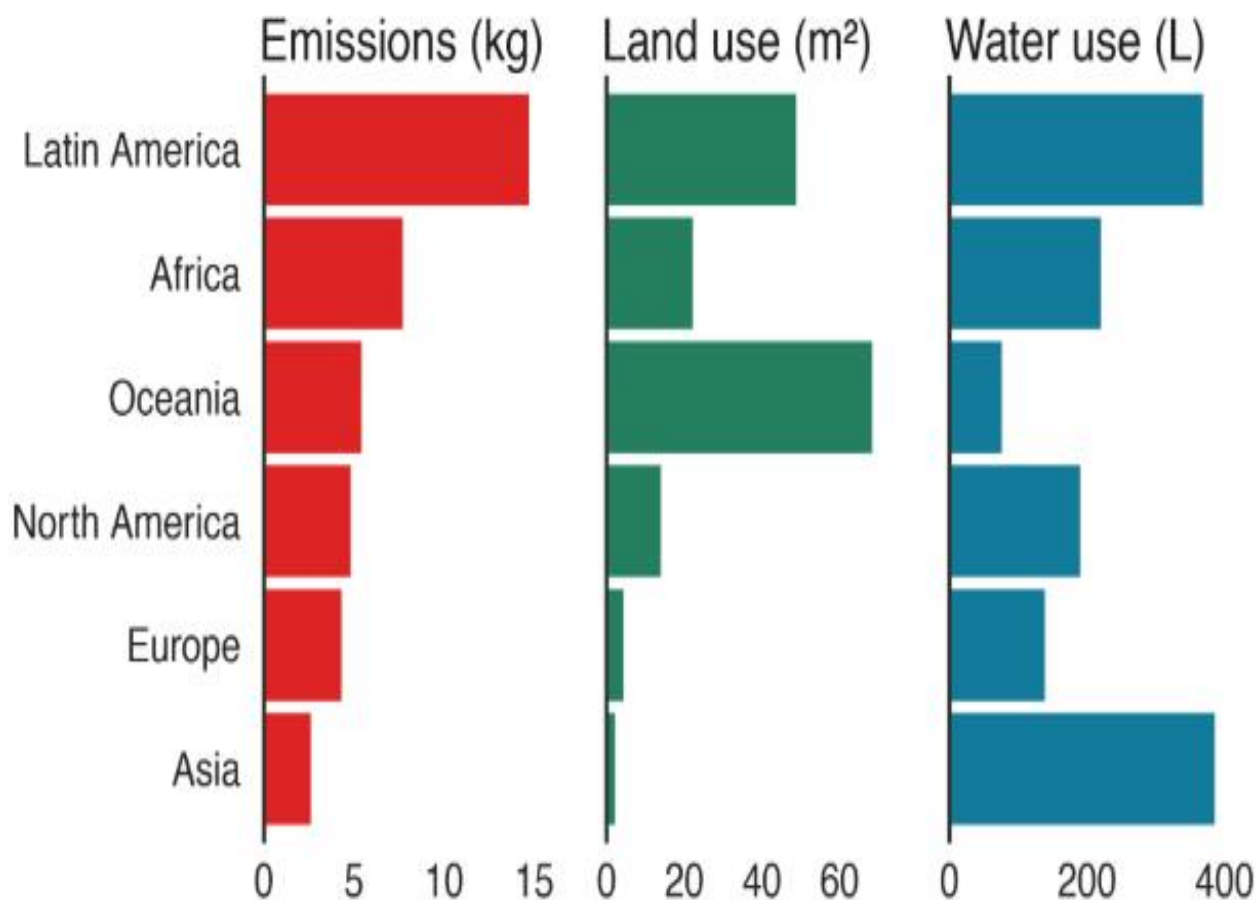
Beef has the biggest carbon footprint - but the same food can have a range of impacts

Kilograms of greenhouse gas emissions per serving



The impact of beef is highest in Latin America

Climate footprint of one serving of beef by production region



Source: Joseph Poore (Oxford University)

BBC

Why is meat bad for the climate?

- **Land use**

- Feeding crops to cattle is very inefficient compared with people eating the crops directly (40% of all grain is fed to cattle)

- **Cows produce methane** – a v powerful GHG

- **Resource intensity**

- Deforestation, nitrogen fertiliser from gas etc.

The message

- **Eating less (red)meat** is probably the biggest and easiest change we can make to reduce our individual CO2 emissions
- **It will also improve your health** (heart disease, cancer etc.)
- It will also help to ensure we can **produce enough food for everyone** without more deforestation
- **Sources:**
 - Seth Wynes, “What you can do to reduce climate change” (Penguin, 2019)
 - BBC – see their food calculator
<https://www.bbc.co.uk/news/science-environment-46459714>