



# What to eat in order to harm the environment less?

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# Foods That Are Bad for the Environment

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# 14.5%

of global climate changing gases are  
due to meat and dairy production  
(more than all forms of transport)

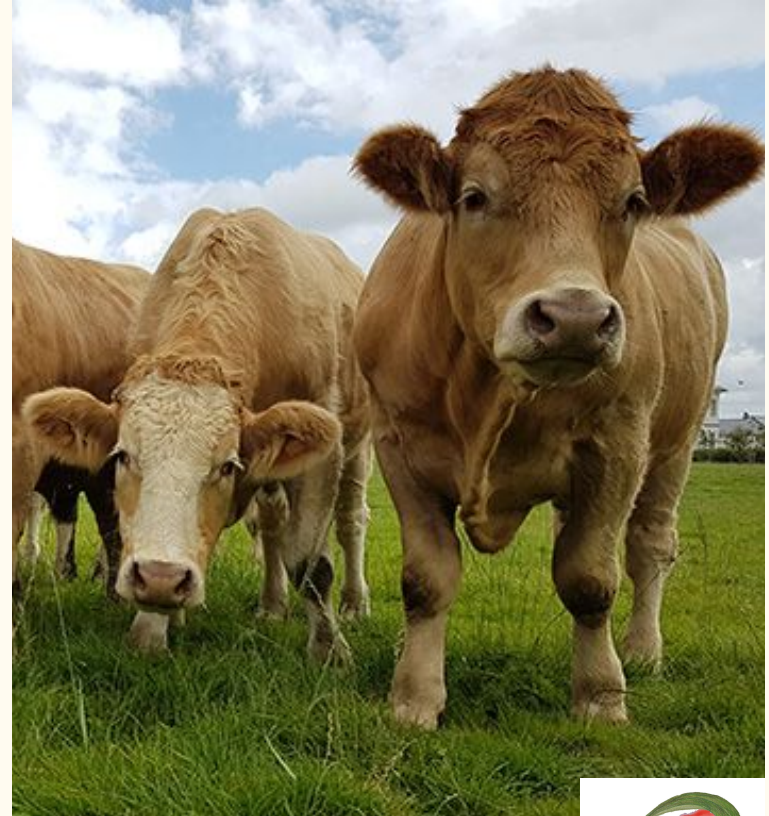
\*According to the UN's Food  
and Agricultural Organization  
(FAO)

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# Beef

- Biggest negative impact on Earth
- Cows are ruminants- they can acquire nutrients from plant- based foods by fermenting them first
- Methane is produced from the fermentation: greenhouse gas which is 25 times stronger than  $\text{CO}_2$  → highest carbon footprint comes from cows
- A lot of land and many resources are required for cattle
  - 10-14 pounds of feed are needed for 1 pound of beef → results in deforestation



# Lamb

- Ruminant animal: constantly generates methane through its digestive process
- Requires significantly more energy-intensive feed and generate more manure
- 50% more greenhouse gas emissions per kilogram than beef
- Provides less edible meat → the worst animal protein for the environment
- Carbon footprint: 55 pounds of CO<sub>2</sub> per pound of meat





# Fish

## Tuna

- Overfished → tuna population is declining



## Salmon

- Most salmon is farmed → chemicals, parasites and food waste might pollute water and become a danger to the environment



# Bananas

- Carbon emissions caused by transportation from South America
- High spoilage rates → produce highest wasted mass → highest environmental cost



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# Asparagus

- One of the few vegetables with heavy carbon footprint
- 19.6 pounds of CO<sub>2</sub> per pound
- Less to do with cultivation, more to do with the CO<sub>2</sub> produced during transportation
- Flown from one place to another → increasing in the amount of greenhouse gases





# Sugar

- Large amounts of water are needed for sugar production
  - 88 gallons of water are required for 5 pounds of sugar
- Fertilizers are needed for its cultivation → freshwater rivers and streams get polluted

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# Palm Oil

- Found in 10 percent of the groceries
- Chips, crackers, candy, margarine, cereals, chocolate, cookies
- Humanity's insatiable demand for palm oil contributes to deforestation
- Clearing forests to grow oil palm trees contributes to global warming
  - Also leads to habitat loss

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# White Bread

- White bread is more harmful to the environment than brown bread
- White bread: wheat flour must be refined and go through a series of alteration processes
- Brown bread: whole wheat flour spends less time in production
- Ingredient that requires extensive refining requires more energy and resources → has a greater impact on the planet



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# Chocolate

- *Theobroma cacao* tree is a very complicated plant, which requires 2,400 liters of water to make 100 g of chocolate
- Cacao cultivation puts a lot of strain on natural ecosystems
- Producing chocolate requires a lot of additional processes and products (fermentation, roasting, adding milk and sugar), which increase the environmental impact



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# Rice

- Rice requires huge amounts of water to grow properly
  - 3400 liters of water are needed for 1kg of rice)
- Rice fields also release methane, which pollutes the air significantly
  - 100 million tons per year

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# Avocado

- Avocado is another vegetable that requires a lot of water for its production
- When not grown in its native climate, it limits a lot of resources in the new place (mainly the usage of water)

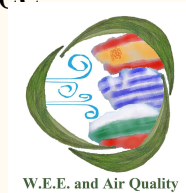
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# High-Fructose Corn Syrup

- Corn is a monoculture → depletes soil nutrients; increases erosion; requires additional pesticides and fertilizer
- cereals, baked goods, beverages, sauces, snacks
- Producing high-fructose corn syrup is an energy-intensive practice

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# What Can We Do?





# Beans and Lentils

Exchange meat for legumes!

- Very low carbon and water footprints
  - Lentils' carbon footprint is 43 times less than that of beef
- Contain a lot of nutrients, fiber and protein
- Lentils clean and fortify soil → it is easier to grow other crops as well

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# Sustainable Foods

## Tomatoes

- Only 1.1 kg of CO<sub>2</sub> per kg consumed
- Easy to grow, so if possible plant some in your backyard



## Tofu

- 13 times fewer greenhouse gas emissions than beef
- Produces CO<sub>2</sub> equivalent of less than 1 mile driven per 4 ounces consumed
- Good source of protein and contains all nine essential amino acids



# Seasonal Food

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- fresher, tastier and more nutritious
- uses less environmental resources

## Spring

- apricots, artichokes, carrots, peas, spinach

## Summer

- cucumber, zucchini, cherries, berries, melon

## Autumn

- broccoli, eggplant, pumpkin, potatoes

## Winter

- kale, clementine, brussels sprout, pomegranate





Thank you!

Gracias!

Благодаря!

Ευχαριστώ!





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