



GREATER GOOD
Tuesdays

Make a difference
by eating plant-rich food

Food production is a significant contributor to climate change, accounting for a quarter of global greenhouse gas (GHG) emissions.

Some foods generate more greenhouse gas emissions than others. Food that comes from animals make up two-thirds of all agricultural GHG emissions and use more than three-quarters of agricultural land. Plant-based foods generally have a much lower environmental impact.

Enjoying more plant-based foods is an important way to reduce pressure on the climate. Take beef versus beans for example. Producing beef uses 20 times the land and emits 20 times the greenhouse gases as producing beans, per gram of protein.

