

You Have the Power to Reduce Climate Change!

TOP FIVE LOW CARBON DIET TIPS:

1. YOU BOUGHT IT, YOU EAT IT – DON'T WASTE FOOD

When you waste food, you waste the energy used to grow, transport and cook it. In landfills, food waste releases methane gas, a highly potent greenhouse gas. Buy and prepare only the food you expect to eat. If you don't finish it all in one sitting, save the leftovers.

2. MAKE "SEASONAL AND REGIONAL" YOUR FOOD MANTRA

Foods that are in season in your region are generally lower carbon choices. Those should be your first choice. Be careful not to buy produce grown in greenhouses or hot-houses heated with non-renewable energy even if they're close to you.

3. MOOOOVE AWAY FROM BEEF AND CHEESE

Livestock creates 18% of the world's greenhouse gas emissions. If you eat meat and cheese, consider reducing portion sizes, selecting these items less frequently, and eating only those products you REALLY love.

4. STOP FLYING FISH AND FRUIT – DON'T BUY AIR-FREIGHTED FOOD

For seafood and out of season produce, "fresh" often means "air-flown" which is 10 times more emission-intensive than transporting products by ship. The best quality seafood is usually 'processed and frozen at sea' and produce in season tastes better.

5. IF IT'S PROCESSED AND PACKAGED, SKIP IT

Snack foods, most juices, even veggie burgers (prepared, boxed, frozen and transported) consume a lot of energy. We eat this stuff mindlessly. When you need a treat or an "easy grab," choose fresh local fruit, small quantities of nuts, and delicious homemade alternatives.



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FOOD CHOICES TO REDUCE CLIMATE CHANGE

LOW CARBON DIET CALCULATOR

MAKE YOUR OWN MEAL | MENU ITEMS | SUGGESTED MEALS | INSTRUCTIONS | FEEDBACK | FAQs

BREAKFAST | SIDE | SOUP | DESSERT | SALAD | BEVERAGE | ENTREE

omelet with vegetable | scrambled eggs

toast with butter | waffle

yogurt with banana & granola | yogurt with seasonal fruit and granola

DRAG AND DROP YOUR FOOD ITEMS HERE.

RESET

CO₂e POINTS 8136.77

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TIPS FOR GOING ON A LOW CARBON DIET

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SEND TO FRIEND

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Calculate Your Low Carbon Diet at

www.eatlowcarbon.org

Visit www.eatlowcarbon.org to use Bon Appétit Management Company Foundation's Low Carbon Diet Calculator.

Drag and drop menu items onto your virtual pan and see how your food choices are contributing to climate change.

The data are updated annually with independently verified lifecycle assessments of different foods consumed in North America.

