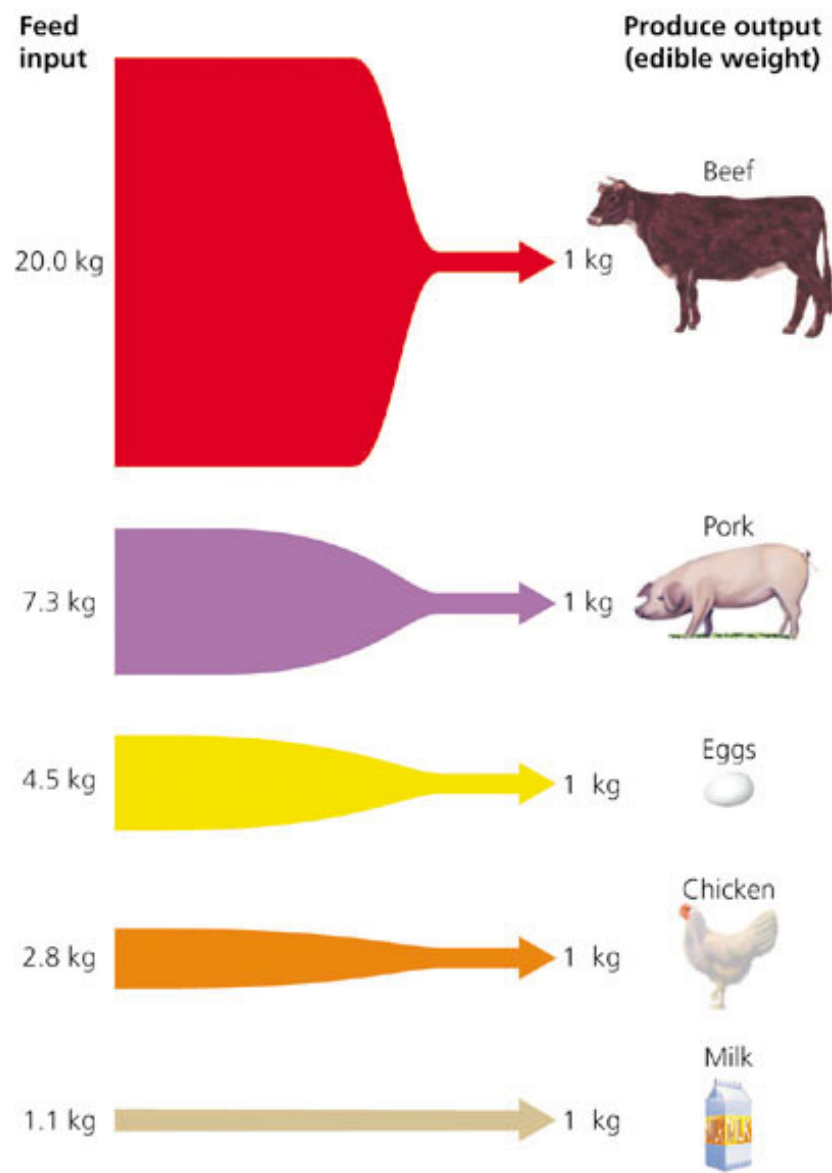
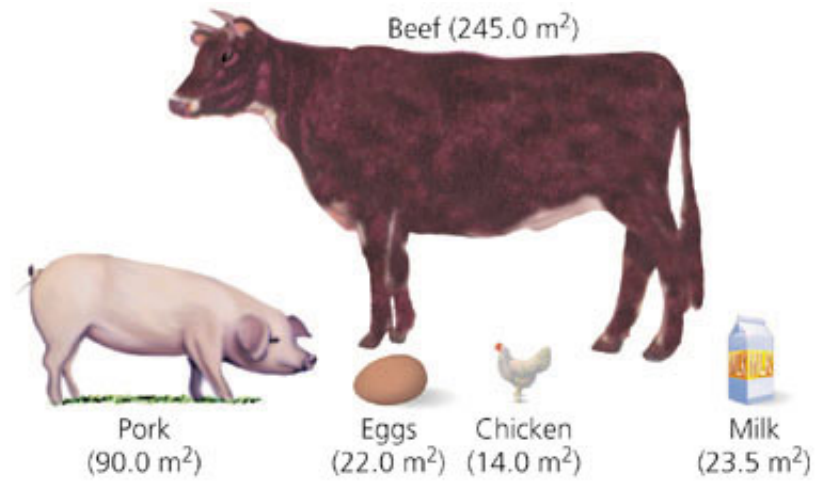
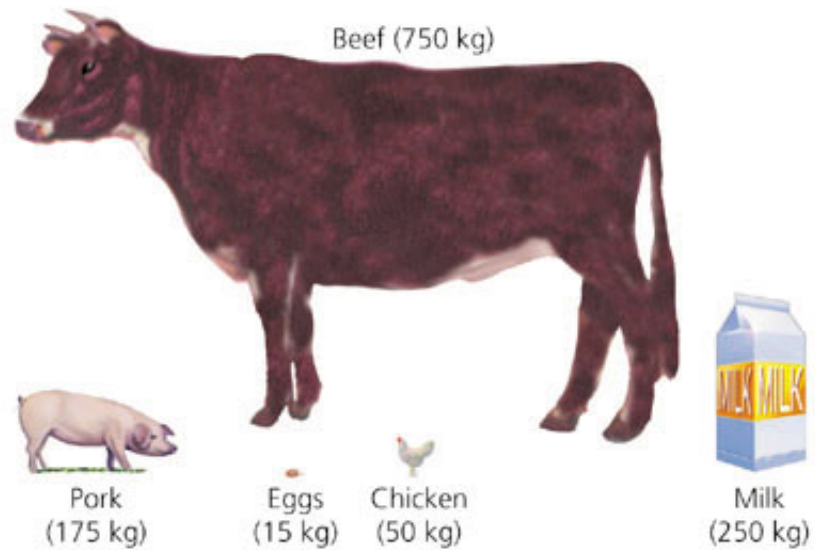


Let's talk food first





(a) Land required to produce 1 kg of protein



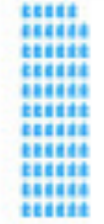
(b) Water required to produce 1 kg of protein

2,500-5,000
GALLONS



BEEF

1,630
GALLONS



PORK

815
GALLONS



CHICKEN

25
GALLONS



LENTIL

SOURCES OF PROTEIN

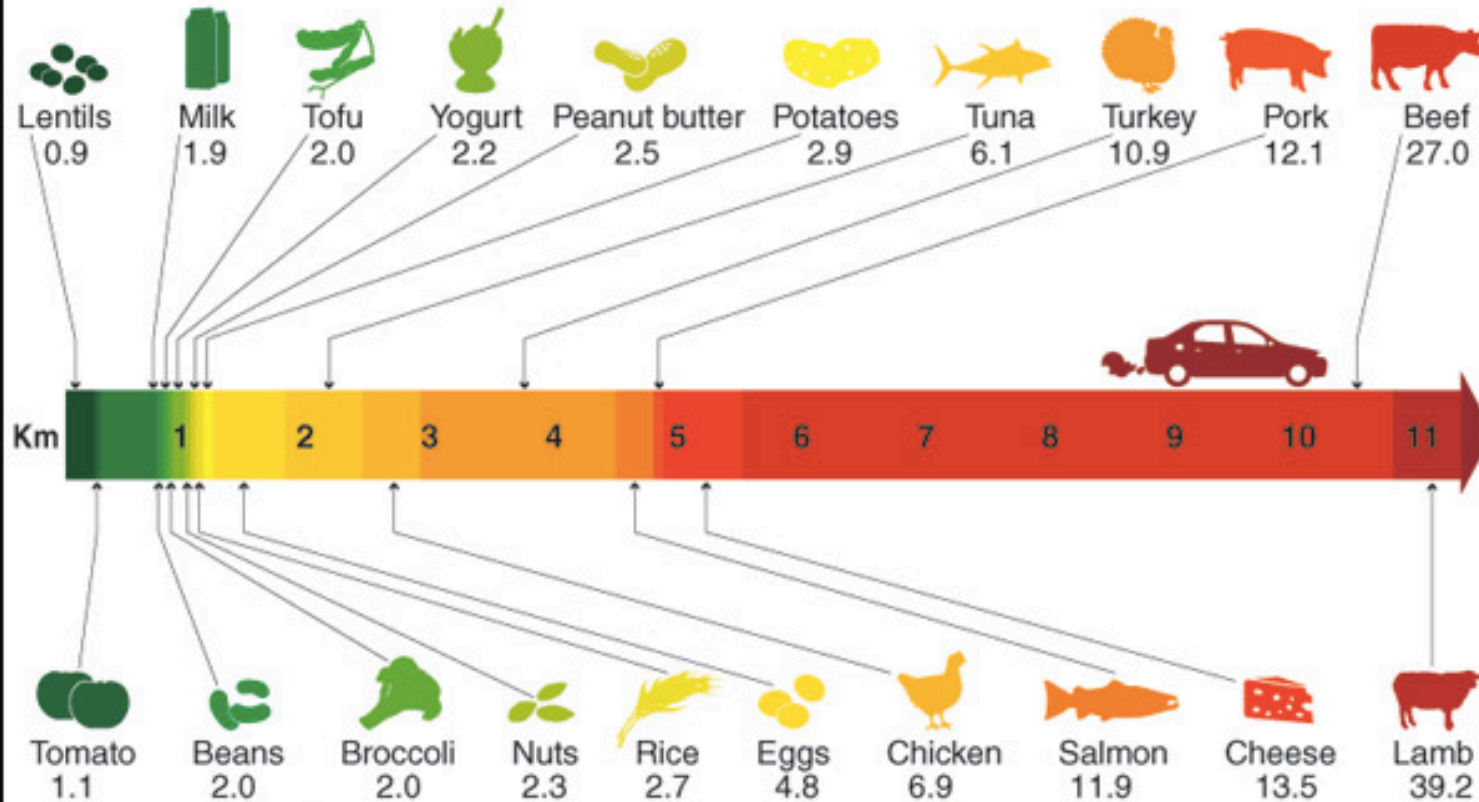
THE AMOUNT OF WATER NEEDED
FOR ONE POUND OF FOOD.

Carbon footprint of what you eat

Calculations of greenhouse gas emissions from the production, processing and transportation of specific food items

■ Main chart compares 110g of food against a journey in a mid-sized car

■ Number shows kg of carbon dioxide equivalent produced per 1kg of food

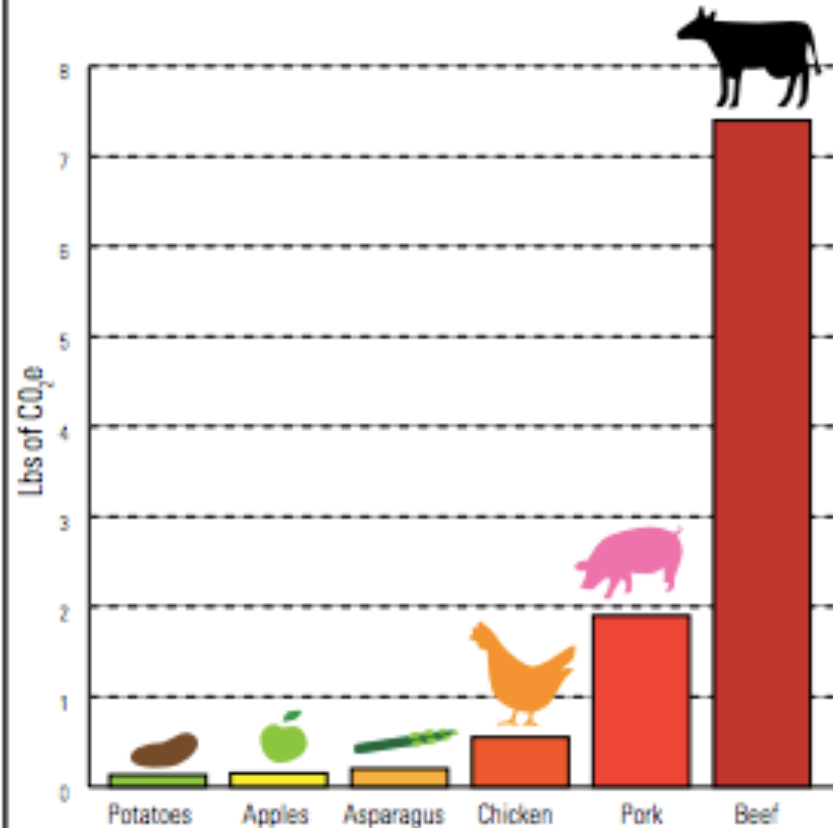


Source: EnvironmentalWorkingGroup

AFP

Global Warming Pollution Released by Producing Your Favorite Foods

(CO₂ equivalent per half pound of food)



Graphic adapted from N. Fiala, "The Greenhouse Hamburger: How Our Diet Matters More Than Our Cars," *Scientific American*, February 2009.

Source: https://www.nrdc.org/sites/default/files/eatgreenfs_feb2010.pdf