Eating with the Environment in Mind

FITWELL 2016
At the Grocery Store

- bring your own reusable bags
- opt for non-packaged items or items in recyclable packaging
- shop local and in season foods
- organic foods minimize the amount of insecticides that run into the ground water
At Home

- drink out of refillable bottles instead of plastic ones
- store foods in reusable containers
- minimize the use of paper products - get reusable cloth napkins and clean counters with towels instead of paper towels
- fix any leaky faucets as soon as possible
Water Needed to Produce Different Foods
Water Requirements for Beef Production

- it takes 660 gallons of water to make one hamburger
- that's the equivalent of 32 showers
Green House Gas Emissions

- raising cattle produces more greenhouse gases than transportation does
- replacing red meat and dairy with chicken, fish, or eggs for just one day a week for a year would reduce greenhouse gas emissions by the equivalent of not driving 760 miles (Kohrman, 2012)
- going completely vegetarian one day a week for a year is equivalent to not driving 1,160 miles (Kohrman, 2012)
Green House Gases Produced per kg of Food

Lamb and beef produce the most green house gases while lentils and tofu produce the least green house gases making them more environmentally friendly sources of protein.
Land Requirements

- A meat-based diet requires more land, water, and energy resources than a vegetarian diet (Pimentel, 2003)
How can I eat healthy and protect the environment?

- choose produce that is local and in season - this will reduce the transportation distance and thus greenhouse gas emissions
- pick foods that do not require as much water (i.e. choose soy, fish, or chicken instead of beef, strawberries instead of mangos, etc.)