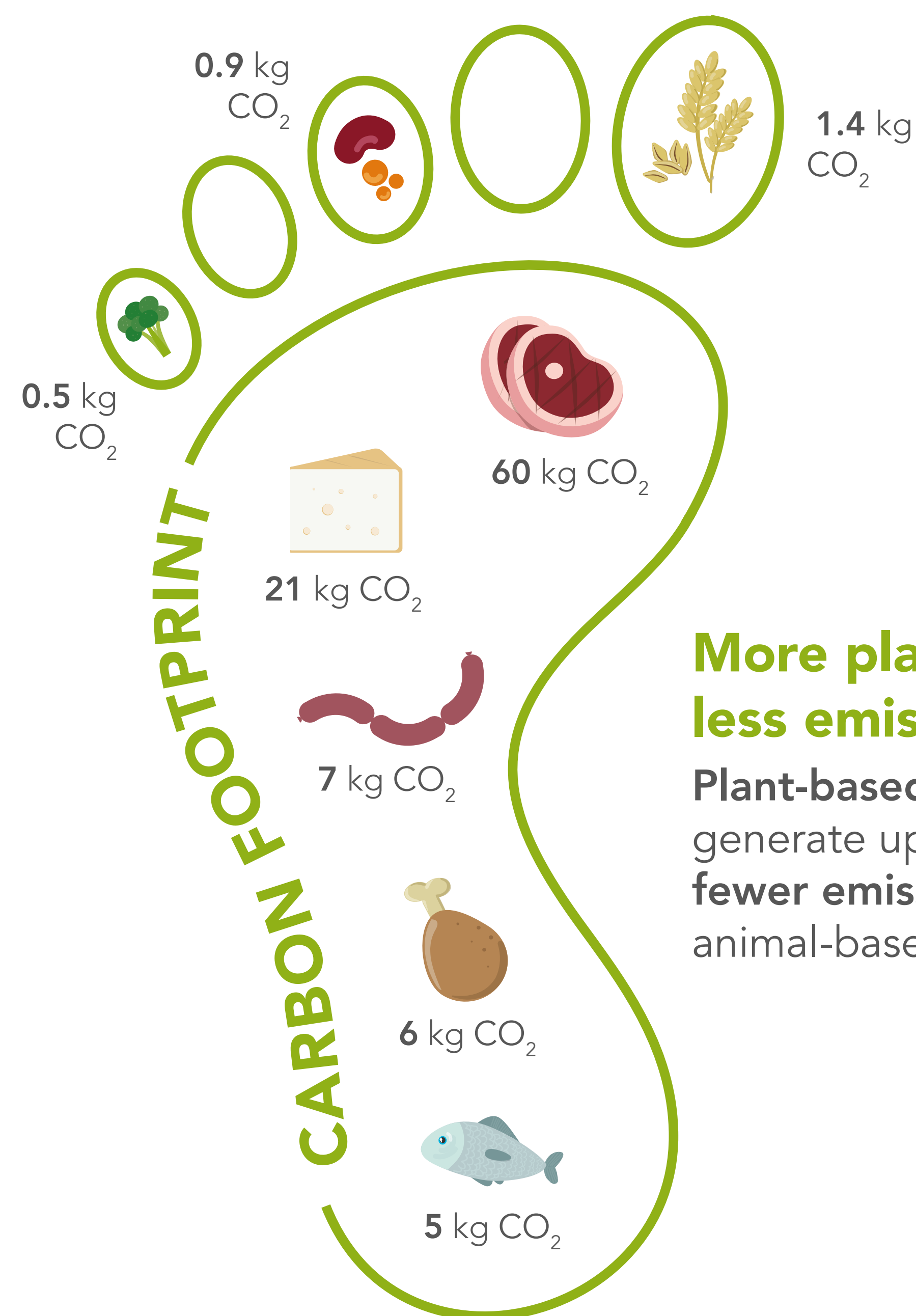


YOUR health and the PLANET'S health start with YOUR plate

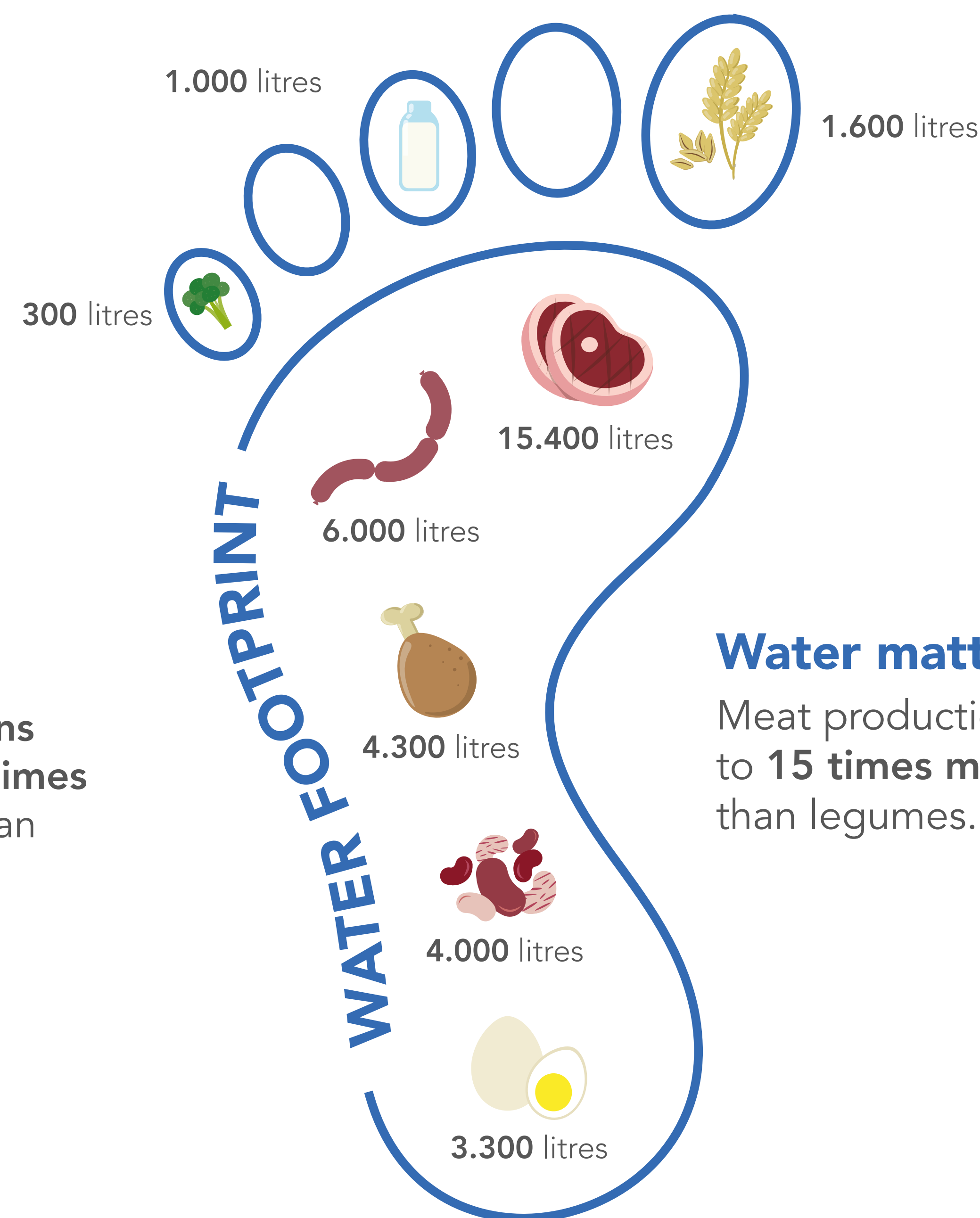
You might not think about it often, but every time you choose **what to eat**, you're also deciding what kind of **impact** you'll have on **YOUR** planet!



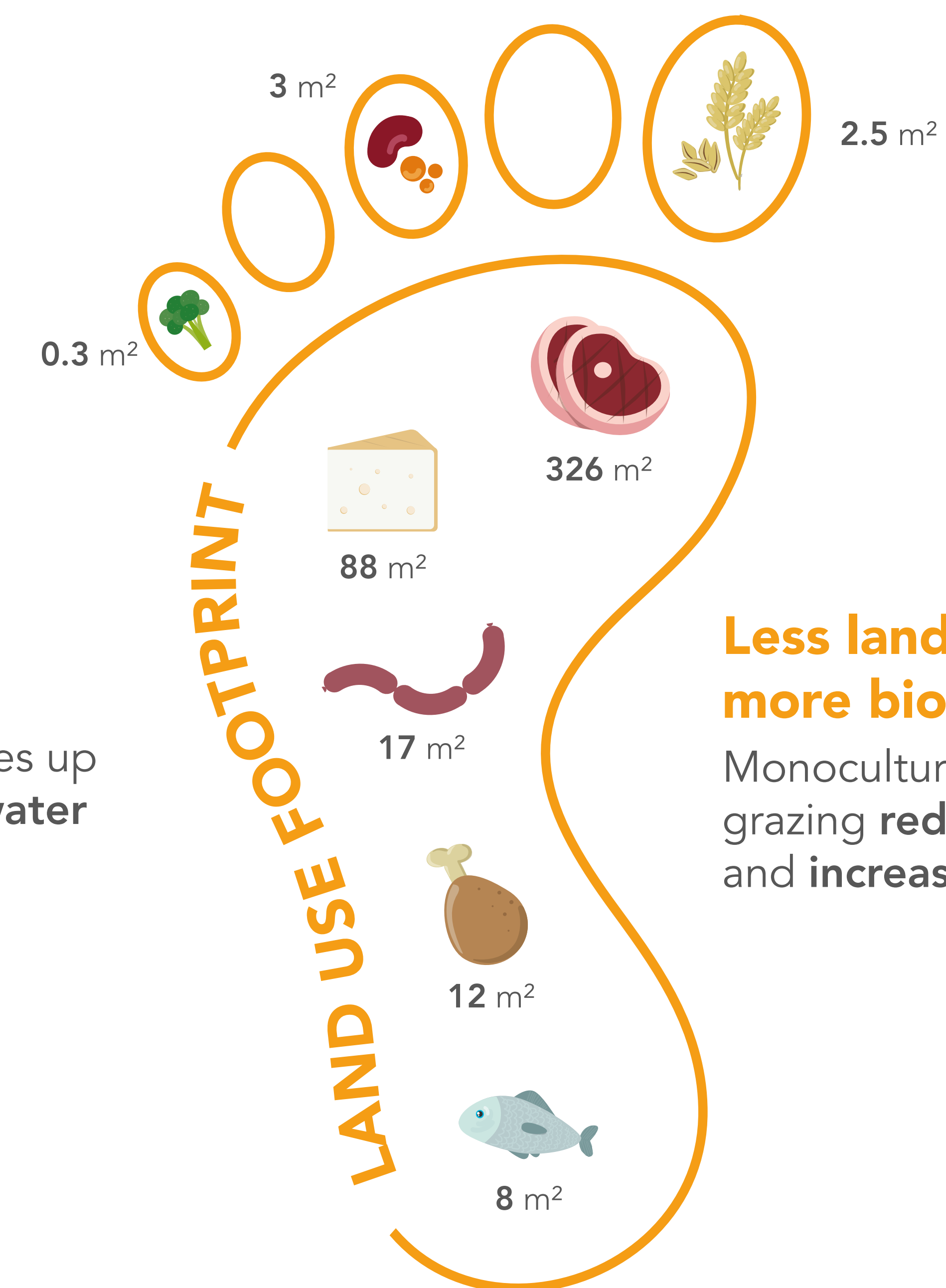
34% of greenhouse gas emissions come from the food system.



More plants, less emissions!
Plant-based proteins generate up to **30 times fewer emissions** than animal-based ones.



Water matters.
Meat production uses up to **15 times more water** than legumes.



Less land use, more biodiversity.
Monocultures for feed and grazing **reduce biodiversity** and **increase deforestation**.