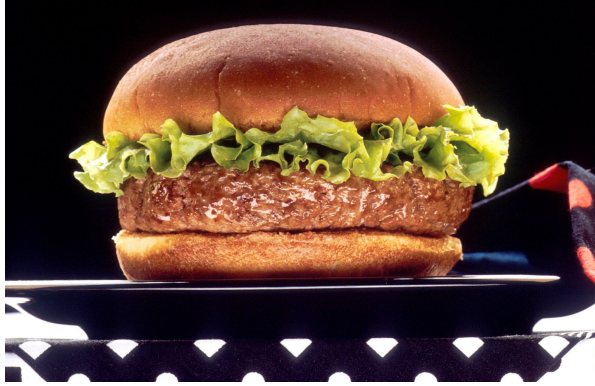


Meat: What's the Beef?



Here is a startling statistic:

According to the [United Nations Food and Agriculture division](#), meat and dairy, particularly from cows, have an outsize impact, with livestock accounting for around [14.5 percent of the world's greenhouse gases](#) each year. That's roughly the same amount as the emissions from all the cars, trucks, airplanes and ships combined in the world today.

Why does meat have such a climate impact?

- Clearing forests to make room for farms and livestock releases large amounts of carbon into the atmosphere-
- When cows, sheep and goats digest their food, they burp up methane, a greenhouse gas much more potent than CO₂
- Animal manure and rice paddies are also big methane sources.

What food related options are available to reduce individual carbon footprint

- **Reduce** consumption of red meat, lamb and cheese, the greatest offenders.
- **Participate** in [Meatless Monday](#).
- **Try** fake meat alternatives such as the [Impossible Burger](#) or other meat substitutes like textured vegetable protein.
- **Increase** the amount of fresh fruits and vegetables in your diet and make meat the side dish, not the main attraction.

For further information about the impact of meat on climate read [How to Shop Cook and Eat in a Warming World](#). If you find this information useful please pass it on to neighbors and friends. Your feedback is welcome at itseasybeinggreen.uws@gmail.com.