



# Healthy Plate, Healthy Planet

Our **food systems** (the processes we use to farm, transport, and package food) are responsible for:

up to **30%**

of global greenhouse-gas emissions

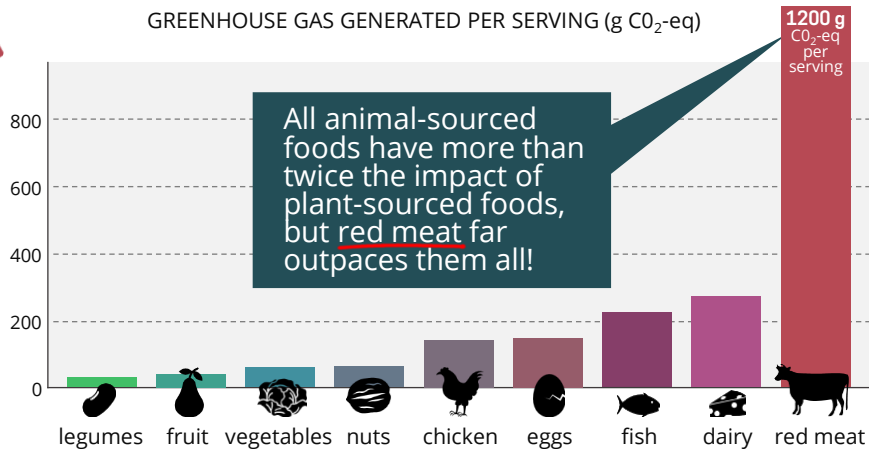
and

**70%**

of the world's freshwater use.

**Animal products** have an especially big impact.

GREENHOUSE GAS GENERATED PER SERVING (g CO<sub>2</sub>-eq)



**A positive shift for both personal and planetary health is to reduce or eliminate animal products while also emphasizing whole, plant-sourced foods.**

If you choose to include animal products in your diet, health and climate scientists recommend sticking to these guidelines:

## 2 OR FEWER ANIMAL PRODUCTS PER DAY, which can include:

**1** serving a day from these DAIRY foods:



**YOGURT, MILK, or CHEESE**  
(unsweetened)

**1** serving a day from these options, within the weekly limitations noted:

Up to 1 serving per week of:



**RED MEAT**

Up to 2 weekly servings of each:



**SEAFOOD, POULTRY, and EGGS**

These guidelines are adapted from the work of the EAT-Lancet Commission, a team of 37 scientists from 16 countries spanning the fields of human health, agriculture, political science, and environmental sustainability. The guidelines are based on the best available evidence for both optimal health and sustainability. [The Lancet 2019](#)