



The impact of different diets on the climate but also the changes that could occur in the diet if climate change continues to evolve



A fifth of emissions that accelerate
climate change comes from food.



Meat and other animal based foods have a big carbon footprint. For example 1kg of cheese produces as much emissions as driving 90km with car.



These emissions could be reduced if we would eat more plant-based food.



If you still want to eat meat it would be important to eat meat that is from your own country since then you will at least reduce your carbon footprint by reducing shipping emissions.

Deer and other wild animals and fishes are also better choice than red meat or chicken when caught responsibly. You can check fishes that are good choice from [Sustainable Fish to Eat | Marine Stewardship Council \(msc.org\)](#)



If the climate change keeps continuing there will be changes in the nature since all the species won't adapt to the new warmer climate. That means that some of the animals and plants needs to be replaced in our eating habits.

