

# WHAT WE EAT MATTERS FOR CLIMATE CHANGE

OUR FOOD SYSTEM CONTRIBUTES A STAGGERING 26% OF ALL GLOBAL GREENHOUSE GAS EMISSIONS, MORE THAN ALL FORMS OF TRANSPORT COMBINED.

26%

FOOD PRODUCTION IS THE LEADING CAUSE OF DEFORESTATION, LAND USE CHANGE & BIODIVERSITY LOSS.

WHAT TYPE OF DIET IS GOOD FOR HEALTH AND THE PLANET?

PLANT-BASED FOODS HAVE THE LOWEST ENVIRONMENTAL IMPACT.

INCREASING SCIENTIFIC CONSENSUS SUGGESTS THAT A DIET THAT IS RICH IN PLANT-BASED FOODS AND CONTAINS FEWER FOODS FROM ANIMAL SOURCES IS SIGNIFICANTLY MORE BENEFICIAL FOR OUR HEALTH.

IN OUR LATEST BLOG, JESSICA SANSON, SUSTAINABILITY DIRECTOR AT HUEL, EXPLORES HOW OUR DIET CAN MAKE A DIFFERENCE

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