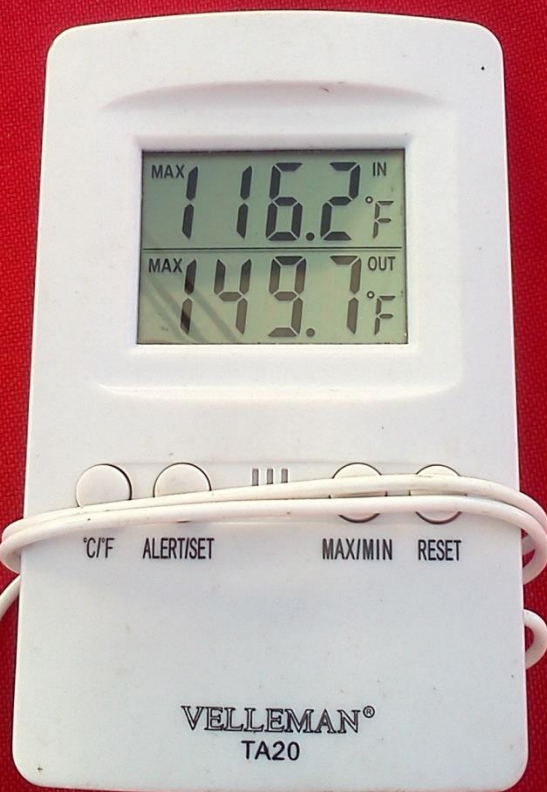


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**“If cattle were their own nation, they would be the world’s third-largest emitter of greenhouse gases.”**

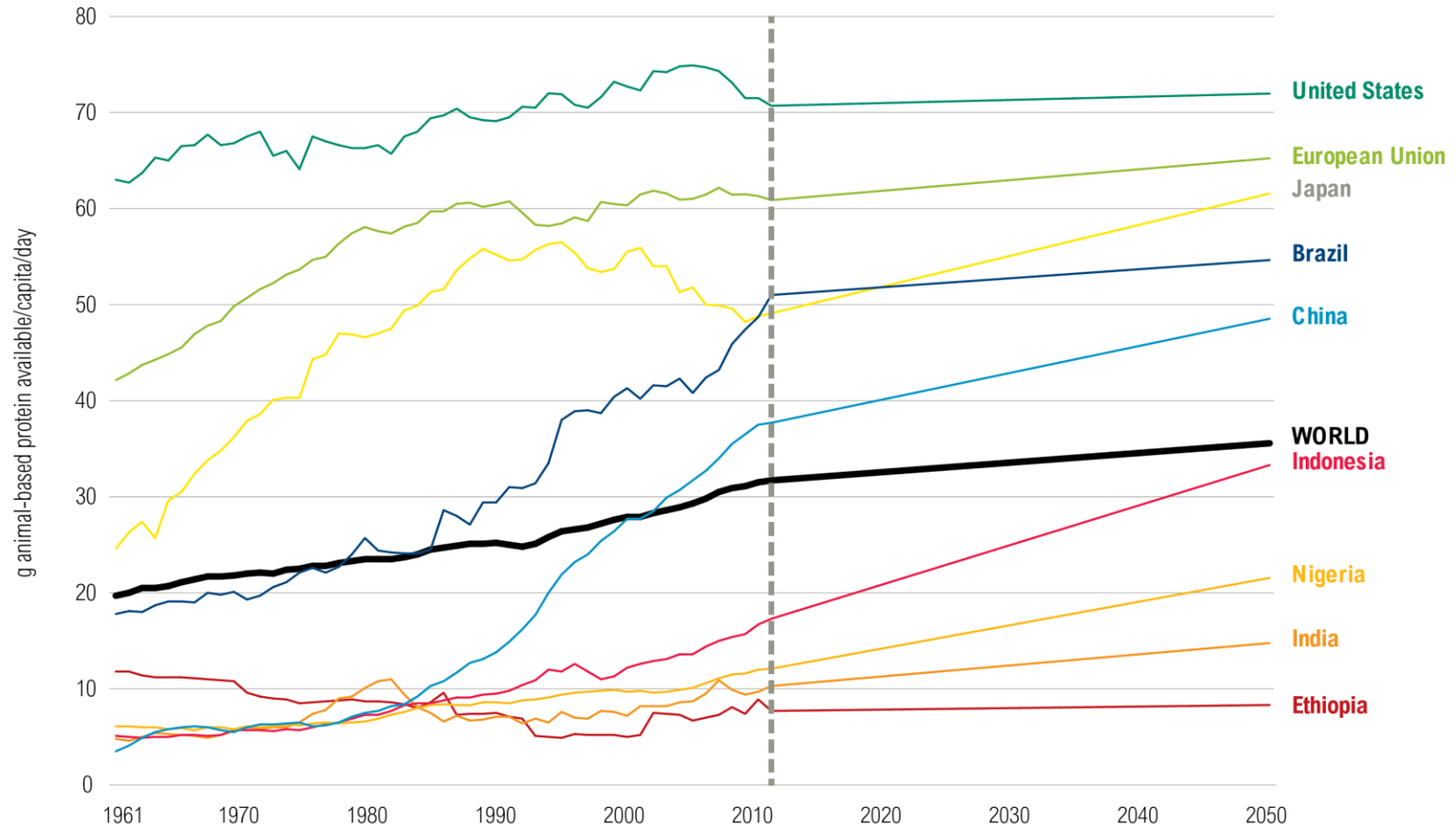
**Drawdown edited by Paul Hawken**

# **SHIFTING DIETS FOR A SUSTAINABLE FOOD FUTURE**














## **World Resources institute**

- Reduce overconsumption of calories.
- Reduce overconsumption of protein by reducing consumption of animal-based foods.
- Reduce consumption of beef specifically.

# People Are Consuming More Animal-Based Protein



# Protein Scorecard

	FOOD	IMPACT (GHG emissions per gram of protein)	COST (Retail price per gram of protein)
LOW	Wheat		\$
	Corn		\$
	Beans, chickpeas, lentils		\$
	Rice		\$
	Fish		\$\$\$
	Soy		\$
	Nuts		\$\$\$
	Eggs		\$\$
MEDIUM	Poultry		\$\$
	Pork		\$\$
	Dairy (milk, cheese)		\$\$
HIGH	Beef		\$\$\$
	Lamb & goat		\$\$\$

Lighter shade shows emissions from agricultural production, darker shade shows emissions from land-use change.

Sources: GlobAgri-WRR model developed by CIRAD, Princeton University, INRA, and WRI (GHG data); USDA and BLS (2016) (US retail price data).















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