



**Climate Diet**  
*a program of Sustainable Earth Eating*

# ENVIRONMENT FRIENDLY DIET

[climatediet.org](http://climatediet.org)



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# INTRODUCTION

**At Climate Diet, we shed light on a critical, yet often-overlooked climate change culprit—animal agriculture. Recognized as the second-largest producer of human-made greenhouse gas emissions, animal farming is also the leading cause of deforestation, pollution, biodiversity loss, and soil erosion.**

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# ABOUT US

**If making a complete switch to an environmentally friendly diet is not possible, begin with the 'Meatless Monday' campaign which entails avoiding meat for one day in a week and experimenting with vegetarian recipes. If you cannot quit red meat yet, it is better to consume less of it and shift towards poultry and seafood.**



# DIET TIPS



**There is much that can be done to reduce greenhouse gas emissions and fight global warming through a change in our diet. This planet feeds us adequately – it is only right that we feed it back by making environmentally-sustainable food choices.**

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THANK YOU