

Food footprints

Using alternative ingredients to meat and dairy can help to reduce your carbon footprint

UK temperatures have risen

0.8°C

over the past 40 years, in part due to farming animals for food.



Reducing the land used to farm beef and lamb by 20–50% could release

3–7 million hectares

of land to re-grow forests, which absorb CO².



World-wide, beef farming creates up to

105kg of CO²

for every 100g of protein produced.



Beans, peas, and other plant-based proteins can create just

0.3kg of CO²

for every 100g of protein.



In the UK,

12 million hectares of land

is used for beef and lamb farming.



Eggs, tofu, peas and nuts

have the lowest impact on greenhouse gas emissions of all protein-rich food products.



Plant-based diets can reduce food emissions by

up to 73%

depending on where you live.



Reduce your food footprint by trying meatless Mondays or dairy-free days at home. Swap cows' milk for alternatives like soya, oat, almond or rice-based drinks.

