



Healthy Diet and Climate Sustainability

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When it comes to tackling climate change, the focus tends to be on “clean energy” solutions. However, the global food system which encompasses production, processing, and distribution is responsible for 25% of the world’s greenhouse gas (GHG) emissions. Today’s food systems are major drivers of the **current climate emergency**, biodiversity collapse, non-communicable diseases, food inequities, malnourishment, and humanitarian crises.

Global emissions coming from food production are 26%, while food production emissions coming from livestock, land use for livestock and their feed, and fish farms are 53%.

Producing adequate and healthy food to meet the world’s needs is possible within planetary boundaries, and science confirms fixing our current food system is an immediate priority.



Ruminants such as cattle, sheep, and goats produced 178 million metric tons of CO_{2e} enteric methane in the U.S. in 2018. Eliminating the transport of food for one year could save the GHG equivalent of driving 1,000 miles, while shifting to a vegetarian meal one day a week could save the equivalent of driving 1,160 miles.

“Real Food” nourishes communities and the earth; respects human health, animals, social justice, and the environment; and can help climate sustainability. It should be as close as possible to its natural state without alteration.



References

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with cooking and gardening!**