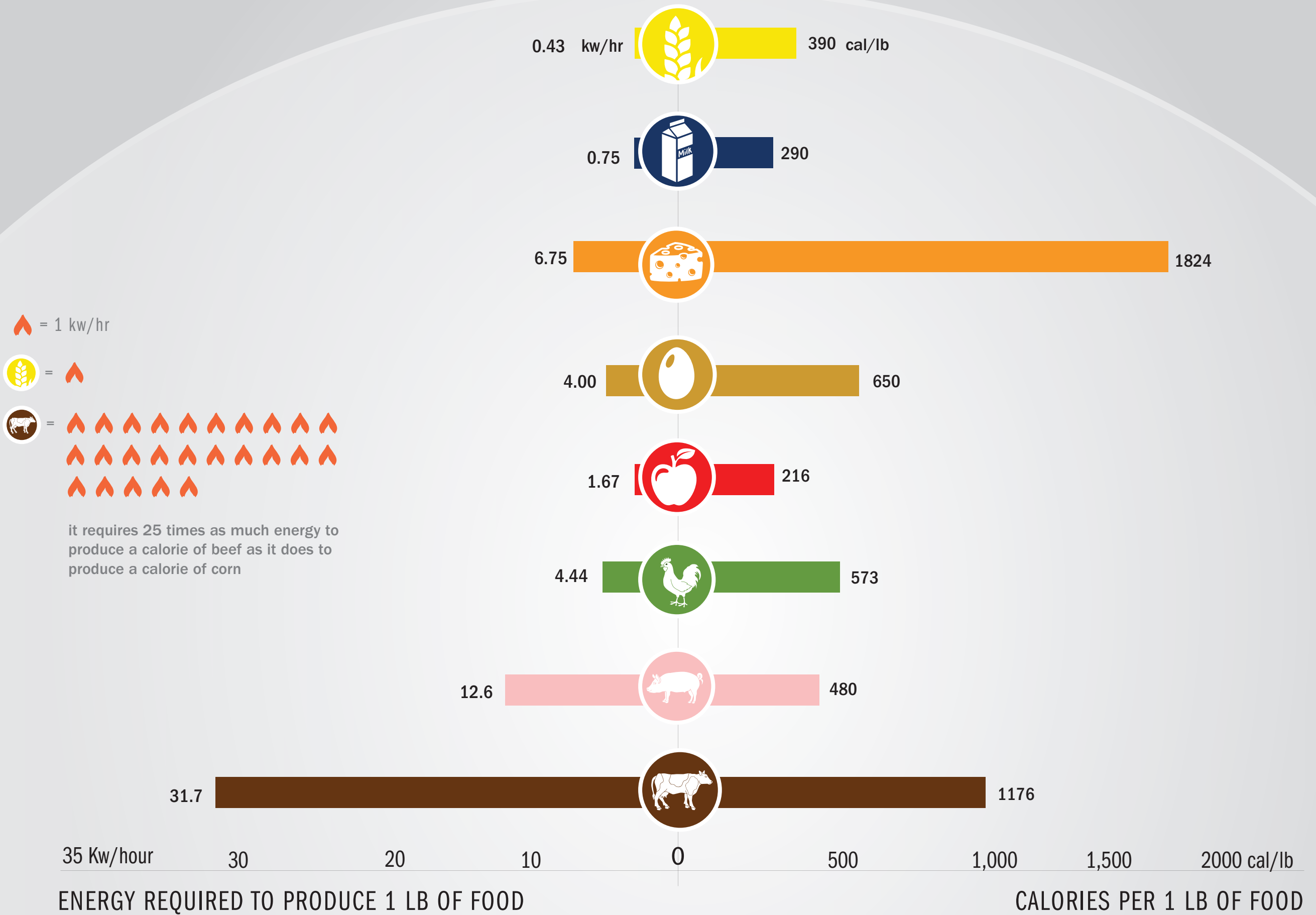


A LIST OF FOODS BY ENVIRONMENTAL IMPACT

all data courtesy of the truecostblog.com



Food production and consumption amounts to about **10%** of first-world energy consumption, so even the most parsimonious eater can reduce their total energy footprint by around **9%** through diet alone

FOOD ENERGY EFFICIENCY %

