

The Footprint of Your Food



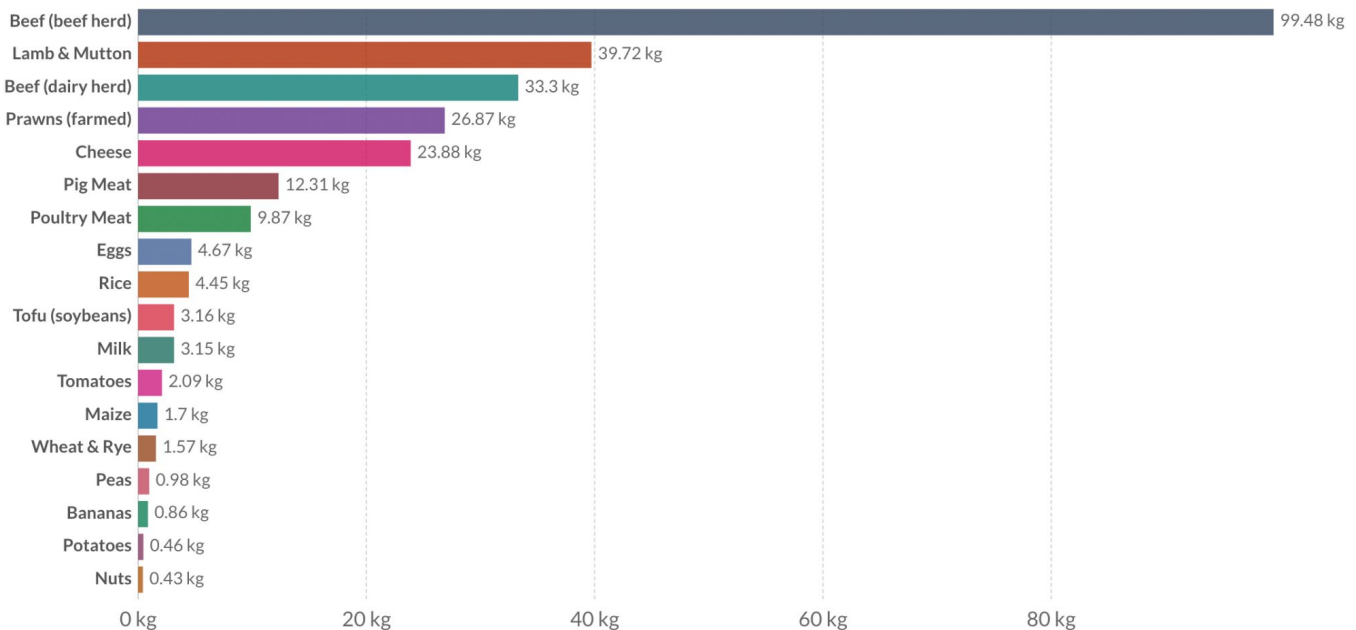
Have you ever considered the impact of the food you eat? Greenhouse gas emissions are associated with the production, storage, transportation, and everywhere in between of all food. However, not all foods are created equal. Footprints vary based on the region your food is sourced from and transported to, among other factors, but the graphic below shows a general idea of how different foods' footprints compare. As a rule of thumb, food coming from higher in the food chain will generally have a greater carbon footprint because more energy and resources are required to produce them. To eat more sustainably, keep the following in mind:

- Don't take more food than you will eat (you can always get seconds)
- Compost what you can
- Consider opting for lower carbon footprint foods
 - Vegan and Vegetarian diets generally have the lowest impacts, but poultry, fish, and pork will have lower carbon footprints than beef and lamb

Greenhouse gas emissions per kilogram of food product

Our World in Data

Greenhouse gas emissions are measured in kilograms of carbon dioxide equivalents (kgCO₂eq) per kilogram of food product. This means non-CO₂ greenhouse gases are included and weighted by their relative warming impact.



Source: Poore, J., & Nemecek, T. (2018). Reducing food's environmental impacts through producers and consumers.

OurWorldInData.org/environmental-impacts-of-food • CC BY

Note: Data represents the global average greenhouse gas emissions from food products based on a large meta-analysis of food production covering 38,700 commercially viable farms in 119 countries.