

The foods that contribute the most (or least) to climate change

Food waste causes 10% of greenhouse gases.



BEEF

Beef cattle require the most land, emit the most gases and are the most harmful for the climate.



BUTTER

A Finnish study states that this dairy product is the most polluting of livestock produce.



AVOCADO

This product is imported almost all over the world and generates a huge amount of CO₂ due to transportation.



APPLES

These fruits produce least emissions and contribute the least to climate change.



PULSES

Beans, lentils and peas are among the least polluting foodstuffs.



MUSSELS AND OYSTERS

These shellfish are beneficial for the climate as they filter water, improve the habitat and remove carbon from the environment.



Source: *The Lancet* (2019).