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.