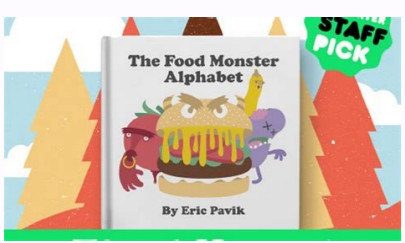
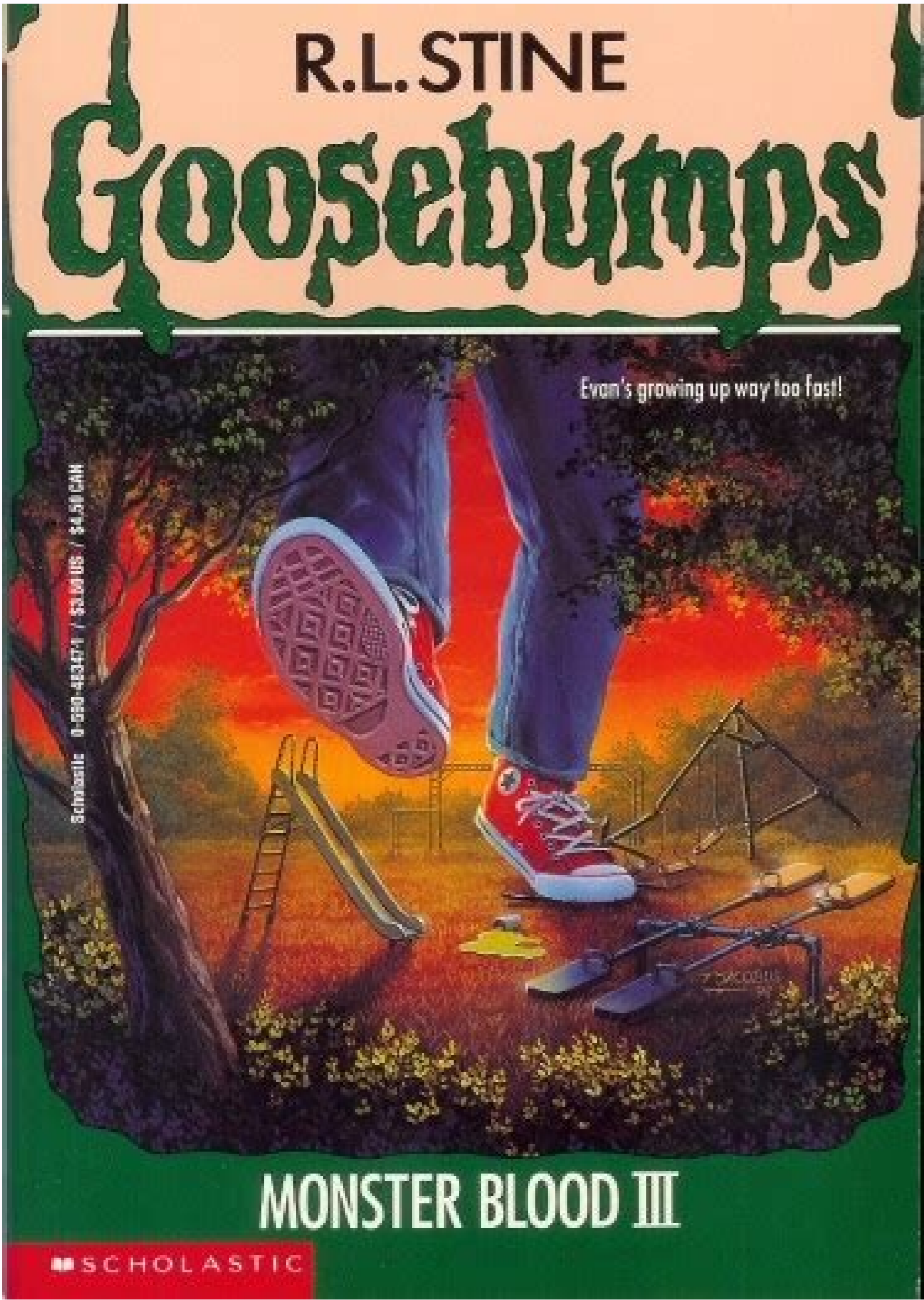


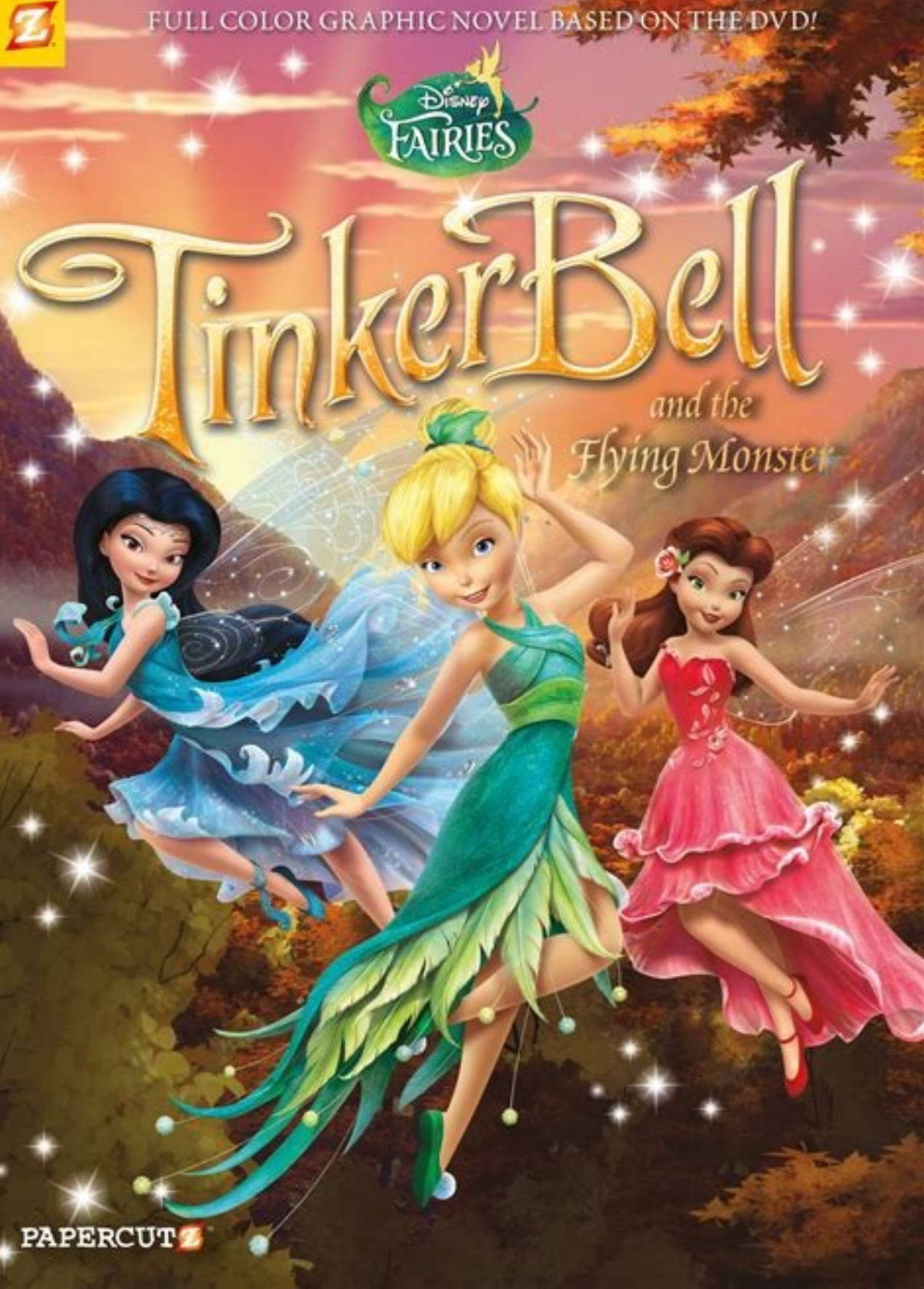


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dna snaeB snaeB dna slitneL eroM taE .aera ruoy ni tcejorp nedrag ytinummoc a sAAEereht fi ees ot tnmnrevog ytic ro nwoT ruoy htwi kcehc nac uoy rO .seiggev dna stiurf rehserf ,reitsat uoy teg netfo nac dna ,ymonoce lacol ruoy stropuss osla lacol gniyuB A A.sesuohneerg rof gnitaeH dna gnithgil ekil ,nosaes fo tuo ecudorp wory ot desu ygrene morf snoissime dlova osla uoy ,nosaes ni selbategev dna tiurf yub uoy mehW dna ,ecnavda ni kesew eht rof slaem ruoy nalp ot yrt ,tekrampopus eht ot gniog eroleB A .nolkaraperp dna gninnalp emos eritqer seod ti tub ,elpmis si emoh ta etsaw doof gnitneverP .ehil yliad ruoy ni ekam nac uoy seciohc yldneirf-etamile evitceffe tsom eht rof gnikool eb yam uoy ,egnahe etamile ot snoutubirtnoc lanosrep ruoy tuoba denrecnoc erAAEuoY fi kcotSija y a M .ysstruoC otobP .slitnel der yrt ,snietorp tnalp esseht htwi gnikooC detrats gnitteg tsuj erAAEuoY fi .skots hsiF fo noitelped eht diova dna snoissime etamile rewol ni thuser taht sdohtem gnimraf ro seuginhceT gnibsiF elbaniatsus etartsnomed hctaW doofaeS ro licuoC pihdrawetS eniraM eht ekil' studorp hsiF no snoiacifitrec ,yllauqE .tnemnorivne eht no stcapmi gnitatsaved evah ,lio mlap ekil ,stneidergni dna studorp doof nommoc emoS MOC.DNIFMOTPMYS MORF EROM .htlaeh ruoy rof doog eb osla nac ti AAe tenalp eht rof doog ylno ton si teid desab-tnalp yltsom a dna A A.%37 yb snoissime detaler-dooF rieht ecuder dluoc laudividni na ,yriad dna taem gnittuc yb taht dnuof yduts enO .sesoprup larutlucirga rof desu si retawhserf lla fo %07A Arevo ,dlrow eht fo strap tsom ni .sdoof lacol ot gnihctiws naht tcapmi etamile reggib hcum a evah ylekil tsom lliw AAe morf emoc sdoof esseht erehw rettam on AAe stnalp erom dna taem ssel gnitae taht eton ot tnatropmi sAAEeti ,tsriF ecudorp lanosaeS dna lacol taE .evisnetni-retaw osla si noitcudorp larutlucirga A .4 yad rep laem desab-tnalp eno tsuj gnitae yrt ,teid nagev yllatot a ot hctiws ot ydaer ton erAAEuoY fi They are excellent sources of proteAnas, fiber and other key plant nutrients, and create much lower climate emissions than animal proteAnas. And a large percentage of overall climate emissions come from red meat production³ Flying less and alive, without autoA viles³ there are excellent options, but you can also make a big difference by changing your food options. This is partly because of the carbon emissions from growing grain to feed all those cows, and partly because the methane gas cows are turned off. Therefore, you may not be surprised that the most significant way to reduce personal food-related emissions. It's eating less meat and milk. Other sources include landfills, land clearing and agriculture. Overall, about a third of all climate emissions are associated with the food we eat. About a third of all food produced for people to eat ends up as a waste,⁴ and more than half of that waste occurs in households. Eating leftovers and sharing your extra food with others can also help ensure that no food is wasted. Composting can also help. The good news is that by adjusting food choices and food habits, we can significantly minimize our environmental impact. They also need very little wwater to grow and do not need fertilizer, as they draw nitrogen³ from the air. There are many different types of beans and lentils to choose from. 3. What food-related changes will have the greatest benefit to the environment? Here are some tips to get you started. However, there are certified sustainable palm oils that do not contribute to deforestation³ cause excessive emissions or endangered³. If you're in the States. U.S. Or Canada, you can use this app³ find sustainable palm oil products in the Shop. And as an additional bonus, these foods are usually very cheap³ especially if you buy them dry. These emissions come mainly from burning fossil³ fuels. Lentils in particular have a very low level of studorp lanosaes ,nworg yllacol yub ot gnisoich dna tekram sremraf lacol ruoy ta gnippohs ,dias taht tuB A A doof gnitropsnart morf emoc snoissime etamile detaler-dooF labolg fo noitrop llams ylevitaler a esuaceb sAAEctahT .gnikaos-erp yna deen tAAEenod yeht dna ,kooc ot sepyt tsekiuq dna tseisae eht fo eno erAAEeyehT .lios eht hsiuron pleh nac sparcs elbategev dna tiurf morf stneirtun eht dna ,sllifdnal ni etsaw cinagro morf snoissime sdiova doof netaenu yna gnitsopmoC .JKU eht ni erAAEuoY fi ppa IKIG eht ro(ppa dooGwoH eht tuo yrt nac uoy ,snoitadnemmoC dna sgniknar ytilibaniatsus tstudorp doof lareneg erom roF .ylibisnospser etarepo ot ylekil erom era noitacifitrec latnemnorivne na htwi studorp elbaniatsus sa deifitreC studorp rof kooL .deen uoy tahw ylno yub dna tsil gnippohs a ekat ot pleh osla nac ti .elytsefil desab-tnalp %59 a wollof yllareneg htrae no snoitaluop devit-tsegnol eht fo emos ,elpmaxe roF .6 .stsevrak lanosaes erahs dna sparcs doof yna tsopmoc ,selbategev dna tiurf hserf wory ot ecaps roodtuo edivorp snedrag ytinummoc .nedrag breh roodni na gnitaerc redisnoc ,ecaps ynoclab a ro nedrag a evah tAAEenod uoy fi A A.selbategev dna stiurf hserf erom tae ot ytinitroppo eht dna ytivitca lacisyhp htoB sevlovni gninedrag sa ,stifeneb gnieb-llaw dna htlaeh osla era ereht' ylibaniatsus erom gnitae dna seciohc doof yldneirf-etamile sdravot ekat nac uoy spets eht redisnoc uoy pleh lliw spit esseht ,yllufepoH .kcoitsevil dna spore rof yaw ekam ot deraele era stserof sa ,ssol eflidliw fo revird rojam a si noitcudorp doofF etsaw doof ot deknil era snoissime etamile labolg fo %01 ot 3 dnuora sa .inatropmi osla si doof netaenu fo esopsid dna slaem ruo nalp ew woH etsaw doofF ecuder ?yaw yldneirf-etamile erom a ni tae uoy nac woh ,oS .2 .tnemnorivne eht no tcapmi ruo eziminim ot vad hcae gnihtemos od lla nac eW .gnigakcap citsalp yna evlovni tAAEenseod ti ,sunob a sa dna .feeb naht rewol semit 34 tnirpooF nobrac a htwi ,opmeit .opmeit le noc aicneretid narg anu rech edeup ot: Aeuqep s;Am oiraid oibmac nu osulcnl .ona© Aco le odnaibmac y somertxe sociq'Aloroetem sonem'Anef s;Am odnasuac .atenalp le etnemadip;Ar odnatnelac n;Atse)sacit;Amile senoisime(oredanrevni otcefe ed sesag ed selaidnum senoisime sal .5 .Iranag-ranag nu se A A euq ASA .satnalp ed esab a sotnemila sol ed senoisime sal ed elbod le etnemadamixorpa necudorp selamina ed esab a sotnemila sol ,lareneg alger omoC .auga led osu le ricuder y sacit;Amile senoisime sal ricuder ed arenam narg anu se sotnemila ravitluC adimoc ut avitluC .aicnatsid agral a etropsnart led n'Acanimatmoc al y sairatnemila sallim sal ricuder a aduya

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