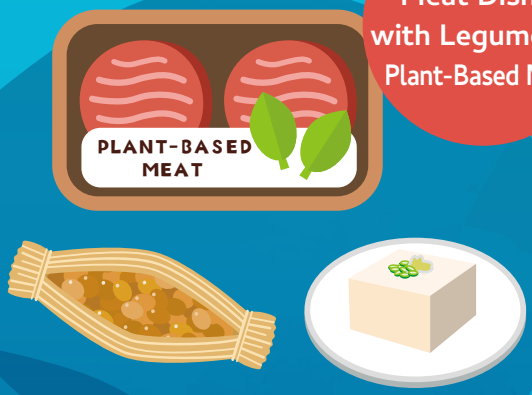
PLANETARY HEALTH DIET: WHAT EACH OF US CAN DO

Choose Lower-Impact Animal Proteins



Replace Meat Dishes with Legumes or Plant-Based Meat





Put Vegetables and Legumes First

Use Sustainability-Certified and Local Ingredients



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