

EAT LESS MEAT AND DAIRY

Make meatless & cheese-less Mondays part of your life; and on at least two other days, make meat a side dish, not a main course. For more info, visit: meatlessmonday.com

EAT LOWER FAT

dairy products such as cream cheese, part-skim or fresh mozzarella, gouda, feta, muenster, cottage cheese and non-fat yogurt. Choose organic when possible.

EAT GREENER MEAT WHEN YOU DO EAT IT

When shopping, look for:

- Grass fed or pasture-raised meat
 - Lean cuts
 - No antibiotics or hormones
 - Certified organic
 - Certified humane
 - Local
 - Unprocessed, nitrite-free and low sodium
 - “Best Choice” Seafood designated by Monterey Bay Aquarium
- Consult montereybayaquarium.org/cr/seafoodwatch.aspx

When you buy less meat overall, you can afford healthier, greener meat.

If you can't find these healthier products, ask your grocer to carry them. Consult eatwellguide.org or eatwild.com to find a nearby store or farm that offers greener, pasture-raised meat.

TIPS FOR MEAT EATERS

Eat Healthier and Reduce Your Climate and Environmental Impacts.

EAT MORE PLANTS

and low-impact protein foods like grains, legumes, nuts and tofu. Choose organic when possible.

WASTE LESS

Buy right-size portions and eat what you buy. On average, uneaten meat accounts for more than 20% of meat's greenhouse gas emissions.

SPEAK OUT

Push for smarter, healthier agricultural, food and energy policies, such as:

- Strengthening regulation of concentrated animal feeding operations (CAFOs) to prevent pollution and unnecessary use of antibiotics and hormones.
- Cutting taxpayer subsidies for animal feed and funding programs that support pasture-raised livestock and diversified, organic crop production.
- Strengthening conservation requirements on farms that collect subsidies.
- Serving less meat and more fresh fruits and vegetables in school lunch programs.
- Enacting comprehensive energy and climate policies.