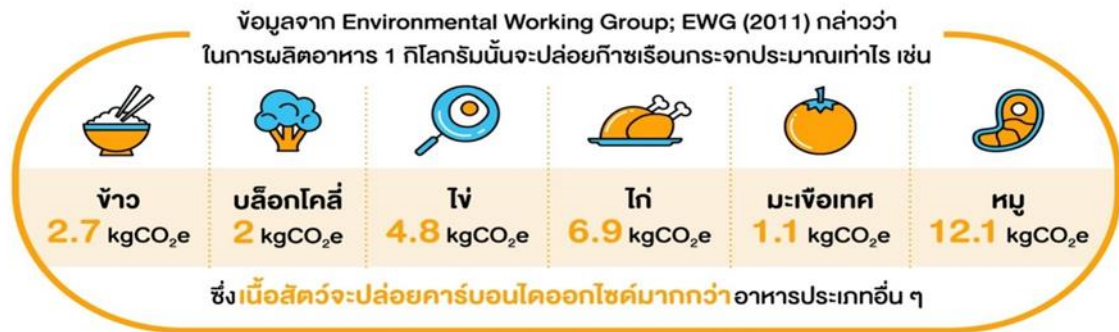


Today's food consumption All produce greenhouse gases. which each food There will be different amounts of greenhouse gas emissions.



We can easily adjust our behavior by

1. Adequate consumption and diet Do not buy in reserve, which may cause leftovers.
2. Plan to reduce the amount of meat consumption. Or refrain from eating meat for some meals because 70% of the world's carbon footprint comes from animal products.
3. Reduce eating processed food or have a lot of production process. Because if there are multiple steps or production processes It will emit more greenhouse gases as well.
4. Buy local food, choose seasonal food. and organic food To reduce energy in transportation, storage, as well as to reduce the use of chemicals that cause more greenhouse gases.

