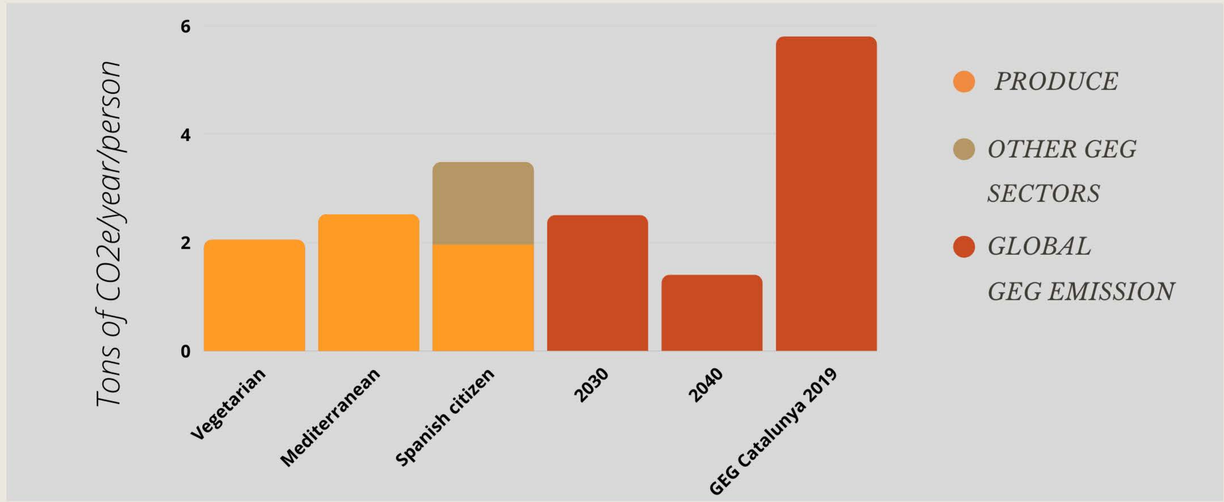
UAB
Universitat Autònoma de Barcelona
JUNE 2021

Difference in climate impact between a lacto-ovo vegetarian and a mediterranean diet

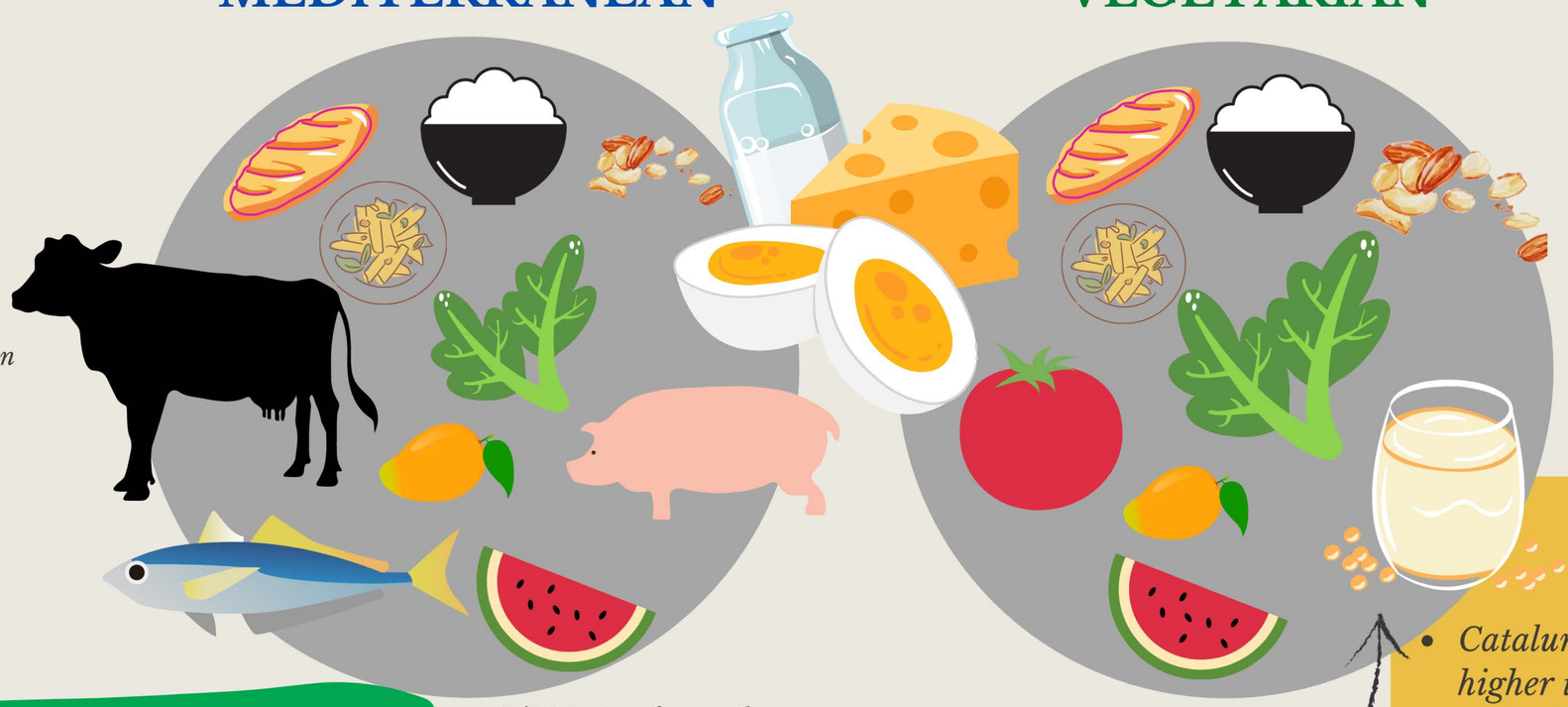
LAIA FONALLERAS NADAL

OBJECTIVES

- *Analyse our eating habits and their greenhouse gas (GHG) emissions by developing two different diet patterns*
- *Compare the climate impact between the consumption of animal and vegetable products*
- *Study the effect of exotic foods in our diets*
- *Contrast the final diet footprints with other statistics*



MEDITERRANEAN



2,52
T CO2e/year/person

VEGETARIAN

2,05
T CO2e/year/person

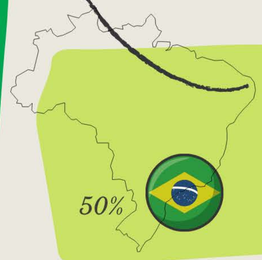
TOP GHG EMITTERS

PRODUCT	*Kg CO2e/Kg product*
VEAL	**30**
CHEESE	**14**
RICE	**2,5**

Aguilera et al. (2020)

87% Animal Feed
European Union

SOY IMPORTATION



LOCAL: **1** Kg CO2e/Kg soy
IMPORTED: **1,23** Kg CO2e/Kg soy
- Deforestation
- Indigenous people under threat

CONCLUSIONS

- *Catalunya's annual GEG emissions are way higher than the 2030 goal value, mainly due to food habits*
- *Vegetable products emit far less CO2e than animal products, in general. Therefore, the mediterranean diet resulted more (though not significantly) contaminant*
- *Proximity, seasonal foods and vegetal products are the way to an environmentally friendly diet*