



# YOUR CHOICES MATTER

By choosing a  
**plant-forward meal**  
you can...



**Improve air quality**  
by reducing 3  
major pollutants



**Reduce land use**  
by up to 86%, protecting  
forests and natural areas that  
absorb CO2



**Reduce energy use**  
by up to 89%



**Reduce  
greenhouse gases**  
by up to 96%



**Improve soil health**  
so we can grow food for future  
generations



**Improve water quality**  
for 100s of communities



PRACTICE  
Greenhealth