
UNSUSTAINABLE INGREDIENTS TO AVOID

Courtesy of Zero Waste Providence

MEAT

WHEN IT COMES TO MEAT, AVOID RED MEAT AS MUCH AS POSSIBLE AND OBTAIN OTHER SOURCES OF PROTEIN FROM FOODS SUCH AS BEANS, NUTS, AND PEAS. IF YOU MUST EAT MEAT – THE MOST SUSTAINABLE OPTIONS ARE LOCALLY CULTIVATED CORN-FED CHICKEN OR RABBIT.

DEFINITELY AVOID:

- **Factory Beef:** concentrated animal feeding operations (CAFOs) are one of the largest contributors to environmental pollution. Livestock generate large amounts of methane emissions (one of the most damaging greenhouse gases – 30 times more potent than CO₂).
- **Lamb:** carries double the carbon footprint of beef.

SEAFOOD

CERTAIN SPECIES OF FISH HAVE BEEN SEVERELY OVERFISHED SINCE THE MID-20TH CENTURY. AVOIDING THESE SPECIES AND OTHER SPECIES WHICH GREATLY IMPACT THE REST OF THE FOOD CHAIN. DOWNLOAD THE SEAFOOD WATCH APP TO HELP YOU CHOOSE SUSTAINABLE SEAFOOD.

AVOID:

- **Shrimp:** have a large impact on the food chain, instead try switching to prawns
- **Tuna:** have a large impact on the food chain, instead try switching to trout or bass

PRODUCE/PRODUCE PRODUCTS

WHEN IT COMES TO PRODUCE, THE BEST PRACTICE IS TO BUY LOCAL, SEASONALLY, AND FROM FARMERS WHICH PRACTICE SUSTAINABLE AGRICULTURE METHODS. LOCAL FARMERS MARKETS MAKE THIS EASY!

AVOID:

- **Corn:** since it is in huge demand as a food source for humans, it is farmed in large monocultures using chemical fertilizers & pesticides. Agricultural run-off from fields into waterways can cause eutrophication which depletes oxygen levels, making it hard for flora and fauna to survive. As an alternative try sweetcorn – it is less intensively farmed than standard corn.
- **High Fructose Corn Syrup (HFCS) Foods:** the farming methods used to produce HFCS are a third more fuel-consumptive than other corn cultivation techniques. Consider substituting sweets and pastries which use HFCS for natural sugars like fruits and switching soda/soft drinks for water.

THINK ABOUT:

- **Asparagus:** has a high carbon footprint mainly due to transportation, since much of the asparagus consumed in the U.S. originates from South America.
- **Avocados:** have a huge water footprint, especially when they are grown in drought prone California.
- **Bananas:** high spoilage rates result in them being the highest wasted mass for grocers. Next time you're at the store consider purchasing brown bananas to use in baking and smoothies to help reduce waste.
- **Almonds:** have a high water footprint, consider less water intensive nuts like peanuts.

CURIOUS ABOUT OTHER INGREDIENTS? CHECK OUT [THELIFEIMPACT.COM](http://thelifeimpact.com) FOR SNAPSHOTS OF INGREDIENTS AND THEIR IMPACT ON THE ENVIRONMENT, ANIMALS, AND HUMAN HEALTH.

