



## SAVING THE PLANET WITH YOUR FORK

### WHAT IS AN ECO-FRIENDLY DIET?

Eco-friendly diets mean eating with the environment in mind.

This means choosing, serving, and advocating for foods that have a lighter "food print", use fewer natural resources, support biodiversity, build soil health and both protect and/or regenerate our environment. 1/3 of global greenhouse gases come from our food and agriculture system!

Eco-friendly eating will look a little different for everybody. Experiment to find out what works best for you and your unique lifestyle.

## SIX TIPS FOR ECO-FRIENDLY EATING

### 1. PUMP UP THE MINIMALLY PROCESSED PLANT-BASED PROTEINS

- Include a diversity of beans, lentils, unprocessed soy, nuts, and seeds

### 2. CHOOSE ORGANIC OR PESTICIDE-FREE WHEN AVAILABLE

- Support local farmer's markets and community gardens

### 3. WATCH OUT FOR FOOD WASTE

- Take less, cook more, utilize your freezer

### 4. USE/BUY LESS PLASTIC

- Including single-use plastic items

### 5. SEEK OUT SUSTAINABLE SEAFOOD

- The smaller the better (anchovies, sardines, etc.), "line-caught" fish, and try out sea vegetables

### 6. EAT "BETTER MEAT" & CONSUME ANIMALS MINDFULLY (IF YOU EAT THEM)

- Grass-fed, local, humanely raised, part of a 'regenerative agriculture" system



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- The Nutrition Show
- The Good Clean Nutrition Podcast

### BOOK AUTHOR

- The Microbiome Diet Reset
- Serving The Broccoli Gods: True Tales and Tips from a Nutritionist on a Quest