



WHAT IS AN ECO-FRIENDLY DIET?

Eco-friendly diets are born from the idea that the health of each person is connected to the health of the environment. Eating with the environment in mind may help to support the transition to a more sustainable food system and support human health. 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 TO ECO-FRIENDLY EATING

- #1: PUMP UP THE PLANTS
- #2: CHOOSE ORGANIC OR PESTICIDE-FREE WHEN AVAILABLE
- #4: WATCH OUT FOR WASTE
- #5: GO FOR THE TAP WATER (IF AND WHEN IT'S SAFE!)
- #6: EAT ANIMALS MINDFULLY (IF YOU EAT THEM)

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