

B. Ecotarianism

Don't count calories, count Eco points!

The goal of ecotarianism is to change your diet to food that has the lowest carbon footprint and foods that are less likely to pollute the planet. This means looking to eat food that doesn't take a great deal of energy to produce. This means cutting out meat like beef and swapping to chicken and pork which have a lower environmental impact. Sugar refining also takes up a lot of energy so you should try to cut your sugar intake and eat dark chocolate rather than milk chocolate. Also, many fruits and vegetables are grown on the other side of the world and then flown by plane to be sold in supermarkets. You should aim to eat local seasonal produce wherever possible.