Consumers are increasingly looking for foods that benefit their health as well as the environment.¹

**Good news! You do not have to eliminate any one food group to do both.**

A modeling study published in *Nature Foods* looked at the intersection between health and the environment by characterizing foods according to their nutritional contribution to health and environmental impact.² Every food group contributes to health and has an environmental impact and within a single food group different foods contribute differently to health and their impact on the environment. The study authors concluded that to promote both human and planetary health drastic dietary changes are not necessary. In other words, no food group needs to be eliminated to support both health and the environment.²

*The nutritional contribution to health was calculated from 2011-16 NHANES consumption data and 2016 Global Burden of Disease Study health effects data; environmental impact was calculated from life cycle inventories available for main agricultural commodities.*

**Key Takeaway:**

Small, targeted dietary substitutions offer a powerful solution to improve health and reduce environmental impact.

Make every bite and sip count by choosing a variety of nutrient-rich foods from each food group.
Dairy Contributes Just 2% of all U.S. Greenhouse Gas Emissions

- U.S. dairy was the first in the food agricultural sector to conduct a full life cycle assessment at a national level, which showed it contributes just 2% of all U.S. greenhouse gas emissions.\(^4\)
- Thanks to increasingly modern and innovative dairy farming practices, the environmental impact of producing a gallon of milk in 2017 shrank significantly, requiring 30% less water, 21% less land and a 19% smaller carbon footprint than it did in 2007.\(^5\)

Nutty Taco Salad

**Ingredients**
- 2 ½ c walnuts
- 1 15-oz can black beans, drained
- 3 TB olive oil, divided
- 1 TB white vinegar
- 4 c romaine lettuce, chopped
- ¼ c red onion, thinly sliced
- 1 c cherry tomatoes, quartered
- 1 c shredded Mexican-blend cheese
- 1 c tortilla chips
- 1 avocado, diced
- 1 taco seasoning packet

**Instructions**
1. To make chorizo, place walnuts and beans in a food processor; pulse until coarsely chopped.
2. Combine taco seasoning, 2 TB oil and white vinegar in food processor and pulse until mixture is finely chopped.
3. Heat remaining oil in a large skillet over medium heat. Add bean and walnut mixture to skillet and cook for 10 minutes until mixture is browned.
4. Assemble taco salad with lettuce, tomatoes, onion, cheese and avocado. Top with bean and walnut mixture and enjoy with tortilla chips.

**References**