

## Sustainable Nutrition

We can each do a little to make the planet healthier.  
Try these Top 10 Tips for a Sustainable Diet!

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Waste less food

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Eat less meat, especially beef

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Try more plant-based proteins, such as legumes and pulses

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Eat fewer dairy products, especially cheese

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Drink plant-based milks such as oat, pea, almond, coconut and soy milk

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Buy only sustainable seafood

⑦

Choose less processed foods

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Compost your food, at least your coffee and tea grounds

⑨

Make half of your plate vegetables

⑩

Shop locally – farm stands, farmers' markets, or even your grocery store

*Find tips for each of these efforts at [www.melissawdowik.com](http://www.melissawdowik.com)*

