

Greenhouse Gas Emissions, Total Food Spending, and Diet Quality by Share of Household Food Spending on Red Meat: Results from a Nationally Representative Sample of U.S. Households

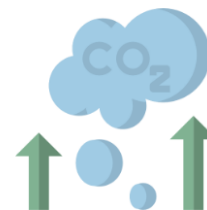
U.S. household emissions from food spending accounted for 16% of all U.S. carbon emissions in 2013.



Overall, 21% of household food emissions are from red meat alone.



Does reduced spending on red meat lower household greenhouse gas emissions from food? How does this impact diet quality and food budgets?



Results:

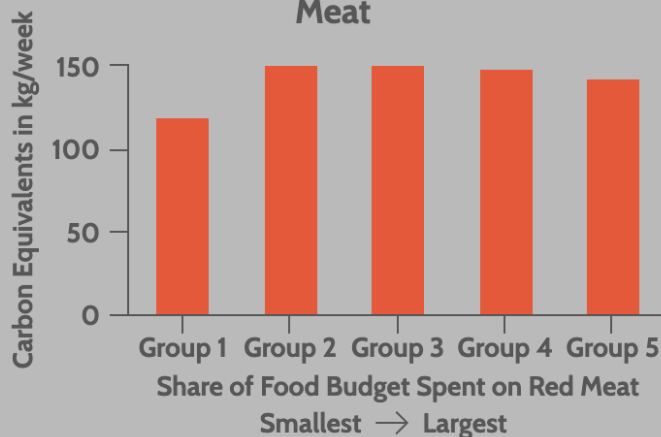
Spending on red meat varies greatly across U.S. households.

Some spend on average \$1.65 per week.

Others spend 23 times that amount per week.



Average Household Food Emissions by Share of Food Budget Spent on Red Meat



Key Takeaways:

U.S. household emissions from food purchases were lowest for those spending the least on red meat.



Lower levels of red meat spending are potentially achievable without adverse impacts on diet quality or household food budgets.

