

Good for You & the Environment



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

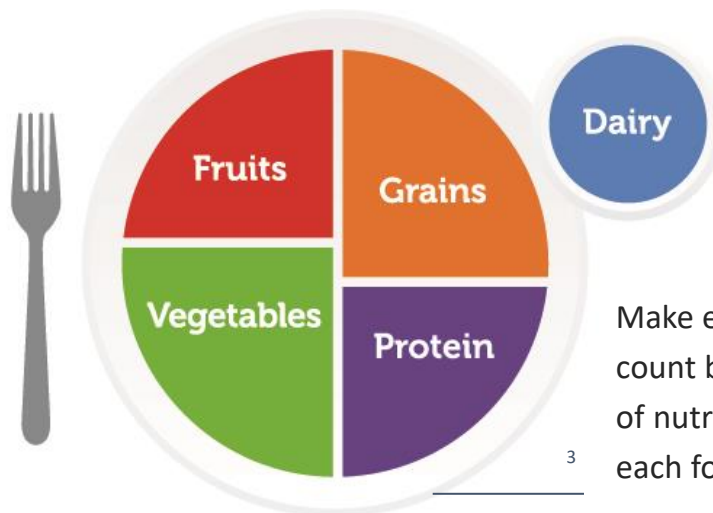
Good news! You do not have to eliminate any one food group to do both.

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.* 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.



National Dairy Council's (NDC) mission is to bring to life the dairy community's shared vision of a healthy, happy, sustainable world with science as our foundation. On behalf of America's dairy farmers and importers, NDC strives to help people thrive across the lifespan through science-based information on dairy's contributions to nutrition, health and sustainable food systems.

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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

1. Source: The Hartman Group; Ideas in Food 2021.
2. Stylianou KS, Fulgoni VL, Jolliet O. Small targeted dietary changes can yield substantial gains for human and environmental health. *Nature Foods*. 2021; 2, 616-627. Co-funded by National Dairy Council.
3. U.S. Department of Agriculture MyPlate website. Accessed August 24, 2021 @ <https://www.myplate.gov/>.
4. Thoma G, Popp J, Nutter D, et al. Greenhouse gas emissions from milk production and consumption in the United States: A cradle-to-grave life cycle assessment circa 2008. *International Dairy Journal*, 2013; 31, S3-S14.
5. Capper JL, Cady RA. The effects of improved performance in the U.S. dairy cattle industry on environmental impacts between 2007 and 2017. *J Anim Sci*. 2020; 98, 1-14.