

Post: Best and worst crops in terms of GHG emissions



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Content

Chocolate, coffee, oils, rice, and sugar have greenhouse gas emissions on par with animal products and thus should be lowered if not completely avoided. Outside of rice, these foods should be easy to cut out.

Much of chocolate's emissions come from land changes - that include deforestation and land degradation

Coffee is more on the farm side, which could be from fertilizers, manure, or machinery

Nuts are the best!

See the entire list here: <https://ourworldindata.org/uploads/2020/02/Environmental-impact-of-food-by-life-cycle-stage-612x550.png>

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