As we prepare to celebrate Earth Day on April 22nd, many of us focus on making choices that improve the health of our planet. An added bonus is that many of the strategies that shrink our carbon footprint can also help shrink waistlines.

**Choose More Plants**
Plant foods like fruits, vegetables and grains require substantially less energy, land and water to produce than do animal foods like beef and eggs. Reducing how often you eat resource demanding animal products is a great way to contribute to a more sustainable food supply. Replacing some of the animal foods in your diet with plant choices is also a great way to improve your health by increasing health promoting nutrients like fibre and reducing those associated with disease risk such as saturated fat.

**Focus on Fresh**
Choosing more fresh and minimally processed foods are good strategies for decreasing the energy and water requirements associated with food processing. An added benefit is that fresh foods are typically surrounded by less packaging, resulting in less waste. Fresh and minimally processed foods are also wise nutrition choices as they tend to have fewer added ingredients like salt and sugar, of which most of us should be eating less.

**Shrink Your Portions**
Starting with smaller portions has been shown to decrease the amount we eat, saving us important calories. Smaller portions also tend to decrease the amount of food we end up throwing away. This strategy is a win-win for the planet as it reduces both waste and the demands of producing more food than we really need.

**References**
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