



# The Greenhouse Gas impact of different types of diets per person and per year represented in car kilometers



## Diet without meat and dairy products ( = pure plant-based/vegan )

org. **281 km**

conv. **629 km**



## Diet without meat, but with dairy products (vegetarian)

organic **1978 km**

conventional **2427 km**



## Diet with meat and dairy products

organic **4377 km**

conventional **4758 km**