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Food and Climate Change Without the Hot Air®

Change your diet: The easiest way to help save the planet

Professor Sarah Bridle

A professor at Manchester University, Bridle became committed to food research because of her concern for her children's future. She wants to fight climate change for them. Food is responsible for a quarter of the world's greenhouse-gas emissions and as a scientist, she has devoted her time to research the facts.

Bridle is the first to assess all the different kinds of greenhouse gas emissions and put them into one measure (gCO₂e), then compares different foods using this measure with colorful diagrams that are easy to understand. (see overleaf)

- Which foods emit most greenhouse gases? How much food is wasted globally each year?
- What daily choices can we make to reduce the effects of our food on the environment?
- How will the government's dietary guidelines (less meat, more veg) affect our greenhouse emissions (not to mention our overall health)?

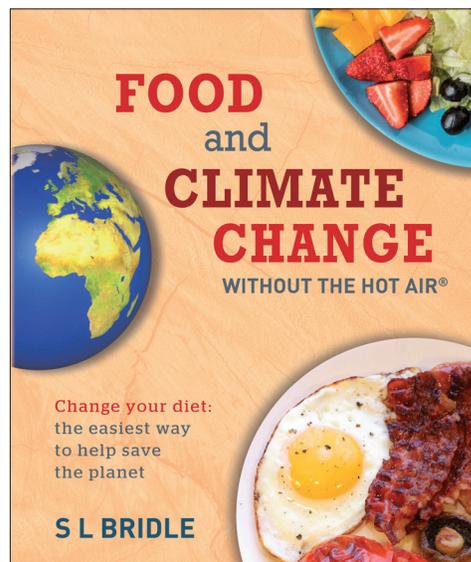
Bridle's book *Food and Climate Change Without the Hot Air* answers these questions by looking at the greenhouse emissions of the foods we eat, from breakfast to lunch, from snacks to supper. She:

- demonstrates where it's important to make a change, and where the effort isn't worthwhile,
- looks at the emissions of different foods in detail rather than simply pitting different diets against each other,
- ends each chapter with a summary, which makes the book perfect to dip into whilst cooking or planning meals for the week ahead and
- gives valuable tips to reduce our food waste (a huge contributor to global warming, as about one third of food is wasted worldwide)

As the subtitle says clearly, changing your diet is the easiest way to help save the planet.

Sarah Bridle is an engaging speaker and is available to interview, write guest articles and provide expert comment. Watch her TEDx talk here: <https://www.youtube.com/watch?v=6y7RHsXSW00>

See page 2 for examples of different meals from the book with diagrams



Endorsements:

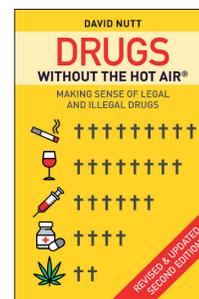
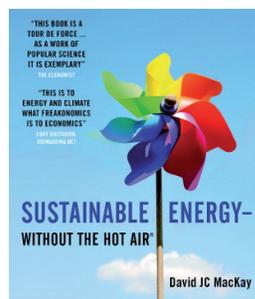
No kitchen should be without this engaging, carefully researched and practical guide to the carbon in our food.

- **Prof Mike Berners-Lee**,
Author of 'How Bad are Bananas' and
'There is no planet B'

'Food and Climate Change Without the Hot Air' provides a levelheaded, clear, and detailed picture of food emissions - a basic literacy we should all have in a time of accelerating climate consequence.

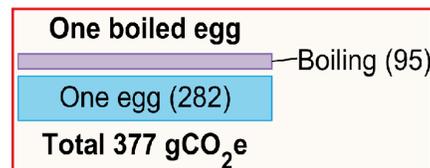
- **Peter Kalmus**, NASA
climate scientist and author
of 'Being the Change: Live Well and Spark a Climate Revolution'

Also in this series:



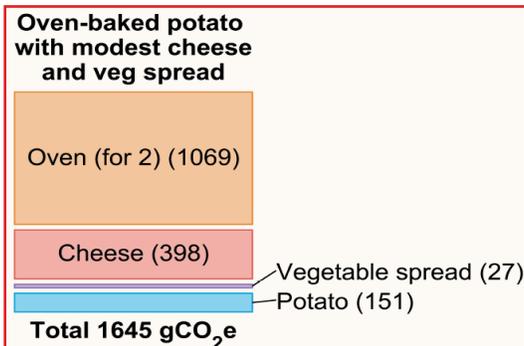
Breakfast – boiled egg

The breakfast classic, a boiled egg, produces 400 grams of emissions. The largest contribution comes from the food the chicken is fed, especially soy, for which rainforest is cleared in South America. Scrambling two eggs with butter and cream brings the emissions up to three times this value, at 1200 grams. Using vegetable spread instead of butter and passing on the cream lowers the emissions again to below 800 grams.



Lunch – baked potato

Cooking the simple dish of a baked potato shows us how crucial our individual choices are. Putting one single potato in the oven, topped with cheese and butter, makes the meal cause 2000 grams of combined greenhouse gases. Cooking several potatoes together and halving the dairy toppings reduces the emissions significantly. Cooking the potato in the microwave and topping it with plant-based options only, like relish, makes for a super low-emissions lunch (400 grams).



Dinner – Spaghetti Bolognese

The biggest emitter in Spaghetti Bolognese is the beef. Depending on the origin of the cow, how long it has lived and how much it eats, the emissions vary greatly. On average, a portion of Bolognese causes over 6000 grams of emissions, which corresponds to the average total daily food emissions per person. Using chicken instead of beef brings emissions down to 1800 grams and using lentils, down below 1000 grams.

