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eating our way to extinction? The plant-based diet is a new concept for many Australians but it is recognised by many environmental scientists, the IPCC and the EAT-Lancet Commission as the most sustainable diet for a world facing the dual challenges of rapid climate change and increasing human population. This presentation provides information on the environmental impacts of our food choices: greenhouse gas emissions, land use, water use and water pollution. Also discussed is how we can reduce our environmental footprint and improve our health by adopting a plant-based diet.