

# To eat green, TRY THIS

Here's how to lose pounds AND save the planet.

By Kate Ashford

**ECO-FRIENDLY FLASH:** It turns out that the same foods that drag down your diet—cheeseburgers, chips, and the like—are also doing a number on the planet. They have a significant carbon footprint: The emissions of CO<sub>2</sub> that come from the growing, processing, and shipping of foods trap heat in the Earth's atmosphere and contribute to global warming. In fact, the average person creates more CO<sub>2</sub> from her food choices than from the car she drives, according to a University of Chicago study. Don't let one meal reverse all the good you're doing by walking to the coffee shop instead of taking the SUV. Here's how you can go greener—and cut some calories, too.



Page 172—illustration: Monica Lind; Page 173—Photos, left to right: Shutterstock, © Foodcollection/Media Bakery, Vladimir Popovic/Shutterstock, © Eric Anthony Johnson/Stockfood, © Lew Robertson/Corbis

An advertisement for Kellogg's Special K Challenge cereal. It features a box of Special K red berries cereal and a pile of cereal pieces. The text "Re solution" is prominently displayed in large white letters on a red background. The Kellogg's logo is visible on the cereal box.

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lose up to 6 lbs in 2 weeks with the new Special **K** Challenge™





Consult your physician before starting any diet or exercise program. Average weight loss when replacing meals with two cereal meals is 5 pounds. Weight loss may vary.

## EASY CHANGES HELP REDUCE YOUR CO<sub>2</sub> IMPACT

INSTEAD  
OF ...

EAT ...

THE  
ECO-SCOOP ...

<p><b>Beef burger patty</b> (1/4 pound, 271 calories)</p>	<p><b>French wine</b> (4 ounces, 84 calories)</p>	<p><b>White bread</b> (2 slices, 129 calories)</p>	<p><b>Brie cheese</b> (1 ounce, 94 calories)</p>	<p><b>Pineapple</b> (1 cup, 70 calories)</p>	<p><b>Potato chips</b> (1 ounce, 150 calories)</p>	<p><b>Imported bottled water</b></p>
<p><b>Grilled chicken breast</b> (4 ounces, 165 calories)</p>	<p><b>Domestic wine</b> (4 ounces, 84 calories)</p>	<p><b>Whole-wheat bread</b> (2 slices, 133 calories)</p>	<p><b>Domestic light cheddar cheese</b> (1 ounce, 70 calories)</p>	<p><b>Apples</b> (1 cup, 57 calories) or other local, seasonal fruit</p> 	<p><b>Potato salad made without mayo</b> (1 cup, 152 calories)</p>	<p><b>Domestic bottled water</b> (such as Dasani)</p>
<p>Cows are greenhouse-gas factories: One cow produces 5 tons of CO<sub>2</sub> a year through its manure alone, and more CO<sub>2</sub> is released from transporting its meat. Smaller animals like chickens produce less CO<sub>2</sub>.</p>	<p>Choosing a California red over a French one won't save you any calories, but it will cut down on shipping distance, and therefore on CO<sub>2</sub>.</p> 	<p>The processing required to make white bread (like removing the bran from the grain) means more CO<sub>2</sub> emissions. It takes less processing to make the whole-wheat variety (plus it's packed with extra fiber and nutrients).</p>	<p>Making most dairy products produces lots of CO<sub>2</sub>, but the domestic cheese has less of an impact on the environment because it travels fewer miles from the farm to your plate.</p> 	<p>While they're good for you, pineapples and other tropical fruit aren't great for the environment. They're usually flown or shipped in from great distances. Look for in-season, locally grown fruit instead.</p>	<p>Chips are heavily processed, from the transportation to the frying and packaging. Potato salad can be made from local spuds at home. Plus, you'll get more fiber and a lot less fat than you will from a bag of chips.</p>	<p>If you want to go with bottled water, drink the one that isn't flown in from thousands of miles away. And if your tap water is lead-free, stick with that.</p> 

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# solution

a refreshing way to take the new **Special K Challenge**