

## Top Tip: How to have a low carbon diet



By Angela  
Terry

YOU'VE heard of low-carb diets, but what about a low-carbon diet? Thanks to intensive agriculture, crop farming, livestock management, packaging and logistics, the food system is responsible for a third of all global greenhouse emissions. But making smart choices can significantly lower your carbon "foodprint".

The first step is to eat more plants. You can focus your meals around vegetables or pulses.

As plant-based eating becomes more and more popular, creative cookery books and online recipes abound. You can explore the wonders of tofu or falafel – or just make a stir-fry or lentil soup.

Of course, an increase in plants comes hand in hand with limiting your meat and dairy intake.

Globally, animal agriculture generates nearly 20 per cent of the manmade greenhouse gases accelerating climate change. Meat production is very inefficient and requires masses of grain, water and land.

Plus, cows produce a lot of methane – a greenhouse gas 20 to 25 times more powerful than carbon dioxide.

Finally, choose local and seasonal foods to cut emissions caused by transportation. From raspberries to oats and kale, Scotland's produce is world famous, so celebrate it and help the planet. Order a fruit and veg box from a local farmer or buy from a farm shop or market.

Angela Terry is an environmental scientist and the founder of One Home ([onehome.org.uk](http://onehome.org.uk)).

...the 25 leading countries for the first time to phase out coal.

The statement commits countries signing up to ending all investment in new coal power generation, domestically and internationally, and to rapidly scaling up deployment of clean power generation.

It also sees them commit to phasing out coal power in the 2030s for major economies and the 2040s for the rest of the world. Additionally, it aims to ensure the shift away from coal power is fair and benefits workers and communities, although signatories do not have to commit to all parts of the statement.

Jennifer Morgan, Greenpeace International executive director, said: "This is one more nail in the coffin of coal, but only one, and the coffin is not yet sealed."

She said the signature of countries such as Vietnam and Egypt was "more proof that coal is dying", but warned that "without the USA, Australia,

...working across the West to put it under pressure, but we do need to work with those vulnerable countries like the Marshall Islands, a lot of the Pacific island states, Bangladesh and so on.

"These can be really key players in my experience, and they have the moral authority to put pressure

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## Harvie defends Greenpeace remarks over fossil fuel policy

PATRICK Harvie has denied that the Scottish Greens have launched an "environmental briefing war" with a world-leading climate charity.

The Greens co-leader and Scottish Government minister suggested that Greenpeace is "not particularly active in Scotland" after the group criticised Nicola Sturgeon's refusal to formally oppose controversial plans for a new oil and gas project in the North Sea.

Mr Harvie's party colleague, Ross Greer, added that Greenpeace was "landing here in Scotland having spent very little time trying to understand our situation, but have come here to lecture us on the action that we're taking".

Greenpeace said its activists had spent the summer visiting communities in Scotland.

Mr Harvie was pressed over the

comments after an event at COP26.

Asked if he believes his party knows more about climate than Greenpeace, Mr Harvie said: "No, I don't."

He added: "I know that one or two of my words have been lifted out of context. I'm a supporter of Greenpeace, I'm a donor to Greenpeace."

"I do think that we're more actively plugged into the Scottish political landscape."

"I think Greenpeace very often, understandably, look at an issue like Cambo and see it in a UK context – they don't see it in a Scottish context. That was the only point I was making."

The minister stressed that Greenpeace "certainly have the right to criticise that position of the First Minister".

He said: "The SNP and the Greens have been very clear – we don't have a shared position on the future of oil and gas. The Greens

are very clear that it should be seen as a Cambodian issue, that's not the Government's position – I suspect

"I think it's important to understand more plug politics in the politics."

Mr Harvie said the SNP's co-operation states "we've shared the future of the industry, their independence

He said: "The Greens are the world's largest energy company now and

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