

# How to become a biodiversity hero

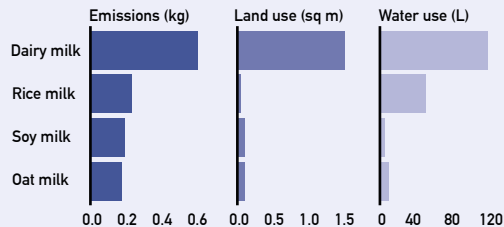
## Chapter 3: Dairy vs. Plant-based Milk

Daya knows how the dairy sector impacts nature and the environment. That's why she switched to plant-based milk alternatives such as soy, oat, rice milk.

Protect the planet like Daya – one cup at a time!

Compared to cow milk, the production of plant-based milk alternatives requires less land and water and causes fewer greenhouse gas emissions. Therefore, changing diets to plant-based products reduces your overall environmental footprint.

Environmental impact per one glass (200 ml) of different milks



Source 4: Poore & Nemecek (2018). Additional calculations.