

# VEGETARIAN EATS. BIG FEATS.



**SWAP IT LIKE  
IT'S HOT!**

Choosing plant-based and vegetarian options  
instead of meat can make a **WORLD** of difference.\*

\*Product footprint comparisons were assessed by an independent entity using the GHG Protocol Product Standard. Representative MorningStar Farms® products were compared to the most environmentally efficient meat counterparts. Assumptions were made on environmental impacts; actual impacts may vary. All products are compared on a 60g basis. Independent Life Cycle Analysis 2022. [https://www.morningstarfarms.com/en\\_US/veggie-foods-comparison-facts.html](https://www.morningstarfarms.com/en_US/veggie-foods-comparison-facts.html).