

## Accepted Manuscript

Relationship between pro-environmental attitudes and behaviour and dietary intake patterns

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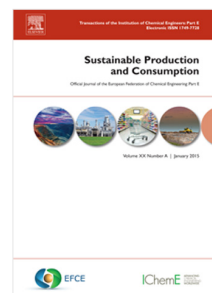
PII: S2352-5509(18)30150-7  
DOI: <https://doi.org/10.1016/j.spc.2018.08.009>  
Reference: SPC 165

To appear in: *Sustainable Production and Consumption*

Received date: 18 April 2018  
Revised date: 17 July 2018  
Accepted date: 25 August 2018

Please cite this article as: Asvatourian V., Craig T., Horgan G.W., Kyle J., Macdiarmid J.I., Relationship between pro-environmental attitudes and behaviour and dietary intake patterns. *Sustainable Production and Consumption* (2018), <https://doi.org/10.1016/j.spc.2018.08.009>

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20 **Abstract**

21 Some of the biggest challenges facing humanity are climate change and future food security, and  
22 current dietary patterns are contributing significantly to these problem. While the causes of climate  
23 change are known, effective adaption and mitigation will require changing human behaviour and  
24 diet. The aim of this study is to explore the link between people's dietary intakes and their  
25 behaviour and attitudes to pro-environmental issues. Cluster analysis was used to identify dietary  
26 patterns in the sample and principal component analysis used to describe patterns of environmental  
27 behaviours and attitudes. Three clusters are identified; *mainstream*, *health conscious* and *traditional*  
28 dietary patterns. The health conscious and mainstream diets are associated with lower GHG  
29 emissions than the traditional diet; however this is explained in part by lower energy intakes. Pro-  
30 environmental behaviours were more likely to be reported by those with a health conscious diet, but  
31 attitudes towards and knowledge of environmental issues did not differ between the three dietary  
32 clusters. No association was found between pro-environmental attitudes and behaviours, supporting

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