

# Eco AI Report - Score 8/10

## Question

is oat milk sustainable

**Eco Score: 8/10**

## Explanation

Oat milk is a sustainable choice with relatively low greenhouse gas emissions and significantly less water and land use compared to dairy and other plant-based milks like almond milk. Growing oats can also be beneficial for soil health when used in crop rotations. However, impact may vary depending on farming practices and transportation.

## Alternatives

Plant-Based

Food Systems

Low-Impact

## Details

Source: openai

Model: gpt-4o

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