My eating habits

I eat less meat because I don't want to buy cheap animal products. But if I do I make sure to only buy organic meat and eggs. When I am at my moms house or I cook for myself I don't eat meat at all because I don't really like it enough to justify all the harm that is done to the environment. We also try to throw away as little as possible to avoid wasting food. I also don't eat a lot of heavily processed foods because they often contain high amounts of fat, sodium or sugar. About 4 months ago I started cutting out all things like sweets and chips from my diet because I don't find it that hard to do and I believe it could improve my health.