

## Steak

Portion, fried (100g)



CO<sub>2</sub>e  
29  
minutes driving

Emissions 4723 gCO<sub>2</sub>e

Water 668 litres

Fibre 0 g

Calories 242 kCal

Protein 30 g



## Sausage

Two small (100g)



CO<sub>2</sub>e  
6  
minutes driving

Emissions 1035 gCO<sub>2</sub>e

Water 424 litres

Fibre 6 g

Calories 259 kCal

Protein 14 g



## Quorn

From frozen, portion (100g)



CO<sub>2</sub>e  
2  
minutes driving

Emissions 379 gCO<sub>2</sub>e

Water 200 litres

Fibre 11 g

Calories 196 kCal

Protein 13 g



## Cod

Portion (100g)



CO<sub>2</sub>e  
4  
minutes driving

Emissions 642 gCO<sub>2</sub>e

Water 137 litres

Fibre 0 g

Calories 198 kCal

Protein 21 g



## Lamb

Portion (100g)



CO<sub>2</sub>e  
27  
minutes driving

Emissions 4430 gCO<sub>2</sub>e

Water 350 litres

Fibre 0 g

Calories 249 kCal

Protein 30 g



## Veggie sausage

Two small (100g)



CO<sub>2</sub>e  
2  
minutes driving

Emissions 361 gCO<sub>2</sub>e

Water 73 litres

Fibre 3 g

Calories 247 kCal

Protein 14 g



## Salmon

Portion (100g)



CO<sub>2</sub>e  
5  
minutes driving

Emissions 879 gCO<sub>2</sub>e

Water 290 litres

Fibre 0 g

Calories 320 kCal

Protein 22 g



## Chicken

Portion (100g)



CO<sub>2</sub>e  
6  
minutes driving

Emissions 923 gCO<sub>2</sub>e

Water 325 litres

Fibre 0 g

Calories 240 kCal

Protein 28 g



## Ham

Three slices (100g)



CO<sub>2</sub>e  
**6**  
minutes driving

Emissions 1070 gCO<sub>2</sub>e

Water 394 litres

Fibre 0 g

Calories 115 kCal

Protein 19 g



## Pizza

Large slice (100g)



CO<sub>2</sub>e  
**3**  
minutes driving

Emissions 477 gCO<sub>2</sub>e

Water 108 litres

Fibre 6 g

Calories 272 kCal

Protein 12 g



## Baked beans

From a can (200g)



CO<sub>2</sub>e  
**3**  
minutes driving

Emissions 430 gCO<sub>2</sub>e

Water 115 litres

Fibre 25 g

Calories 162 kCal

Protein 10 g



## Lentils

Cooked at home (200g)



CO<sub>2</sub>e  
**0.9**  
minutes driving

Emissions 151 gCO<sub>2</sub>e

Water 179 litres

Fibre 29 g

Calories 176 kCal

Protein 12 g



## Cheese

Three slices (100g)



CO<sub>2</sub>e  
**10**  
minutes driving

Emissions 1590 gCO<sub>2</sub>e

Water 139 litres

Fibre 0 g

Calories 416 kCal

Protein 25 g



## Eggs

Two eggs (100g)



CO<sub>2</sub>e  
**3**  
minutes driving

Emissions 470 gCO<sub>2</sub>e

Water 139 litres

Fibre 0 g

Calories 143 kCal

Protein 14 g



## Beans

Cooked at home (200g)



CO<sub>2</sub>e  
**1**  
minutes driving

Emissions 206 gCO<sub>2</sub>e

Water 115 litres

Fibre 25 g

Calories 186 kCal

Protein 14 g



## Chickpeas

From a can (200g)



CO<sub>2</sub>e  
**2**  
minutes driving

Emissions 393 gCO<sub>2</sub>e

Water 168 litres

Fibre 27 g

Calories 230 kCal

Protein 14 g



## Almonds

Handful (30g)



CO<sub>2</sub>e  
**0.4**  
minutes driving

Emissions 63 gCO<sub>2</sub>e

Water 295 litres

Fibre 7 g

Calories 184 kCal

Protein 6 g



## Peanut butter

Two tablespoons (30g)



CO<sub>2</sub>e  
**0.8**  
minutes driving

Emissions 126 gCO<sub>2</sub>e

Water 95 litres

Fibre 5 g

Calories 187 kCal

Protein 7 g



## Milk

One cup (250ml)



CO<sub>2</sub>e  
**3**  
minutes driving

Emissions 550 gCO<sub>2</sub>e

Water 116 litres

Fibre 0 g

Calories 110 kCal

Protein 9 g



## Oat milk

One cup (250ml)



CO<sub>2</sub>e  
**0.7**  
minutes driving

Emissions 110 gCO<sub>2</sub>e

Water 111 litres

Fibre 7 g

Calories 148 kCal

Protein 3 g



## Peanuts

Handful (30g)



CO<sub>2</sub>e  
**0.6**  
minutes driving

Emissions 96 gCO<sub>2</sub>e

Water 95 litres

Fibre 6 g

Calories 181 kCal

Protein 7 g



## Cream

Two tablespoons (28g)



CO<sub>2</sub>e  
**0.8**  
minutes driving

Emissions 137 gCO<sub>2</sub>e

Water 23 litres

Fibre 0 g

Calories 54 kCal

Protein 1 g



## Soy milk

One cup (250ml)



CO<sub>2</sub>e  
**2**  
minutes driving

Emissions 250 gCO<sub>2</sub>e

Water 88 litres

Fibre 2 g

Calories 113 kCal

Protein 9 g



## Cereal

Portion (30g) + milk (200g)



CO<sub>2</sub>e  
**3**  
minutes driving

Emissions 519 gCO<sub>2</sub>e

Water 121 litres

Fibre 2 g

Calories 202 kCal

Protein 9 g



## Porridge

With 200g water



CO<sub>2</sub>e  
**0.6**  
minutes driving

Emissions 101 gCO<sub>2</sub>e

Water 106 litres

Fibre 6 g

Calories 110 kCal

Protein 3 g



## Veg spread

One tablespoon (14g)



CO<sub>2</sub>e  
**0.1**  
minutes driving

Emissions 19 gCO<sub>2</sub>e

Water 29 litres

Fibre 0 g

Calories 77 kCal

Protein 0 g



## Yogurt

Small pot (100g)



CO<sub>2</sub>e  
**1**  
minutes driving

Emissions 200 gCO<sub>2</sub>e

Water 49 litres

Fibre 0 g

Calories 97 kCal

Protein 4 g



## Bread

Two slices (80g)



CO<sub>2</sub>e  
**0.4**  
minutes driving

Emissions 60 gCO<sub>2</sub>e

Water 30 litres

Fibre 6 g

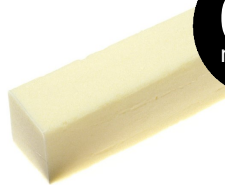
Calories 190 kCal

Protein 7 g



## Butter

One tablespoon (14g)



CO<sub>2</sub>e  
**0.7**  
minutes driving

Emissions 116 gCO<sub>2</sub>e

Water 34 litres

Fibre 0 g

Calories 104 kCal

Protein 0 g



## Vegetable oil

One tablespoon (14g)



CO<sub>2</sub>e  
**0.3**  
minutes driving

Emissions 52 gCO<sub>2</sub>e

Water 28 litres

Fibre 0 g

Calories 126 kCal

Protein 0 g



## Soy yogurt

Small pot (100g)



CO<sub>2</sub>e  
**0.5**  
minutes driving

Emissions 80 gCO<sub>2</sub>e

Water 41 litres

Fibre 3 g

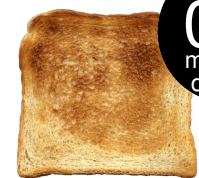
Calories 45 kCal

Protein 4 g



## Toast

Two slices (64g)



CO<sub>2</sub>e  
**0.5**  
minutes driving

Emissions 90 gCO<sub>2</sub>e

Water 30 litres

Fibre 5 g

Calories 190 kCal

Protein 6 g



## Spaghetti

Portion (200g)



CO<sub>2</sub>e  
2  
minutes driving

Emissions 332 gCO<sub>2</sub>e

Water 33 litres

Fibre 10 g

Calories 282 kCal

Protein 9 g



## Potato

Large (200g)



CO<sub>2</sub>e  
1  
minutes driving

Emissions 240 gCO<sub>2</sub>e

Water 16 litres

Fibre 7 g

Calories 148 kCal

Protein 4 g



## Peas

Portion (80g)



CO<sub>2</sub>e  
1  
minutes driving

Emissions 204 gCO<sub>2</sub>e

Water 26 litres

Fibre 11 g

Calories 56 kCal

Protein 4 g



## Asparagus

Seasonal, 5 spears (80g)



CO<sub>2</sub>e  
1  
minutes driving

Emissions 160 gCO<sub>2</sub>e

Water 169 litres

Fibre 2 g

Calories 10 kCal

Protein 1 g



## Rice

Portion (200g)



CO<sub>2</sub>e  
5  
minutes driving

Emissions 800 gCO<sub>2</sub>e

Water 216 litres

Fibre 0 g

Calories 262 kCal

Protein 6 g



## Chips

Oven cooked (200g)



CO<sub>2</sub>e  
4  
minutes driving

Emissions 600 gCO<sub>2</sub>e

Water 33 litres

Fibre 8 g

Calories 488 kCal

Protein 6 g



## Broccoli

Portion (80g)



CO<sub>2</sub>e  
0.5  
minutes driving

Emissions 82 gCO<sub>2</sub>e

Water 17 litres

Fibre 7 g

Calories 27 kCal

Protein 3 g



## Asparagus

By air, 5 spears (80g)



CO<sub>2</sub>e  
6  
minutes driving

Emissions 1016 gCO<sub>2</sub>e

Water 116 litres

Fibre 2 g

Calories 10 kCal

Protein 1 g



## French beans

By air (80g)



CO<sub>2</sub>e  
**3**  
minutes driving

Emissions 477 gCO<sub>2</sub>e

Water 26 litres

Fibre 7 g

Calories 21 kCal

Protein 2 g



## Sweetcorn

From frozen (80g)



CO<sub>2</sub>e  
**1**  
minutes driving

Emissions 182 gCO<sub>2</sub>e

Water 75 litres

Fibre 7 g

Calories 54 kCal

Protein 3 g



## Carrot

One, cooked (80g)



CO<sub>2</sub>e  
**0.5**  
minutes driving

Emissions 90 gCO<sub>2</sub>e

Water 2 litres

Fibre 6 g

Calories 27 kCal

Protein 0 g



## Tomato

Seasonal, medium (80g)



CO<sub>2</sub>e  
**0.1**  
minutes driving

Emissions 13 gCO<sub>2</sub>e

Water 0.8 litres

Fibre 3 g

Calories 11 kCal

Protein 0 g



## French beans

Seasonal (80g)



CO<sub>2</sub>e  
**0.5**  
minutes driving

Emissions 88 gCO<sub>2</sub>e

Water 26 litres

Fibre 7 g

Calories 21 kCal

Protein 2 g



## Cabbage

Portion (80g)



CO<sub>2</sub>e  
**0.3**  
minutes driving

Emissions 54 gCO<sub>2</sub>e

Water 11 litres

Fibre 5 g

Calories 11 kCal

Protein 1 g



## Tomato

Heated greenhouse (80g)



CO<sub>2</sub>e  
**6**  
minutes driving

Emissions 1002 gCO<sub>2</sub>e

Water 0.8 litres

Fibre 3 g

Calories 11 kCal

Protein 0 g



## Lettuce

Seasonal (30g)



CO<sub>2</sub>e  
**0.3**  
minutes driving

Emissions 44 gCO<sub>2</sub>e

Water 4 litres

Fibre 1 g


Calories 3 kCal

Protein 0 g



### Avocado

One medium (80g)



CO<sub>2</sub>e  
**1**  
minutes driving

Emissions	192 gCO <sub>2</sub> e
Water	107 litres
Fibre	9 g
Calories	152 kCal
Protein	2 g

GGDOT

### Banana

Small (80g)




CO<sub>2</sub>e  
**0.3**  
minutes driving

Emissions	55 gCO <sub>2</sub> e
Water	43 litres
Fibre	2 g
Calories	65 kCal
Protein	1 g

GGDOT

### Raspberries

Seasonal, handful (80g)




CO<sub>2</sub>e  
**1**  
minutes driving

Emissions	176 gCO <sub>2</sub> e
Water	21 litres
Fibre	0 g
Calories	0 kCal
Protein	0 g

GGDOT

### Strawberries

Seasonal, handful (80g)




CO<sub>2</sub>e  
**1**  
minutes driving

Emissions	136 gCO <sub>2</sub> e
Water	17 litres
Fibre	3 g
Calories	24 kCal
Protein	0 g

GGDOT

### Apple

From storage, small (80g)



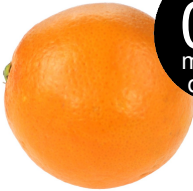
CO<sub>2</sub>e  
**0.2**  
minutes driving

Emissions	40 gCO <sub>2</sub> e
Water	35 litres
Fibre	3 g
Calories	41 kCal
Protein	0 g

GGDOT

### Orange

Small (80g)



CO<sub>2</sub>e  
**0.2**  
minutes driving

Emissions	32 gCO <sub>2</sub> e
Water	32 litres
Fibre	5 g
Calories	29 kCal
Protein	1 g

GGDOT

### Raspberries

By air, handful (80g)




✈️  
CO<sub>2</sub>e  
**3**  
minutes driving

Emissions	568 gCO <sub>2</sub> e
Water	21 litres
Fibre	0 g
Calories	0 kCal
Protein	0 g

GGDOT

### Strawberries

By air, handful (80g)



✈️  
CO<sub>2</sub>e  
**2**  
minutes driving

Emissions	408 gCO <sub>2</sub> e
Water	14 litres
Fibre	3 g
Calories	24 kCal
Protein	0 g

GGDOT

## Orange juice

Small glass (200ml)



CO<sub>2</sub>e  
2  
minutes driving

Emissions 400 gCO<sub>2</sub>e

Water 146 litres

Fibre 1 g

Calories 72 kCal

Protein 2 g



## Water

Plastic bottle (500ml)



CO<sub>2</sub>e  
0.8  
minutes driving

Emissions 136 gCO<sub>2</sub>e

Water 0.5 litres

Fibre 0 g

Calories 0 kCal

Protein 0 g



## Sugar

One teaspoon (6g)



CO<sub>2</sub>e  
0.1  
minutes driving

Emissions 15 gCO<sub>2</sub>e

Water 6 litres

Fibre 0 g

Calories 24 kCal

Protein 0 g



## Biscuit

One plain (13g)



CO<sub>2</sub>e  
0.1  
minutes driving

Emissions 17 gCO<sub>2</sub>e

Water 19 litres

Fibre 1 g

Calories 60 kCal

Protein 1 g



## Tap water

Large glass (500ml)



CO<sub>2</sub>e  
0  
minutes driving

Emissions 0 gCO<sub>2</sub>e

Water 0.5 litres

Fibre 0 g

Calories 0 kCal

Protein 0 g



## Fizzy drink

One can (330ml)



CO<sub>2</sub>e  
1  
minutes driving

Emissions 158 gCO<sub>2</sub>e

Water 50 litres

Fibre 0 g

Calories 205 kCal

Protein 0 g



## Milk chocolate

Small bar (25g)



CO<sub>2</sub>e  
0.5  
minutes driving

Emissions 88 gCO<sub>2</sub>e

Water 182 litres

Fibre 1 g

Calories 130 kCal

Protein 2 g



## Chocolate biscuit

One plain (13g)



CO<sub>2</sub>e  
0.1  
minutes driving

Emissions 23 gCO<sub>2</sub>e

Water 40 litres

Fibre 1 g

Calories 63 kCal


Protein 1 g





### Crisps

Small packet (25g)




CO<sub>2</sub>e  
**0.3**  
minutes driving

Emissions	54	gCO <sub>2</sub> e
Water	41	litres
Fibre	4	g
Calories	123	kCal
Protein	2	g



### Latte

With 400ml milk




CO<sub>2</sub>e  
**6**  
minutes driving

Emissions	1024	gCO <sub>2</sub> e
Water	503	litres
Fibre	0	g
Calories	176	kCal
Protein	14	g



### Coffee

Cup, with tbsp milk




CO<sub>2</sub>e  
**0.6**  
minutes driving

Emissions	96	gCO <sub>2</sub> e
Water	39	litres
Fibre	0	g
Calories	9	kCal
Protein	1	g



### Tea

Cup, with tbsp milk



CO<sub>2</sub>e  
**0.6**  
minutes driving

Emissions	94	gCO <sub>2</sub> e
Water	9	litres
Fibre	0	g
Calories	7	kCal
Protein	1	g

