Steak
Portion, fried (100g)

- Carbon: 1939 g CO₂e
- Protein: 26 g
- Calories: 270 kCal
- Fiber: 0 g
- Water: 584 liters

CO₂e 30 minutes driving
<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>Carbon</td>
<td>CO₂e</td>
<td>361</td>
</tr>
<tr>
<td>Protein</td>
<td>g</td>
<td>14</td>
</tr>
<tr>
<td>Calories</td>
<td>kCal</td>
<td>247</td>
</tr>
<tr>
<td>Fiber</td>
<td>g</td>
<td>3</td>
</tr>
<tr>
<td>Water</td>
<td>liters</td>
<td>72</td>
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</tbody>
</table>
Quorn
Portion (100g)

Carbon g CO₂e 379
Protein g 13
Calories kCal 196
Fiber g 11
Water liters 182

6 minutes driving
<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
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<tbody>
<tr>
<td>Carbon</td>
<td>g CO₂e 466</td>
</tr>
<tr>
<td>Protein</td>
<td>g 28</td>
</tr>
<tr>
<td>Calories</td>
<td>kCal 240</td>
</tr>
<tr>
<td>Fiber</td>
<td>g 0</td>
</tr>
<tr>
<td>Water</td>
<td>liters 319</td>
</tr>
</tbody>
</table>

Chicken Portion (100g)
Ham
Three slices (100g)

Carbon g CO₂e 1070
Protein g 19
Calories kCal 115
Fiber g 0
Water liters 365

CO₂e 17 minutes driving
Cheese
Three slices (100g)

- Carbon: 887 g CO₂e
- Protein: 25 g
- Calories: 416 kcal
- Fiber: 0 g
- Water: 132 liters

CO₂e 14 minutes driving
Pizza
Large slice (100g)

Carbon: 477 g CO₂e
Protein: 12 g
Calories: 272 kCal
Fiber: 6 g
Water: 98 liters

CO₂e: 7 minutes driving
Eggs
Two eggs (100g)

- Carbon: g CO₂e 470
- Protein: g 14
- Calories: kCal 143
- Fiber: g 0
- Water: liters 135
Almonds
Handful (30g)

- Carbon (g CO₂e): 63
- Protein (g): 6
- Calories (kCal): 184
- Fiber (g): 7
- Water (liters): 186

CO₂e 1 minutes driving
Peanut butter
Two tablespoons (30g)

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td><strong>Carbon</strong></td>
<td>g CO₂e</td>
<td>86</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>g</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td><strong>Calories</strong></td>
<td>kCal</td>
<td>187</td>
<td></td>
</tr>
<tr>
<td><strong>Fiber</strong></td>
<td>g</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td><strong>Water</strong></td>
<td>liters</td>
<td>90</td>
<td></td>
</tr>
</tbody>
</table>
Cream
Two tablespoons (28g)

Carbon: 0 g, CO₂e: 137
Protein: 1 g
Calories: 54 kCal
Fiber: 0 g
Water: 22 liters
Milk
One cup (250ml)

Carbon CO₂e 383
Protein g 9
Calories kCal 110
Fiber g 0
Water liters 110
Soy milk
One cup (250ml)

Carbon  g  CO₂e  220
Protein  g  9
Calories  kCal  113
Fiber  g  2
Water  liters  87
Cereal
Portion (30g) + milk (200g)

**Carbon**
- g CO₂e: 386

**Protein**
- g: 9

**Calories**
- kCal: 202

**Fiber**
- g: 2

**Water**
- liters: 113

CO₂e driving minutes: 6
Porridge
With 200g water

Carbon g CO₂e 101
Protein g 3
Calories kCal 110
Fiber g 6
Water liters 102
<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbon</td>
<td>0.24g</td>
</tr>
<tr>
<td>CO₂e</td>
<td>116g</td>
</tr>
<tr>
<td>Protein</td>
<td>0g</td>
</tr>
<tr>
<td>Calories</td>
<td>104kCal</td>
</tr>
<tr>
<td>Fiber</td>
<td>0g</td>
</tr>
<tr>
<td>Water</td>
<td>32 liters</td>
</tr>
</tbody>
</table>
Vegetable oil
One tablespoon (14g)

- Carbon: g CO₂e 52
- Protein: g 0
- Calories: kCal 126
- Fiber: g 0
- Water: liters 28

CO₂e 0.8 minutes driving
Yogurt
Small pot (100g)

Carbon g CO₂e 200
Protein g 4
Calories kCal 97
Fiber g 0
Water liters 46
Bread
Two slices (80g)

Carbon g CO₂e 77
Protein g 7
Calories kCal 190
Fiber g 6
Water liters 30

CO₂e 1 minutes driving
Toast
Two slices (64g)

Carbon  g  CO$_2$e  107
Protein  g  6
Calories  kCal  190
Fiber  g  5
Water  liters  30

CO$_2$e 2 minutes driving
Spaghetti
Portion (200g)

- **Carbon** g $\text{CO}_2 \text{e}$: 332
- **Protein** g: 9
- **Calories** kCal: 282
- **Fiber** g: 10
- **Water** liters: 33

**CO$_2$e 5 minutes driving**
Rice
Portion (200g)

- Carbon: 625 g CO₂e
- Protein: 6 g
- Calories: 262 kCal
- Fiber: 0 g
- Water: 68 liters

CO₂e 10 minutes driving
Peas
Portion (80g)

Carbon  g  CO$_2$e  204
Protein  g  4
Calories  kCal  56
Fiber  g  11
Water  liters  24
Broccoli
Portion (80g)

Carbon: g CO₂e 82
Protein: g 3
Calories: kCal 27
Fiber: g 7
Water: liters 13
Asparagus
Seasonal, 5 spears (80g)

- Carbon: g CO₂e 160
- Protein: g 1
- Calories: kCal 10
- Fiber: g 2
- Water: liters 161

Driving time: 2 minutes
## Asparagus

*By air, 5 spears (80g)*

<table>
<thead>
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<tbody>
<tr>
<td>Carbon</td>
<td>g CO₂e 1016</td>
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<tr>
<td>Protein</td>
<td>g 1</td>
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<tr>
<td>Calories</td>
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<tr>
<td>Fiber</td>
<td>g 2</td>
</tr>
<tr>
<td>Water</td>
<td>liters 61</td>
</tr>
<tr>
<td>Nutrient</td>
<td>Value</td>
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<tr>
<td>---------------</td>
<td>-------</td>
</tr>
<tr>
<td>Carbon</td>
<td>77 g</td>
</tr>
<tr>
<td>Protein</td>
<td>0 g</td>
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<tr>
<td>Calories</td>
<td>11 kCal</td>
</tr>
<tr>
<td>Fiber</td>
<td>3 g</td>
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<tr>
<td>Water</td>
<td>5 liters</td>
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</tbody>
</table>
Lettuce
Seasonal (30g)

- Carbon: 48 g CO₂e
- Protein: 0 g
- Calories: 3 kCal
- Fiber: 1 g
- Water: 2 liters

0.7 minutes driving
Avocado
One medium (80g)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
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<tbody>
<tr>
<td>Carbon (g)</td>
<td>3 CO₂e</td>
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<tr>
<td>Protein (g)</td>
<td>2</td>
</tr>
<tr>
<td>Calories (kCal)</td>
<td>152</td>
</tr>
<tr>
<td>Fiber (g)</td>
<td>9</td>
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<td>Water (liters)</td>
<td>59</td>
</tr>
<tr>
<td>Nutrient</td>
<td>Amount</td>
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<tr>
<td>----------</td>
<td>--------</td>
</tr>
<tr>
<td>Carbon</td>
<td>0.9 g</td>
</tr>
<tr>
<td>CO₂e</td>
<td>60</td>
</tr>
<tr>
<td>Protein</td>
<td>0 g</td>
</tr>
<tr>
<td>Calories</td>
<td>41 kCal</td>
</tr>
<tr>
<td>Fiber</td>
<td>3 g</td>
</tr>
<tr>
<td>Water</td>
<td>29 liters</td>
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</tbody>
</table>
Orange
Small (80g)

- Carbon: 32 g CO₂e
- Protein: 1 g
- Calories: 29 kCal
- Fiber: 5 g
- Water: 25 liters
Strawberries
Seasonal, handful (80g)

Carbon CO₂e 136
Protein g 0
Calories kCal 24
Fiber g 3
Water liters 15
Strawberries
By air, handful (80g)

Carbon g CO₂e 408
Protein g 0
Calories kCal 24
Fiber g 3
Water liters 5
Orange juice
Small glass (200ml)

<table>
<thead>
<tr>
<th>Carbon</th>
<th>g</th>
<th>CO₂e</th>
<th>400</th>
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</thead>
<tbody>
<tr>
<td>Protein</td>
<td>g</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>kCal</td>
<td>72</td>
<td></td>
</tr>
<tr>
<td>Fiber</td>
<td>g</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>liters</td>
<td>112</td>
<td></td>
</tr>
</tbody>
</table>

CO₂e 6 minutes driving
Sugar
One teaspoon (6g)

- **Carbon**: 2 g
  - **CO₂e**: 0.03
- **Protein**: 0 g
- **Calories**: 24 kCal
- **Fiber**: 0 g
- **Water**: 4 liters

CO₂e driving time: 0.03 minutes
Milk chocolate
Small bar (25g)

Carbon  g CO₂e 88
Protein  g 2
Calories  kCal 130
Fiber  g 1
Water  liters 177

Driving minutes 1
Biscuit
One plain (13g)

**Carbon** g CO\(_2\)e 17

**Protein** g 1

**Calories** kCal 60

**Fiber** g 1

**Water** liters 18

CO\(_2\)e 0.3 minutes driving
Chocolate biscuit
One plain (13g)

- Carbon: 0.4 g
- CO₂e: 23
- Protein: 1 g
- Calories: 63 kCal
- Fiber: 1 g
- Water: 38 liters

CO₂e driving minutes: 0.4
Crisps
Small packet (25g)

- Carbon: 82 g
- Protein: 2 g
- Calories: 123 kCal
- Fiber: 4 g
- Water: 39 liters

CO₂e 1 minute driving
Coffee
Cup, with tbsp milk

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbon</td>
<td>g CO₂e 209</td>
</tr>
<tr>
<td>Protein</td>
<td>g 1</td>
</tr>
<tr>
<td>Calories</td>
<td>kCal 7</td>
</tr>
<tr>
<td>Fiber</td>
<td>g 0</td>
</tr>
<tr>
<td>Water</td>
<td>liters 335</td>
</tr>
</tbody>
</table>
Latte
With 400ml milk

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Carbon</td>
<td>757 g</td>
</tr>
<tr>
<td>CO₂e</td>
<td>12 minutes</td>
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<tr>
<td>Protein</td>
<td>14 g</td>
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<tr>
<td>Calories</td>
<td>176 kCal</td>
</tr>
<tr>
<td>Fiber</td>
<td>0 g</td>
</tr>
<tr>
<td>Water</td>
<td>455 liters</td>
</tr>
</tbody>
</table>
Tea
Cup, with tbsp milk

- Carbon: 84 CO₂e
- Protein: 1 g
- Calories: 7 kCal
- Fiber: 0 g
- Water: 8 liters
CO₂e

minutes driving

Carbon g CO₂e
Protein g
Calories kCal
Fiber g
Water liters