

Carbon conscious



Food

Producing and transporting the food we eat puts greenhouse gases into the environment and different foods produce different amounts. See how many kilograms of carbon (on average) are in each serving of popular foods:

- Beef – around 7.7kg
- Lamb – around 4.3kg
- Farmed prawns – around 3.4kg
- Farmed fish – around 1.9kg
- Pork – around 1.8kg
- Chicken – around 1.4kg
- Cheese – around 1.0kg
- Dairy milk – around 0.6kg
- Eggs – around 0.6kg
- Rice – around 0.3kg
- Rice milk – around 0.2kg
- Soy milk – around 0.2kg
- Avocados – around 0.2kg
- Oat milk – around 0.2kg
- Tomatoes – around 0.2kg
- Tofu – around 0.2kg
- Almond milk – around 0.1kg
- Pasta – around 0.1kg
- Berries and grapes – around 0.1kg
- Oatmeal – around 0.1kg
- Bananas – around 0.1kg
- Beans – less than 0.1kg
- Bread – less than 0.1kg
- Potatoes – less than 0.1kg
- Peas – less than 0.1kg
- Nuts – less than 0.1kg
- Apples – less than 0.1kg
- Citrus fruits – less than 0.1kg

Transport

- The average small car emits around 0.22kg of CO2 per mile.
- The average medium car emits around 0.36kg of CO2 per mile.
- The average large car emits 0.54kg of CO2 per mile.
- The average train journey emits 0.025kg of CO2 per mile.

Sources:

[BBC climate change food calculator](#)

[Fleet News](#)

[World Land Trust](#)

