

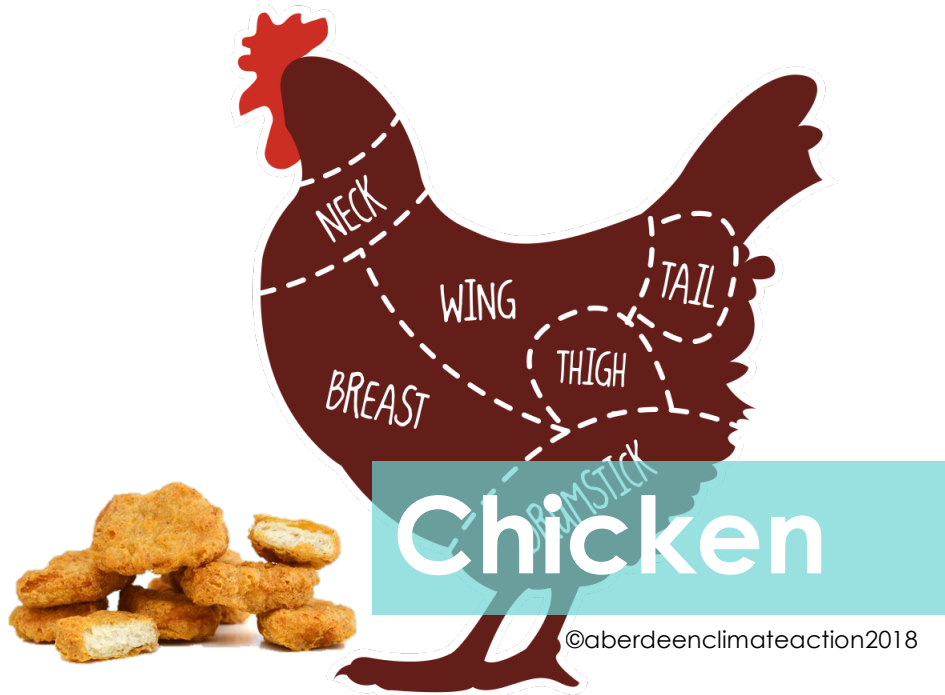
Beef

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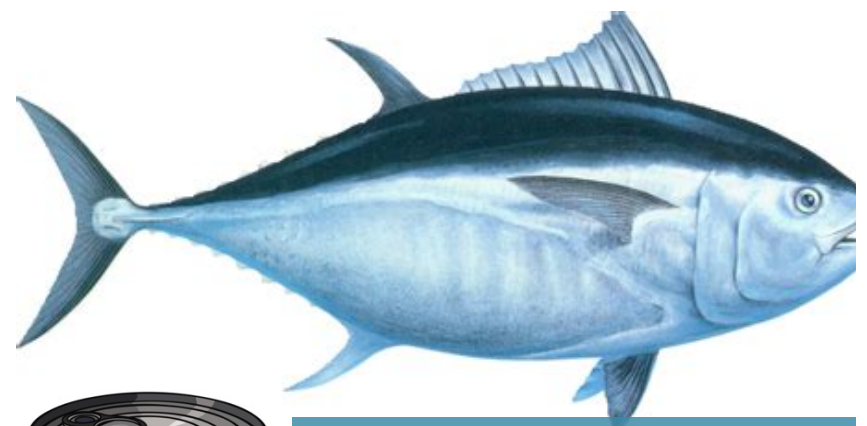
Cheese

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Chicken

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Tuna fish

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Rank:
5



27 Kg CO₂e

Overall carbon footprint emitted by eating a kilogram of food

Beef has a substantial carbon footprint: cows produce a lot of methane (a potent greenhouse gas), and also require a lot of water and land.

Source: Environmental Working Group's Meat Eaters Guide (2011) <https://www.ewg.org/meateaters/guide/>

Rank:
4



13.5 Kg CO₂e

Overall carbon footprint emitted by eating a kilogram of food

Cheese has a big carbon footprint as it is based on milk production/dairy. Cows produce a lot of methane (a potent greenhouse gas), and also require a lot of water and land.

Source: Environmental Working Group's Meat Eaters Guide (2011) <https://www.ewg.org/meateaters/guide/>

Rank:
3



6.9 Kg CO₂e

Overall carbon footprint emitted by eating a kilogram of food

Chicken has a mid level carbon footprint. It produces the least greenhouse gas emissions of most popular types of meat. However, broiler chicken production involves young hatchery-born chicks raised in a confined poultry feed mills (a potent source of greenhouse gas).

Source: Environmental Working Group's Meat Eaters Guide (2011) <https://www.ewg.org/meateaters/guide/>

Rank:
2



6.1 Kg CO₂e

Overall carbon footprint emitted by eating a kilogram of food

Tuna fish has a mid level carbon footprint. Production (caught in the ocean and tinned) produces most of its greenhouse gas emissions during diesel combustion on fishing boats. The rest mainly comes from processing and packaging the fish, as well as transporting it.

Source: Environmental Working Group's Meat Eaters Guide (2011) <https://www.ewg.org/meateaters/guide/>