




Dear iris,

- Your favourite food is lobster
- By eating 0.666(kg) everyday for 1 year, you'll have 243.09 emmission.
- which is eqvilant to 972.36 car km.
- which is eqvilant to 2613.8709677419356 LED bulb light days.
- which is eqvilant to 1306.9354838709678 flight km

Here are some similiar food with lower CO2 emission you may consider.

FoodName	GHG Value	Calories
herring	1.16	2010.0
pollock	1.6	920.0
mackerel	1.8	2000.0

With above food, you can make these delicious dishes:

DishName	DishGroup	CO2 Emission	Image
seafood tofu soup	soup	118.0	
baked fish	main	393.0	
steamed fish	main	236.0	



We need every effort for the earth!