




## Dear Selphie,

- Your favourite food is milk
- By eating 0.3(kg) everyday for 1 year, you'll have 109.5 emmission.
- which is eqvilant to 438.0 car km.
- which is eqvilant to 1177.4193548387098 LED bulb light days.
- which is eqvilant to 588.7096774193549 flight km

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

FoodName	GHG Value	Calories
almond milk	0.42	264.0
butter	9.25	7500.0
yogurt	1.31	885.0

With above food, you can make these delicious dishes:

DishName	DishGroup	CO2 Emission	Image
milk chocolate bar	dissert	277.0	
fried egg	breakfast	336.0	
yogurt with fruit	dissert	306.0	



***We need every effort for the earth!***