




Dear Pablo,

- Your favourite food is beef
- By eating 0.2(kg) everyday, you'll have 73.0 emission.
- which is equivalent to 292.0 car km.
- which is equivalent to 784.9462365591398 LED bulb light days.
- which is equivalent to 392.4731182795699 flight km

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

FoodName	GHG Value	Calories
eggs	3.46	1460.0
chicken	3.65	2000.0
pork	5.77	2900.0

With above food, you can make these delicious dishes:

DishName	DishGroup	CO2 Emission	Image
fried egg	breakfast	336.0	
chicken chow mein	main	646.0	
italian sausage lasagna	main	1022.0	



We need every effort for the earth!