




Dear selphie,

- Your favourite food is mackerel
- By eating 0.1(kg) everyday for 1 year, you'll have 36.5 emmission.
- which is eqvilant to 146.0 car km.
- which is eqvilant to 392.4731182795699 LED bulb light days.
- which is eqvilant to 196.23655913978496 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
sea bass	3.27	1000.0

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	
grilled fish	main	75.0	



We need every effort for the earth!