Rank	Food	CO2 Kilos Equivalent	Car Miles Equivalent
1	Lamb	39.2	91
2	Beef	27.0	63
3	Cheese	13.5	31
4	Pork	12.1	28
5	Turkey	10.9	25
6	Chicken	6.9	16
7	Tuna	6.1	14
8	Eggs	4.8	11
9	Potatoes	2.9	7
10	Rice	2.7	6
11	Nuts	2.3	5
12	Beans/tofu	2.0	4.5
13	Vegetables	2.0	4.5
14	Milk	1.9	4
15	Fruit	1.1	2.5
16	Lentils	0.9	2

For example: The co2 caused by driving 63 miles is equal to having 1 kg of beef.

Foodprints by Diet Type: t CO_2e/person
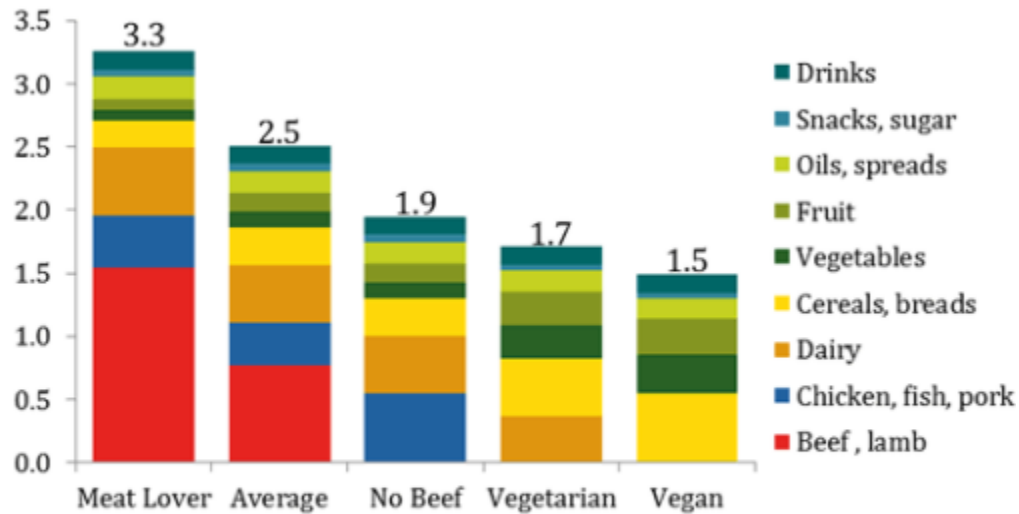
Note: All estimates based on average food production emissions for the US. Footprints include emissions from supply chain losses, consumer waste and consumption.. Each of the four example diets is based on 2,600 kcal of food consumed per day, which in the US equates to around 3,900 kcal of supplied food.

Sources: ERS/USDA, various LCA and EIO-LCA data

Shrink That Footprint

Averagely, a meat lover causes 3.3 tons of co2 by diet a year as average person cause2.5 tons and vegetarian cause 1.7 tons.

Calculate those values for one day. The result is:

Meat lover	Average	Vegetarian
8.2kg/day	6.2kg/day	4.2kg/day

Source: http://www.greeneatz.com/foods-carbon-footprint.html

Tips

1. Eat less meat.
2. Eat less beef would help a lot.
3. Cooking smartly (For example, some vegetables and sea food are healthy and delicious without cooking).
4. Microwave uses 50% less energy than an oven.
5. Save water.
6. Use electric kettles to boil water.
7. Shop local. (Biking to a shop is definitely better than drivng)