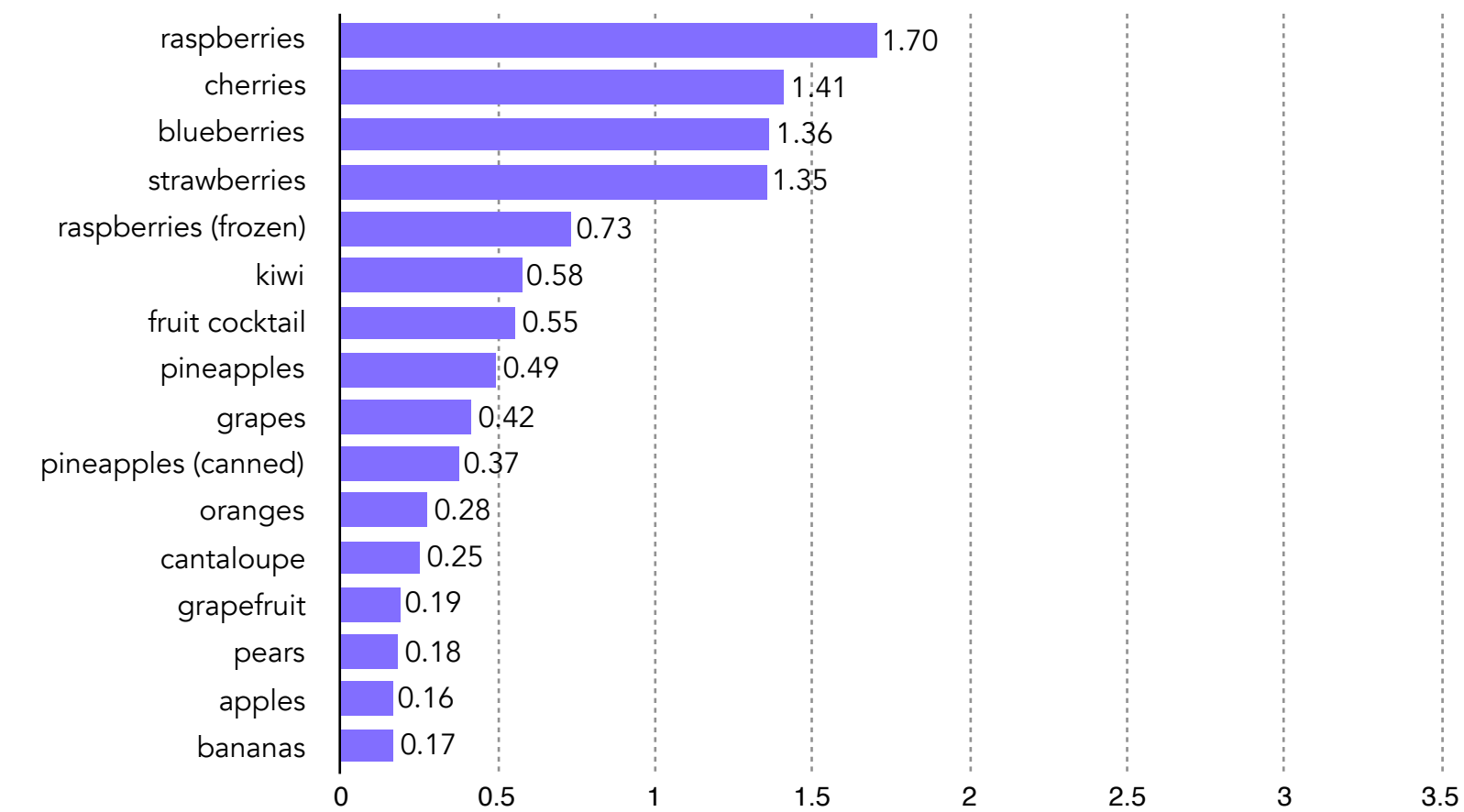


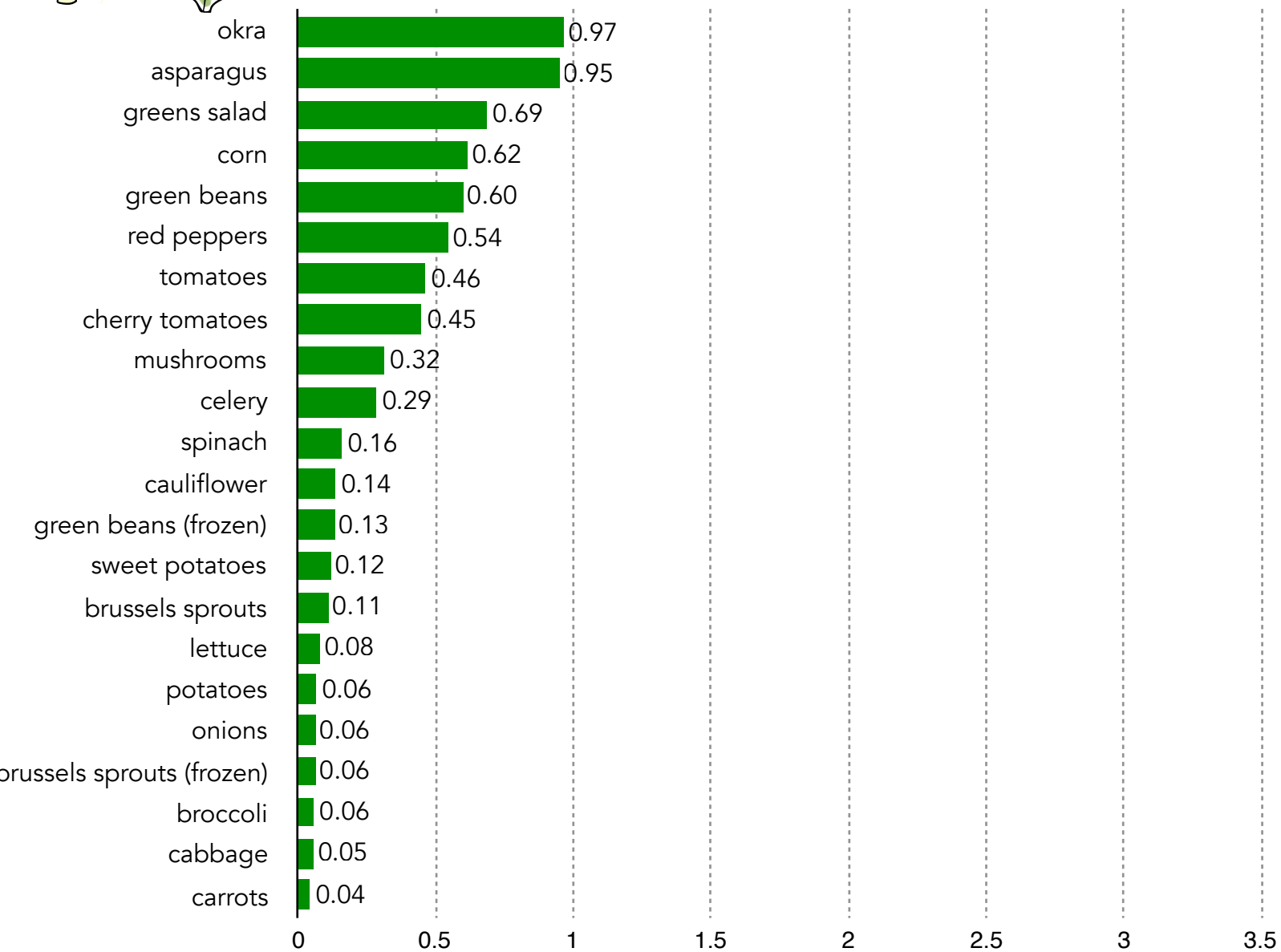
Fruits

eco impact per ½ edible cup



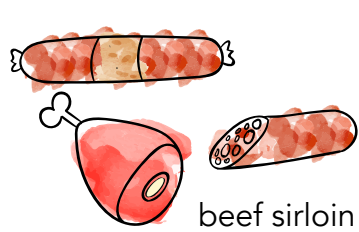
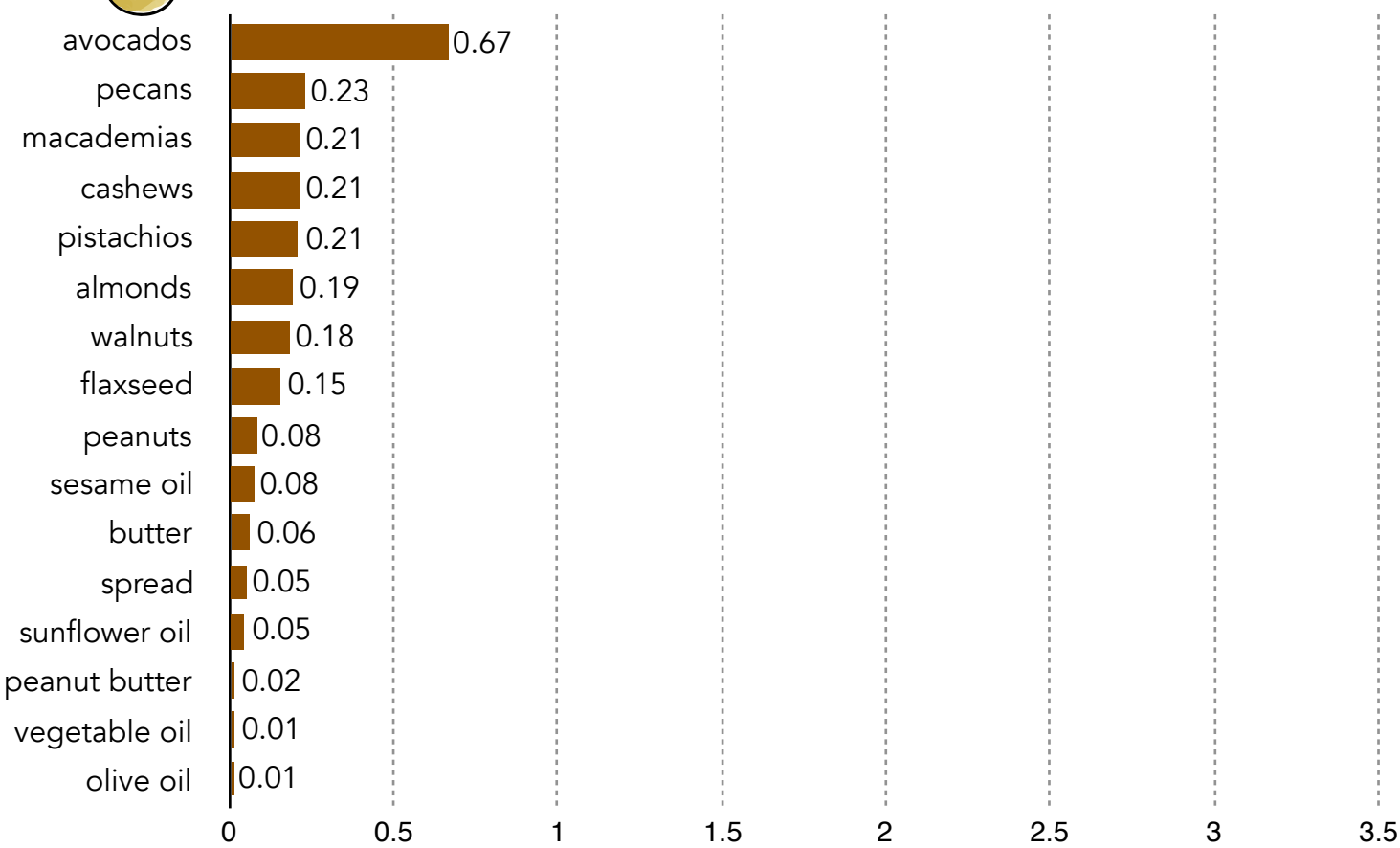
Vegetables

eco impact per ½ edible cup



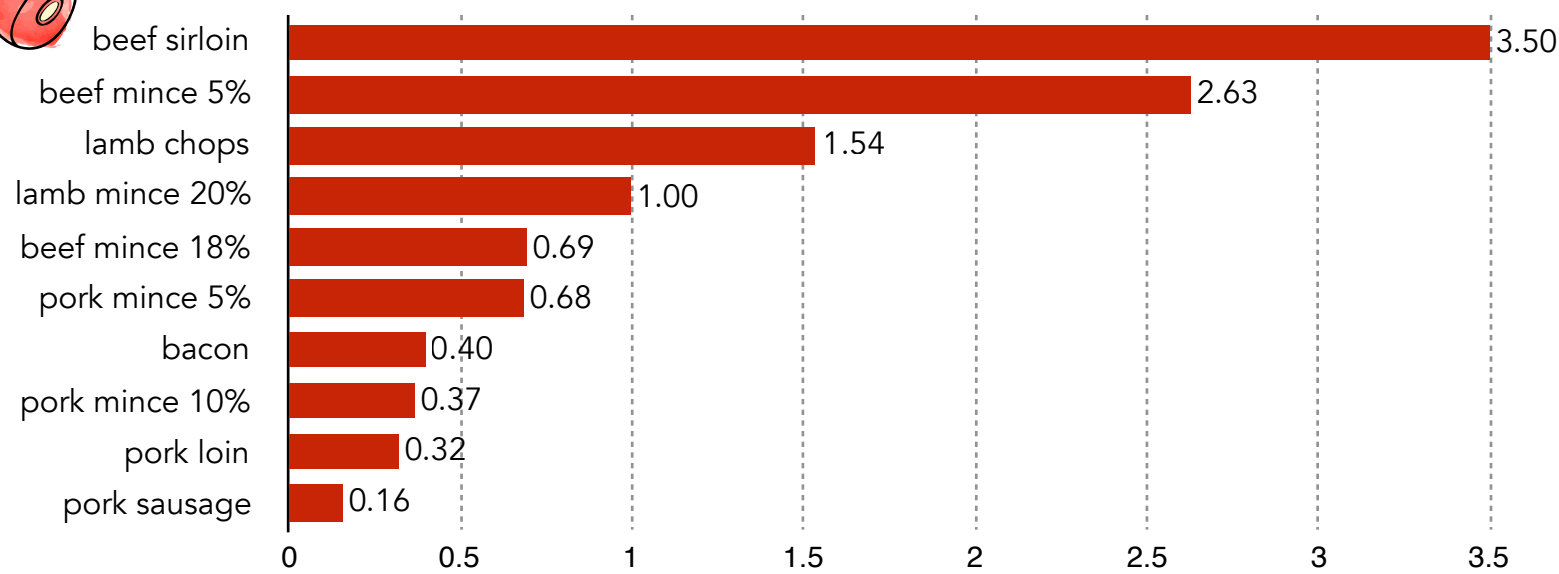
Fats, Nuts, and Seeds

eco impact per 100 kcal



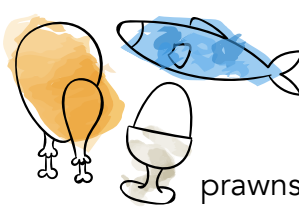
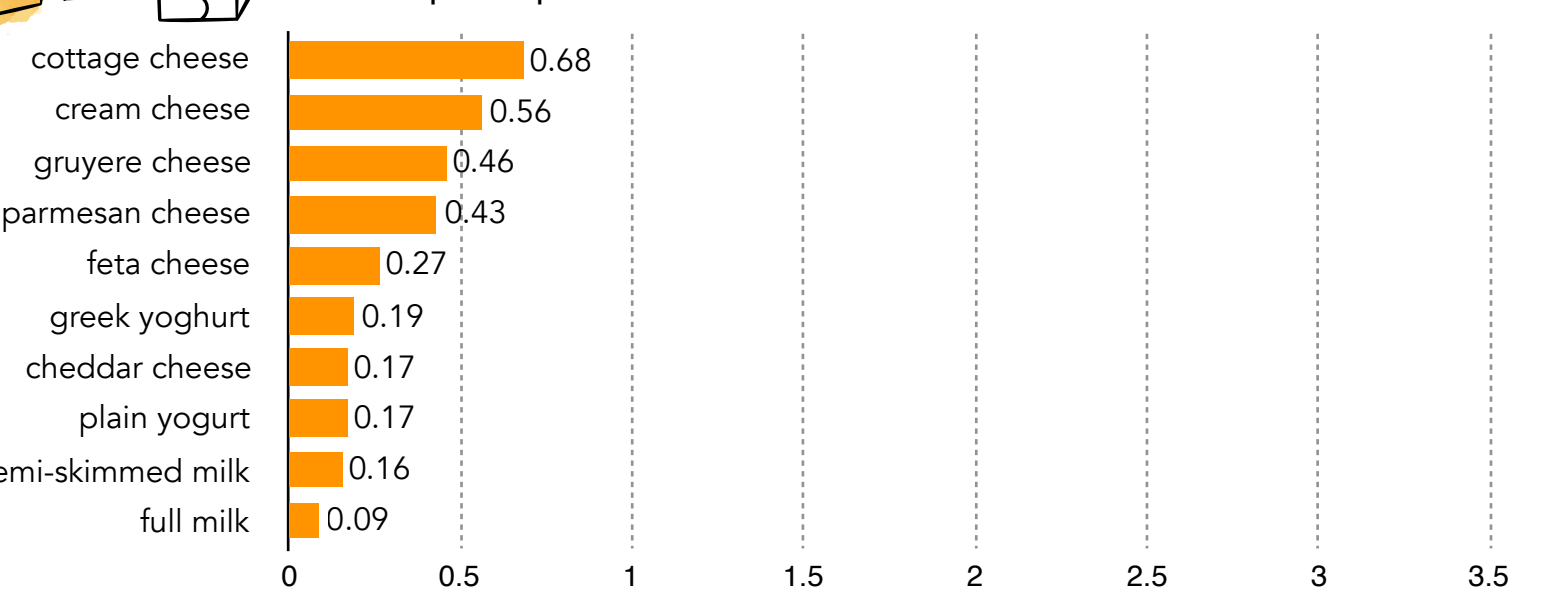
Red Meat

eco impact per 100 kcal



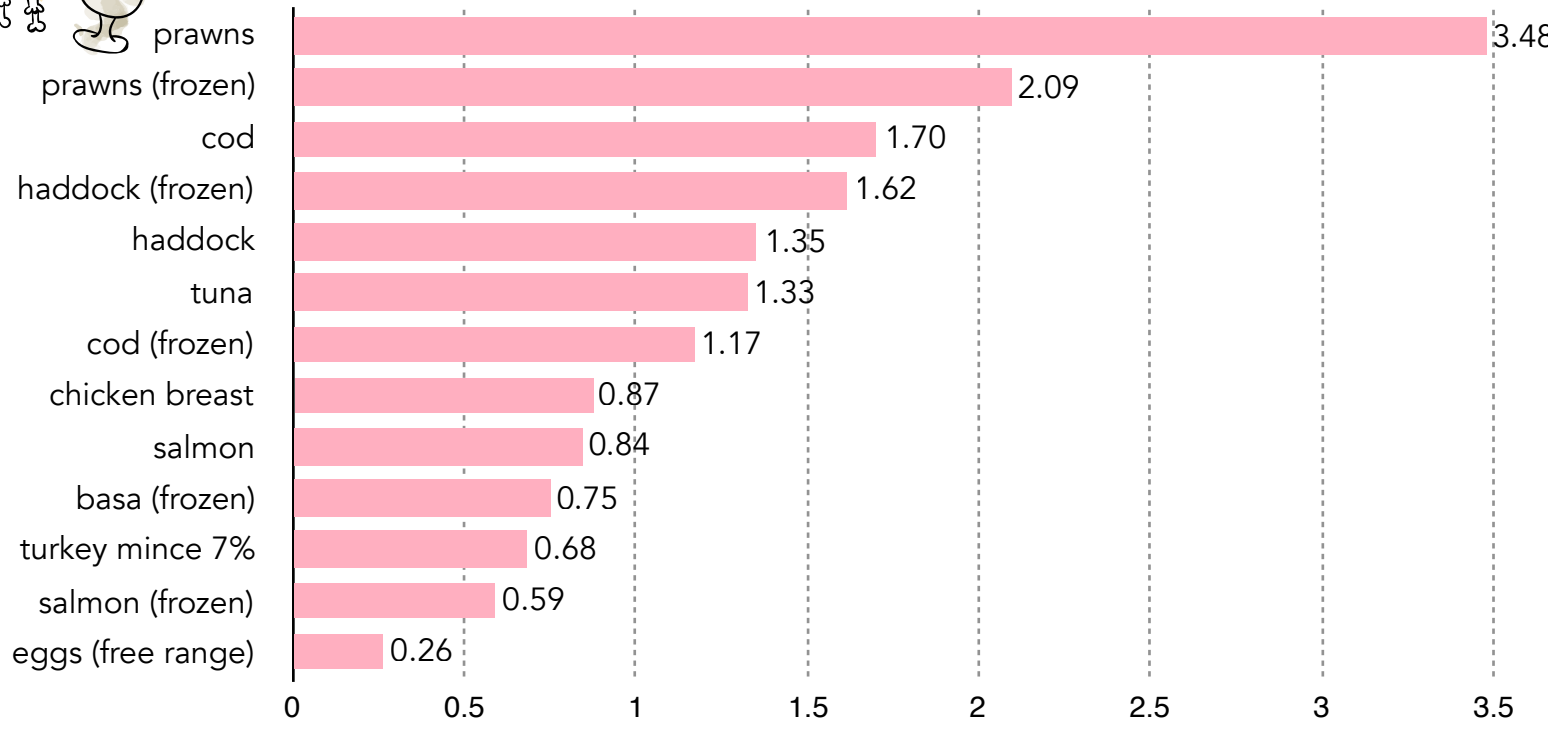
Dairy

eco impact per 100 kcal



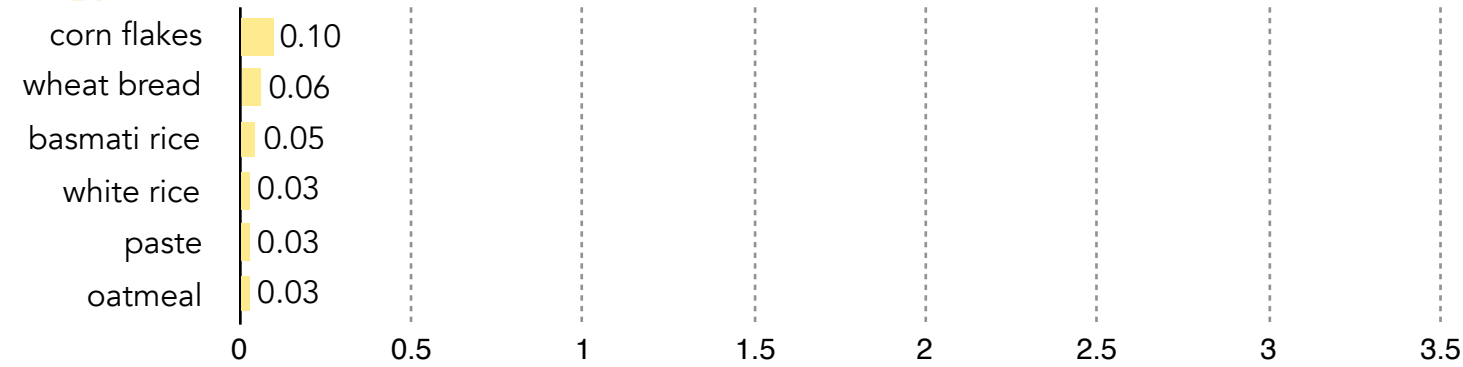
Fish, Poultry, and Eggs

eco impact per 100 kcal



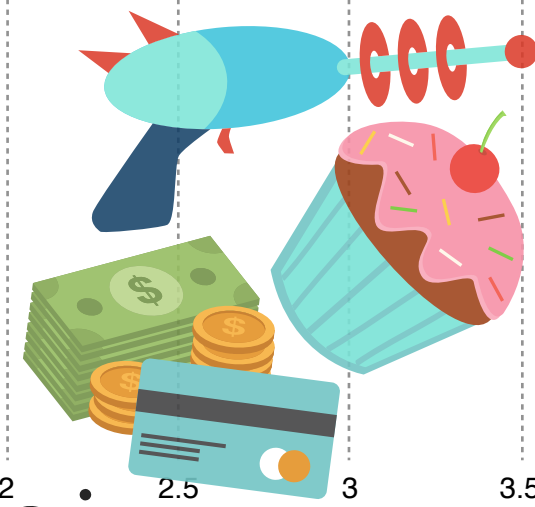
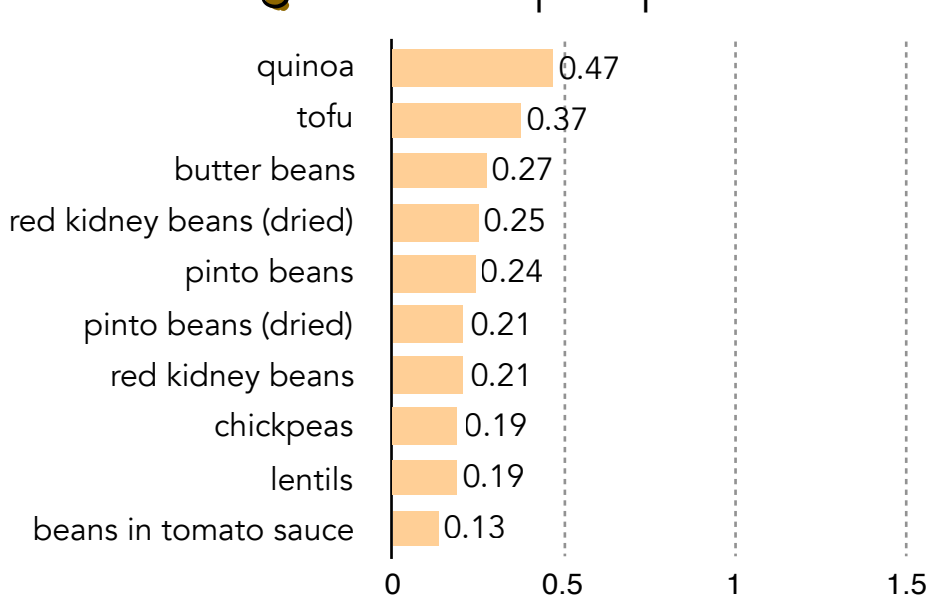
Grains

eco impact per 100 kcal



Beans and Tofu

eco impact per 100 kcal



eiet.uk ?!

prices taken from leading UK supermarket on 4th Feb 2017
idea based on [HowToSaveMoney.com](#) infographic – illustrations based on vectors from [FreePik.com](#)

ecological impact collated from (sources referenced in] Tara Garnett, Fruit and Vegetables & UK Greenhouse Gas Emissions: Exploring the Relationship, 2006