

# CAFÉ IDC

## Total emissions from meat

Billion tonnes of CO<sub>2</sub> per year

Beef	2.9
Cattle Milk	1.4
Sheep and Goats	0.4
Buffalo Milk and Meat	0.6
Pigmeat	0.7
Chicken Meat	0.4
Chicken Eggs	0.2

## Emissions by calorie

Kilograms of CO<sub>2</sub> per 1000 calories

Lamb	20.85
Beef	13.78
Turkey	5.83
Broccoli	5.71
Tuna	5.26
Salmon	5.15
Cheese	4.47
Pork	4.45
Yogurt	3.49
Chicken	3.37
Milk	3.17
Eggs	3.06
Rice	2.08
Potatoes	1.46
Beans	1.40
Tomato	1.39
Tofu	1.38
Lentils	0.78
Peanut Butter	0.42
Nuts	0.39
<b>Soy meal</b>	<b>0.14</b>

Flip page for the nutritional facts and ingredients of soylent