

## FoodDisplayName

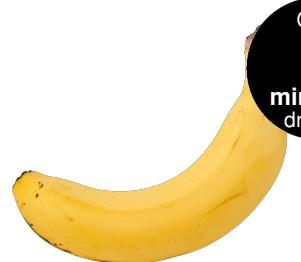
Description



Carbon	g CO <sub>2</sub> e	CO <sub>2</sub> ePer
Calories	kCals	kCals
Fat	g	Fat
Sugar	g	Sugar
Protein	g	Protein

## Banana

One banana, 100 g



CO<sub>2</sub>  
1  
minutes  
driving

Carbon	g CO <sub>2</sub> e	83
Calories	kCals	85
Fat	g	0
Sugar	g	19
Protein	g	1

## Beef Mince

Stewed or Cooked, 70 g

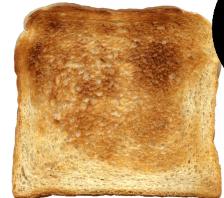


CO<sub>2</sub>  
37  
minutes  
driving

Carbon	g CO <sub>2</sub> e	2875
Calories	kCals	221
Fat	g	11
Sugar	g	0
Protein	g	31

## Toast

2 Slices of Toasted White Bread, 80 g



CO<sub>2</sub>  
1  
minutes  
driving

Carbon	g CO <sub>2</sub> e	97
Calories	kCals	235
Fat	g	2
Sugar	g	3
Protein	g	8

## Apple

One apple, 125 g



CO<sub>2</sub>  
1  
minutes  
driving

Carbon	g CO <sub>2</sub> e	44
Calories	kCals	64
Fat	g	1
Sugar	g	15
Protein	g	1

## Beans

Tinned Baked Beans, 150 g



CO<sub>2</sub>  
3  
minutes  
driving

Carbon	g CO <sub>2</sub> e	217
Calories	kCals	117
Fat	g	1
Sugar	g	7
Protein	g	7

## Blueberries

100 g



CO<sub>2</sub>  
2  
minutes  
driving

Carbon	g CO <sub>2</sub> e	121
Calories	kCals	40
Fat	g	0
Sugar	g	9
Protein	g	1

## Bread

2 Slices of Bread, 80 g



CO<sub>2</sub>  
1  
minutes  
driving

Carbon	g CO <sub>2</sub> e	42
Calories	kCals	241
Fat	g	2
Sugar	g	4
Protein	g	9

## Broccoli

Cooked Fresh, 75 g



CO<sub>2</sub>  
**2**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **121**

**Calories** kCals **21**

**Fat** g **0**

**Sugar** g **1**

**Protein** g **2**

## Tomatoes

1/2 a Tin of Tomatoes



CO<sub>2</sub>  
**1**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **55**

**Calories** kCals **23**

**Fat** g **0**

**Sugar** g **5**

**Protein** g **1**

## Cauliflower

Cooked Fresh, 60 g



CO<sub>2</sub>  
**0**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **22**

**Calories** kCals **18**

**Fat** g **1**

**Sugar** g **2**

**Protein** g **1**

## Parmesan Cheese

A Sprinkling of Shredded Cheese, 2 tbsp



CO<sub>2</sub>  
**3**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **254**

**Calories** kCals **132**

**Fat** g **9**

**Sugar** g **0**

**Protein** g **12**

## Butter

Salted Butter, 2 tbsp



CO<sub>2</sub>  
**4**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **304**

**Calories** kCals **237**

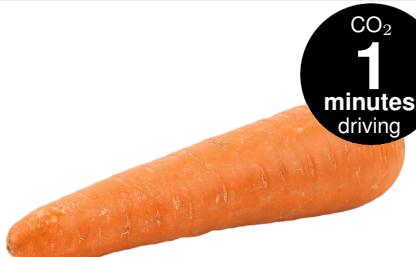
**Fat** g **26**

**Sugar** g **0**

**Protein** g **0**

## Carrots

A Small Raw Carrot, 50 g



CO<sub>2</sub>  
**1**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **113**

**Calories** kCals **17**

**Fat** g **0**

**Sugar** g **4**

**Protein** g **0**

## Cheese

2 Slices of Cheddar Cheese, 57g



CO<sub>2</sub>  
**7**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **524**

**Calories** kCals **238**

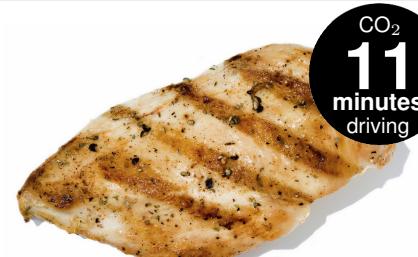
**Fat** g **20**

**Sugar** g **0**

**Protein** g **15**

## Chicken

Grilled Chicken Breast, 215 g



CO<sub>2</sub>  
**11**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **869**

**Calories** kCals **312**

**Fat** g **5**

**Sugar** g **0**

**Protein** g **68**

## Chips

Cooked from Frozen, 125 g



CO<sub>2</sub>  
**4**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **329**

**Calories** kCals **309**

**Fat** g **17**

**Sugar** g **2**

**Protein** g **4**

## Sweetcorn

Corn on the Cob



CO<sub>2</sub>  
**1**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **55**

**Calories** kCals **59**

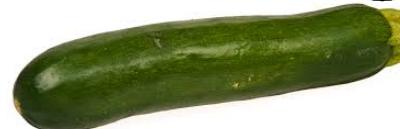
**Fat** g **2**

**Sugar** g **2**

**Protein** g **3**

## Courgette

One Courgette, Cooked from Fresh, 60 g



CO<sub>2</sub>  
**1**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **95**

**Calories** kCals **11**

**Fat** g **0**

**Sugar** g **1**

**Protein** g **1**

## Digestive

2 Plain Digestives



CO<sub>2</sub>  
**2**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **119**

**Calories** kCals **174**

**Fat** g **8**

**Sugar** g **7**

**Protein** g **2**

## Fizzy Drink

One Bottle Regular Cola



CO<sub>2</sub>  
**2**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **170**

**Calories** kCals **136**

**Fat** g **0**

**Sugar** g **36**

**Protein** g **0**

## Breakfast Cereal

A Bowl of Cornflakes, 70 g, with Milk, 100 ml



CO<sub>2</sub>  
**3**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **231**

**Calories** kCals **276**

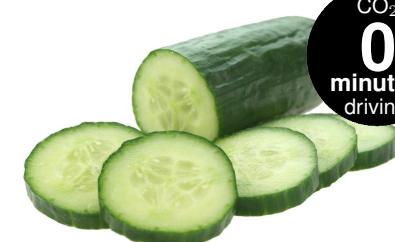
**Fat** g **1**

**Sugar** g **6**

**Protein** g **5**

## Cucumber

1/2 a Raw Cucumber, 100 g



CO<sub>2</sub>  
**0**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **29**

**Calories** kCals **14**

**Fat** g **1**

**Sugar** g **1**

**Protein** g **1**

## Chocolate Digestive

2 Digestives Half Coated in Chocolate



CO<sub>2</sub>  
**4**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **322**

**Calories** kCals **169**

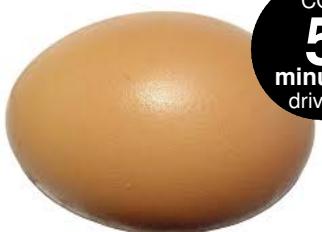
**Fat** g **9**

**Sugar** g **8**

**Protein** g **2**

## Eggs

Two Uncooked Eggs



CO<sub>2</sub>  
**5**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **388**

**Calories** kCals **164**

**Fat** g **11**

**Sugar** g **0**

**Protein** g **16**

## Grapes

Handful of Green Grapes, 30 g



CO<sub>2</sub>  
**0**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **24**

**Calories** kCals **19**

**Fat** g **0**

**Sugar** g **5**

**Protein** g **0**

## Ham

Unsmoked Ham, 190 g



CO<sub>2</sub>  
**11**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **876**

**Calories** kCals **219**

**Fat** g **7**

**Sugar** g **1**

**Protein** g **37**

## Instant Cereal

Unsweetened Hot Oat Cereal, 1 packet



CO<sub>2</sub>  
**1**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **94**

**Calories** kCals **134**

**Fat** g **3**

**Sugar** g **0**

**Protein** g **4**

## Garlic

1 Clove of Garlic



CO<sub>2</sub>  
**0**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **2**

**Calories** kCals **4**

**Fat** g **0**

**Sugar** g **0**

**Protein** g **0**

## Gravy

Thickened, no fat, 2 tbsp



CO<sub>2</sub>  
**2**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **148**

**Calories** kCals **14**

**Fat** g **0**

**Sugar** g **0**

**Protein** g **0**

## Honey

1 tbsp



CO<sub>2</sub>  
**0**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **5**

**Calories** kCals **40**

**Fat** g **0**

**Sugar** g **11**

**Protein** g **0**

## Jaffa Cakes

2 Jaffa Cakes



CO<sub>2</sub>  
**1**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **105**

**Calories** kCals **123**

**Fat** g **3**

**Sugar** g **18**

**Protein** g **1**

## Chocolate Wafer Bar

2 Bars or 1 Packet



CO<sub>2</sub>  
**10**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **761**

**Calories** kCals **415**

**Fat** g **23**

**Sugar** g **37**

**Protein** g **4**

## Lemon

Juice from 1 Lemon



CO<sub>2</sub>  
**0**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **2**

**Calories** kCals **0**

**Fat** g **0**

**Sugar** g **0**

**Protein** g **0**

## Chocolate Bar

1 Chocolate and Nougat Bar



CO<sub>2</sub>  
**4**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **335**

**Calories** kCals **310**

**Fat** g **12**

**Sugar** g **49**

**Protein** g **3**

## Milk Chocolate

1/2 Milk Chocolate Bar



CO<sub>2</sub>  
**3**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **233**

**Calories** kCals **130**

**Fat** g **8**

**Sugar** g **14**

**Protein** g **2**

## Leeks

Cooked Fresh, 100 g



CO<sub>2</sub>  
**2**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **160**

**Calories** kCals **21**

**Fat** g **1**

**Sugar** g **2**

**Protein** g **1**

## Lettuce

Raw Lettuce, 40 g



CO<sub>2</sub>  
**0**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **15**

**Calories** kCals **4**

**Fat** g **0**

**Sugar** g **1**

**Protein** g **0**

## Mayonnaise

2 tbsp



CO<sub>2</sub>  
**2**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **117**

**Calories** kCals **169**

**Fat** g **18**

**Sugar** g **1**

**Protein** g **0**

## Milk

2% Semi-skimmed Milk, 350 ml



CO<sub>2</sub>  
**7**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **536**

**Calories** kCals **173**

**Fat** g **6**

**Sugar** g **18**

**Protein** g **13**

## Milk

2% Semi-skimmed Milk, 2 tbsp



CO<sub>2</sub>  
**1**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **43**

**Calories** kCals **14**

**Fat** g **0**

**Sugar** g **1**

**Protein** g **1**

## Mushrooms

Uncooked Mushrooms, 50 g



CO<sub>2</sub>  
**1**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **41**

**Calories** kCals **5**

**Fat** g **0**

**Sugar** g **0**

**Protein** g **1**

## Onion

1 Medium Raw Onion



CO<sub>2</sub>  
**0**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **26**

**Calories** kCals **49**

**Fat** g **0**

**Sugar** g **9**

**Protein** g **2**

## Parsnips

1 Parsnip Cooked from Fresh, 90 g



CO<sub>2</sub>  
**2**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **147**

**Calories** kCals **61**

**Fat** g **1**

**Sugar** g **6**

**Protein** g **1**

## Salad

Mixed Leaf, 20 g



CO<sub>2</sub>  
**0**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **17**

**Calories** kCals **3**

**Fat** g **0**

**Sugar** g **0**

**Protein** g **0**

## Olive Oil

2 tbsp



CO<sub>2</sub>  
**2**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **131**

**Calories** kCals **248**

**Fat** g **28**

**Sugar** g **0**

**Protein** g **0**

## Orange Juice

1 Glass Unsweetened Juice, 190 ml



CO<sub>2</sub>  
**2**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **148**

**Calories** kCals **64**

**Fat** g **0**

**Sugar** g **16**

**Protein** g **1**

## Pasta Sauce

1/2 Jar Tomato Based Sauce



CO<sub>2</sub>  
**4**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **284**

**Calories** kCals **111**

**Fat** g **3**

**Sugar** g **15**

**Protein** g **4**

## Spaghetti

Cooked Spaghetti, 200 g



CO<sub>2</sub>  
**8**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **644**

**Calories** kCals **284**

**Fat** g **1**

**Sugar** g **2**

**Protein** g **9**

## Peas

Cooked from Frozen, 85 g



CO<sub>2</sub>  
**1**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **107**

**Calories** kCals **61**

**Fat** g **1**

**Sugar** g **6**

**Protein** g **5**

## Red Pepper

1 Fresh Bell Pepper



CO<sub>2</sub>  
**3**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **208**

**Calories** kCals **35**

**Fat** g **0**

**Sugar** g **7**

**Protein** g **1**

## Crisps

Single Packet Potato Crisps



CO<sub>2</sub>  
**1**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **106**

**Calories** kCals **242**

**Fat** g **14**

**Sugar** g **0**

**Protein** g **3**

## Pears

1 Medium Pear



CO<sub>2</sub>  
**1**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **51**

**Calories** kCals **81**

**Fat** g **0**

**Sugar** g **21**

**Protein** g **1**

## Pepper

Ground Peppercorns, 10 mg



CO<sub>2</sub>  
**0**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **0**

**Calories** kCals **0**

**Fat** g **0**

**Sugar** g **0**

**Protein** g **0**

## Pizza

2 Slices of Pizza with Meat Topping



CO<sub>2</sub>  
**13**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **1042**

**Calories** kCals **572**

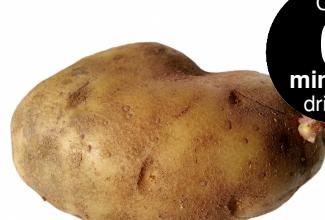
**Fat** g **23**

**Sugar** g **8**

**Protein** g **24**

## Potato

1 Boiled Potato, 135 g



CO<sub>2</sub>  
**0**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **27**

**Calories** kCals **101**

**Fat** g **0**

**Sugar** g **1**

**Protein** g **2**

## Prawns

Cooked Prawns, 160 g



CO<sub>2</sub>  
**9**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **673**

**Calories** kCals **111**

**Fat** g **1**

**Sugar** g **0**

**Protein** g **25**

## Bacon

1 Unsmoked Bacon Rasher, 25 g



CO<sub>2</sub>  
**1**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **114**

**Calories** kCals **75**

**Fat** g **6**

**Sugar** g **0**

**Protein** g **6**

## White Rice

Boiled Rice, 150 g



CO<sub>2</sub>  
**9**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **722**

**Calories** kCals **203**

**Fat** g **1**

**Sugar** g **0**

**Protein** g **4**

## Salad Dressing

Not low calorie, 1 tbsp



CO<sub>2</sub>  
**1**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **104**

**Calories** kCals **67**

**Fat** g **5**

**Sugar** g **4**

**Protein** g **0**

## Raisins

Handful of Dried Raisins, 15 g



CO<sub>2</sub>  
**0**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **19**

**Calories** kCals **42**

**Fat** g **0**

**Sugar** g **11**

**Protein** g **0**

## Raspberries

About 25 Raspberries, 100 g



CO<sub>2</sub>  
**8**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **585**

**Calories** kCals **25**

**Fat** g **0**

**Sugar** g **5**

**Protein** g **1**

## Rolls

2 White Bread Rolls, 150 g



CO<sub>2</sub>  
**3**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **248**

**Calories** kCals **392**

**Fat** g **5**

**Sugar** g **5**

**Protein** g **14**

## Salmon

1 Grilled or Baked Fillet, 130 g



CO<sub>2</sub>  
**8**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **594**

**Calories** kCals **309**

**Fat** g **20**

**Sugar** g **0**

**Protein** g **32**

## Salt

Table Salt, 1/2 tsp



CO<sub>2</sub>  
**0**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **2**

**Calories** kCals **0**

**Fat** g **0**

**Sugar** g **0**

**Protein** g **0**

## Strawberry

100 g



CO<sub>2</sub>  
**2**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **128**

**Calories** kCals **32**

**Fat** g **1**

**Sugar** g **6**

**Protein** g **1**

## Tomato Ketchup

1 tbsp



CO<sub>2</sub>  
**0**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **19**

**Calories** kCals **17**

**Fat** g **0**

**Sugar** g **4**

**Protein** g **0**

## Cherry Tomatoes

About 10 Greenhouse Cherry Tomatoes, 160g



CO<sub>2</sub>  
**5**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **370**

**Calories** kCals **36**

**Fat** g **1**

**Sugar** g **6**

**Protein** g **2**

## Pork Sausages

2 Grilled Sausages, 130 g



CO<sub>2</sub>  
**8**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **601**

**Calories** kCals **339**

**Fat** g **23**

**Sugar** g **3**

**Protein** g **18**

## Swede

Boiled Swede, 100 g



CO<sub>2</sub>  
**2**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **159**

**Calories** kCals **11**

**Fat** g **0**

**Sugar** g **2**

**Protein** g **0**

## Tomato

1 Fresh Regular Tomato



CO<sub>2</sub>  
**1**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **74**

**Calories** kCals **22**

**Fat** g **0**

**Sugar** g **5**

**Protein** g **1**

## Wheat Tortilla

1 Large Wheat Tortilla, 98 g



CO<sub>2</sub>  
**2**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **159**

**Calories** kCals **302**

**Fat** g **7**

**Sugar** g **2**

**Protein** g **8**

## Tuna

Tinned Tuna, 80g



CO<sub>2</sub>  
**3**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **269**

**Calories** kCals **89**

**Fat** g **1**

**Sugar** g **0**

**Protein** g **20**

## Yogurt

Fruit Yogurt Pot, 165 g



CO<sub>2</sub>  
**5**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **398**

**Calories** kCals **161**

**Fat** g **5**

**Sugar** g **23**

**Protein** g **6**

## Steak

Beef Rump Steak, Grilled, 205 g



CO<sub>2</sub>  
**80**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **6198**

**Calories** kCals **418**

**Fat** g **20**

**Sugar** g **0**

**Protein** g **60**

## Vegetable Oil

Polyunsaturated, 1 tbsp



CO<sub>2</sub>  
**1**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **74**

**Calories** kCals **140**

**Fat** g **16**

**Sugar** g **0**

**Protein** g **0**

## Yorkshire Pudding

Baked from Frozen, 50 g



CO<sub>2</sub>  
**3**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **240**

**Calories** kCals **135**

**Fat** g **5**

**Sugar** g **2**

**Protein** g **4**

## Sugar

Teaspoon of Sugar



CO<sub>2</sub>  
**2**  
minutes  
driving

**Carbon** g CO<sub>2</sub>e **152**

**Calories** kCals **16**

**Fat** g **0**

**Sugar** g **4**

**Protein** g **0**