

## FoodDisplayName

Description



Carbon	g CO <sub>2</sub> e	CO2eRe
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, 125 g

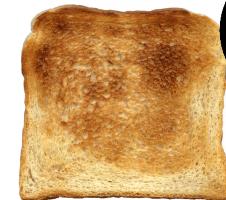


CO<sub>2</sub>  
37  
minutes  
driving

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

## Butter

Salted Butter, 2 tbsp

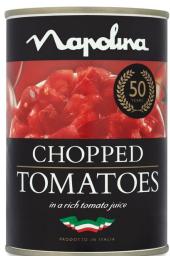


CO<sub>2</sub>  
**4**  
minutes  
driving

Carbon	g CO <sub>2</sub> e	304
Calories	kCals	237
Fat	g	26
Sugar	g	0
Protein	g	0

## 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

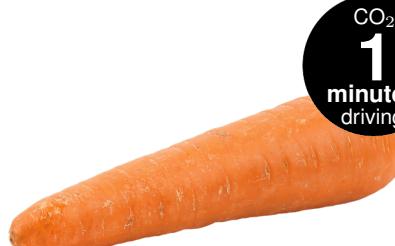


CO<sub>2</sub>  
**3**  
minutes  
driving

Carbon	g CO <sub>2</sub> e	254
Calories	kCals	132
Fat	g	9
Sugar	g	0
Protein	g	12

## 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, 57 g

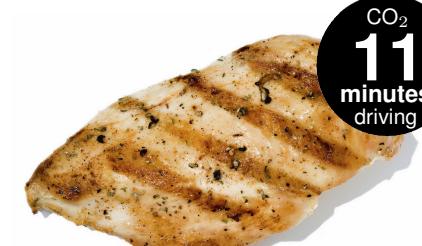


CO<sub>2</sub>  
**7**  
minutes  
driving

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**

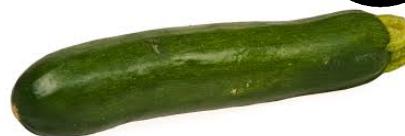
**Fat** g **2**

**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

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**

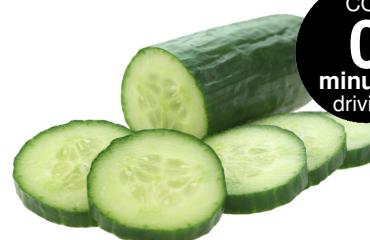
**Fat** g **1**

**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**

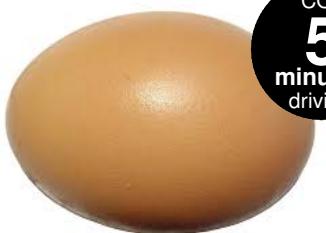
**Fat** g **9**

**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

<b>Carbon</b>	g CO <sub>2</sub> e	<b>644</b>
<b>Calories</b>	kCals	<b>284</b>
<b>Fat</b>	g	<b>1</b>
<b>Sugar</b>	g	<b>2</b>
<b>Protein</b>	g	<b>9</b>

## Peas

Cooked from Frozen, 85 g



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

<b>Carbon</b>	g CO <sub>2</sub> e	<b>107</b>
<b>Calories</b>	kCals	<b>61</b>
<b>Fat</b>	g	<b>1</b>
<b>Sugar</b>	g	<b>6</b>
<b>Protein</b>	g	<b>5</b>

## Red Pepper

1 Fresh Bell Pepper



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

<b>Carbon</b>	g CO <sub>2</sub> e	<b>208</b>
<b>Calories</b>	kCals	<b>35</b>
<b>Fat</b>	g	<b>0</b>
<b>Sugar</b>	g	<b>7</b>
<b>Protein</b>	g	<b>1</b>

## Crisps

Single Packet Potato Crisps



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

<b>Carbon</b>	g CO <sub>2</sub> e	<b>106</b>
<b>Calories</b>	kCals	<b>242</b>
<b>Fat</b>	g	<b>14</b>
<b>Sugar</b>	g	<b>0</b>
<b>Protein</b>	g	<b>3</b>

## Pears

1 Medium Pear



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

<b>Carbon</b>	g CO <sub>2</sub> e	<b>51</b>
<b>Calories</b>	kCals	<b>81</b>
<b>Fat</b>	g	<b>0</b>
<b>Sugar</b>	g	<b>21</b>
<b>Protein</b>	g	<b>1</b>

## Pepper

Ground Peppercorns, 10 mg



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

<b>Carbon</b>	g CO <sub>2</sub> e	<b>0</b>
<b>Calories</b>	kCals	<b>0</b>
<b>Fat</b>	g	<b>0</b>
<b>Sugar</b>	g	<b>0</b>
<b>Protein</b>	g	<b>0</b>

## Pizza

2 Slices of Pizza with Meat Topping

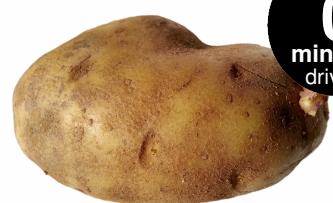


CO<sub>2</sub>  
**13**  
minutes  
driving

<b>Carbon</b>	g CO <sub>2</sub> e	<b>1042</b>
<b>Calories</b>	kCals	<b>572</b>
<b>Fat</b>	g	<b>23</b>
<b>Sugar</b>	g	<b>8</b>
<b>Protein</b>	g	<b>24</b>

## Potato

1 Boiled Potato, 135 g



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

<b>Carbon</b>	g CO <sub>2</sub> e	<b>27</b>
<b>Calories</b>	kCals	<b>101</b>
<b>Fat</b>	g	<b>0</b>
<b>Sugar</b>	g	<b>1</b>
<b>Protein</b>	g	<b>2</b>

## Prawns

Cooked Prawns, 160 g



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

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

**Calories** kCals **111**

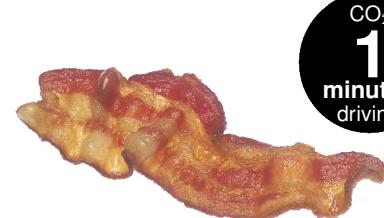
**Fat** g **1**

**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**

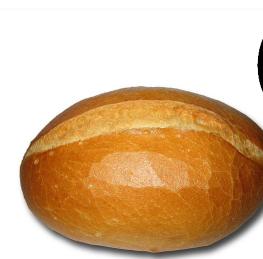
**Fat** g **0**

**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 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**