

## ANNEX 1

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### Exercise 1

Rank the following foods according to kgCO<sub>2</sub> equivalent emissions from highest to lowest.<sup>1</sup>

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- Beef
  - Cheese
  - Chocolate
  - Coffee
  - Lamb
  - Nuts
  - Peas
  - Pig and poultry
  - Roots
  - Sugar
- 

### Solution for exercise 1

Greenhouse gas emissions per kilogram by food product (kgCO<sub>2</sub> equivalent)

- |                   |     |
|-------------------|-----|
| • Nuts            | 0.3 |
| • Roots           | 0.4 |
| • Peas            | 0.9 |
| • Sugar           | 3   |
| • Pig and poultry | 7   |
| • Coffee          | 17  |
| • Chocolate       | 19  |
| • Cheese          | 21  |
| • Lamb            | 24  |
| • Beef            | 60  |

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<sup>1</sup>

Source: Seth Wynes and Kimberly A Nicholas 2017 Environ. Res. Lett. 12 074024

The climate mitigation gap: education and government recommendations miss the most effective individual actions

Note: The data is based on the analysis of 148 scenarios from 39 scientific sources

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 <p>Beef</p>	 <p>Nuts</p>
 <p>Cheese</p>	 <p>Peas</p>
 <p>Chocolate</p>	 <p>Pig and poultry</p>
 <p>Coffee</p>	 <p>Roots</p>
 <p>Lamb</p>	 <p>Sugar</p>