

Ingredient Name	INGREDIENT RATING	Green House Emissions	Water	Land Use	Eutrophying Emissions
		<small>Greenhouse gas emissions are measured in kilograms of carbon dioxide equivalents (kgCO₂e/g) per 1000 kilocalories. This means non-CO₂ greenhouse gases are included and weighted by their relative warming impact.</small>	<small>Freshwater withdrawals are measured in liters per kilogram of food product</small>	<small>Land use is measured in meters squared (m²) per kilogram of a given food product</small>	<small>Eutrophying emissions represent runoff of excess nutrients into the surrounding environment and waterways, which affect and pollute ecosystems. They are measured in grams of phosphate equivalents (PO₄-P) per kilogram.</small>
Apples	0.2	1	180	1	1
Bananas	0.2	1	115	2	3
Barley	0.1	8	17	1	2
Beef (beef herd)	10.0	36	1451	326	301
Beef (dairy herd)	6.9	12	2714	43	365
Beet Sugar	0.3	1	218	2	5
Berries & Grapes	0.6	3	420	2	6
Brassicas	0.4	3	119	1	5
Cane Sugar	0.7	1	620	2	17
Cassava	0.1	1	0	2	1
Cheese	6.1	6	5605	88	98
Citrus Fruit	0.2	1	83	1	2
Coffee	5.1	51	26	22	111
Dark Chocolate	2.6	9	541	69	87
Eggs	0.9	3	578	6	22
Fish (farmed)	5.5	8	3691	8	235
Groundnuts	1.5	1	1852	9	14
Lamb & Mutton	6.8	13	1803	370	97
Maize	0.2	8	216	3	4
Milk	1.0	5	628	9	11
Nuts	3.1	8	4134	13	19
Oatmeal	0.6	1	482	8	11
Olive Oil	2.1	1	2142	26	37
Onions & Leeks	0.1	1	14	0	3
Other Fruit	0.2	1	154	1	2
Other Pulses	0.7	1	436	16	17
Other Vegetables	0.1	1	103	0	2
Palm Oil	0.2	1	6	2	11
Peas	0.4	8	397	7	8
Pig Meat	2.5	5	1796	17	76
Potatoes	0.1	1	59	1	3
Poultry Meat	1.4	5	660	12	49
Prawns (farmed)	6.6	26	3515	3	227
Rapeseed Oil	0.5	8	238	11	19
Rice	2.0	1	2248	3	35
Root Vegetables	0.1	1	28	0	2
Soybean Oil	0.6	1	415	11	12
Soymilk	0.1	1	28	1	1
Sunflower Oil	1.4	8	1008	18	51
Tofu (soybeans)	0.3	1	149	4	6
Tomatoes	1.1	11	370	1	8
Wheat & Rye	0.6	1	648	4	7
Wine	0.2	1	79	2	5