

Food	Type	Carbon emissions per portion (kgCO2e)	Portion	Source location (if specified)	Approx. grams of protein per 100g raw (or prepared if tinned)
Sirloin steak (medium rare) - grilled	Meat	12.1	1	World	21.6
Beefburgers - grilled	Meat	6.91	1	World	14.2
Beef sausage - grilled	Meat	5.94	1	World	14.5
Sirloin steak (medium rare) - grilled	Meat	4.59	1	UK	21.6
Doner kebabs	Meat	3.77	1/2 bowl	World	9.7
Lamb Leg chop - grilled	Meat	3.44	1	UK	18.5
Coconut milk	Dairy	2.94	250ml glass	n/a	0.2
Lamb Leg chop - grilled	Meat	2.83	1	World	18.5
Prawns, shelled	Seafood	2.63	1/2 bowl	World	14.4
Beefburgers - grilled	Meat	2.62	1	UK	14.2
Beef sausage - grilled	Meat	2.25	1	UK	14.5
Mussels	Seafood	1.75	1 bowl	n/a	17.7
Salmon - smoked	Seafood	1.57	1	n/a	22.1
Pork Steak - grilled	Meat	1.51	1	World	19.9
Plaice - grilled	Seafood	1.3	1	n/a	16.1
Coley	Seafood	0.91	1	n/a	14.5
Cod coated in batter	Seafood	0.86	1 small	n/a	11
Turkey meat - roasted	Meat	0.84	1/2 bowl	n/a	28.3
Salmon - grilled	Seafood	0.81	1	n/a	23.6
Rainbow trout	Seafood	0.73	1	n/a	23.4
Pork chop grilled	Meat	0.72	1	EU	18.6
Pork chop grilled	Meat	0.7	1	UK	18.6
Ham	Meat	0.62	2 slices	UK	21.6
Chicken drumsticks - roasted	Meat	0.57	1	EU	17.6
Chicken drumsticks - roasted	Meat	0.55	1	UK	17.6
Semi-skimmed milk - organic	Dairy	0.53	250ml glass	UK	3.6
Semi-skimmed milk	Dairy	0.53	250ml glass	UK	3.6
Spinach - raw	Vegetables	0.45	1 handful	n/a	2.8
Green broccoli - boiled	Vegetables	0.45	1 floret	n/a	4.3
Organic yoghurt	Dairy	0.44	1/3 pot	n/a	5.1
Ducks eggs - boiled and salted	Eggs	0.42	1	UK	14.3
Goats milk	Dairy	0.33	250ml glass	n/a	3
Butternut squash	Vegetables	0.31	1 handful	n/a	1.1
Soya yoghurt	Dairy	0.31	1/3 pot	n/a	4
Chicken eggs - boiled	Eggs	0.3	1	1	12.6
Back bacon rashers - grilled	Meat	0.25	W	World	16.2
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Tuna - canned in brine	Seafood	0.22	1 can	n/a	23.5
Sardines - canned in tomato sauce	Seafood	0.21	1 can	n/a	21.5
Cheddar	Dairy	0.2	2 slices	n/a	25.4
Parmesan	Dairy	0.2	2 slices	n/a	32.4
Fish fingers - grilled	Seafood	0.19	1	n/a	13
Brie	Dairy	0.18	2 slices	n/a	17

Sunflower seeds	High protein meat alternatives	0.18	1 handful	n/a	20.8
Feta	Dairy	0.18	2 slices	n/a	16.9
Cashew - plain	High protein meat alternatives	0.18	1 handful	n/a	17.7
Peanuts - plain	High protein meat alternatives	0.16	1 handful	n/a	28.4
Almonds	High protein meat alternatives	0.15	1 handful	n/a	21
Peanut butter - wholegrain	Condiments, soups and sauces	0.14	1 heaped table	n/a	29
Mackerel - canned in brine	Sseafood	0.13	1 can	n/a	19.6
Quorn pieces	High protein meat alternatives	0.13	100 g	n/a	16
Tofu burger - baked	High protein meat alternatives	0.13	1	n/a	12.6
Pistachio - roasted and salted	High protein meat alternatives	0.13	1 handful	n/a	24.9
Walnuts	High protein meat alternatives	0.12	1 handful	n/a	17.3
Nut roast	High protein meat alternatives	0.11	1 serving	n/a	9
Pumpkin seeds	High protein meat alternatives	0.09	1/2 can	n/a	30
SESAME-SEEDS	High protein meat alternatives	0.09	1 handful	n/a	18.2
Curly kale - raw	Vegetables	0.09	1 handful	UK	3.4
Chick peas - canned	High protein meat alternatives	0.08	1/2 can		7.4
Vegetarian sausages - baked/grilled	High protein meat alternatives	0.08	1		18
Peas - boiled	Vegetables	0.08	1 handful	UK	5.9
Chestnuts	High protein meat alternatives	0.08	1 handful		4.1
Hazelnuts	High protein meat alternatives	0.08	1 handful		9.7
Miso	High protein meat alternatives	0.06	1 tbspn		12
Quinoa	Starchy Foods	0.05	1 handful		4.9
Red kidney beans - canned	High protein meat alternatives	0.05	Half a can		6.9
Buckwheat	Starchy Foods	0.04	1 handful	UK	3
Chick peas - boiled	High protein meat alternatives	0.03	1 handful		8.4
Lentils (green and brown)	High protein meat alternatives	0.03	1 handful		8.8
Lentils (red)	High protein meat alternatives	0.03	1 handful		7.6
Broad - canned	High protein meat alternatives	0.03	1/2 can		5.5
Soya Cheese	Dairy	0.03	2 slices		2
Red kidney beans	High protein meat alternatives	0.02	1 handful		22.1

Broad - boiled	High protein meat alternatives	0.02	1 handful		23
Runner beans - boiled	Vegetables	0.02	1 handful	UK	1.6
Black gram/chilki urad dahl - boiled	High protein meat alternatives	0.02	1 handful		25
Butter beans - boiled	High protein meat alternatives	0.02	1 handful		6.8

Carbon footprint data from [Centre of Alternative Technology](#) research.

Nutritional data from [Sainsbury's](#).
