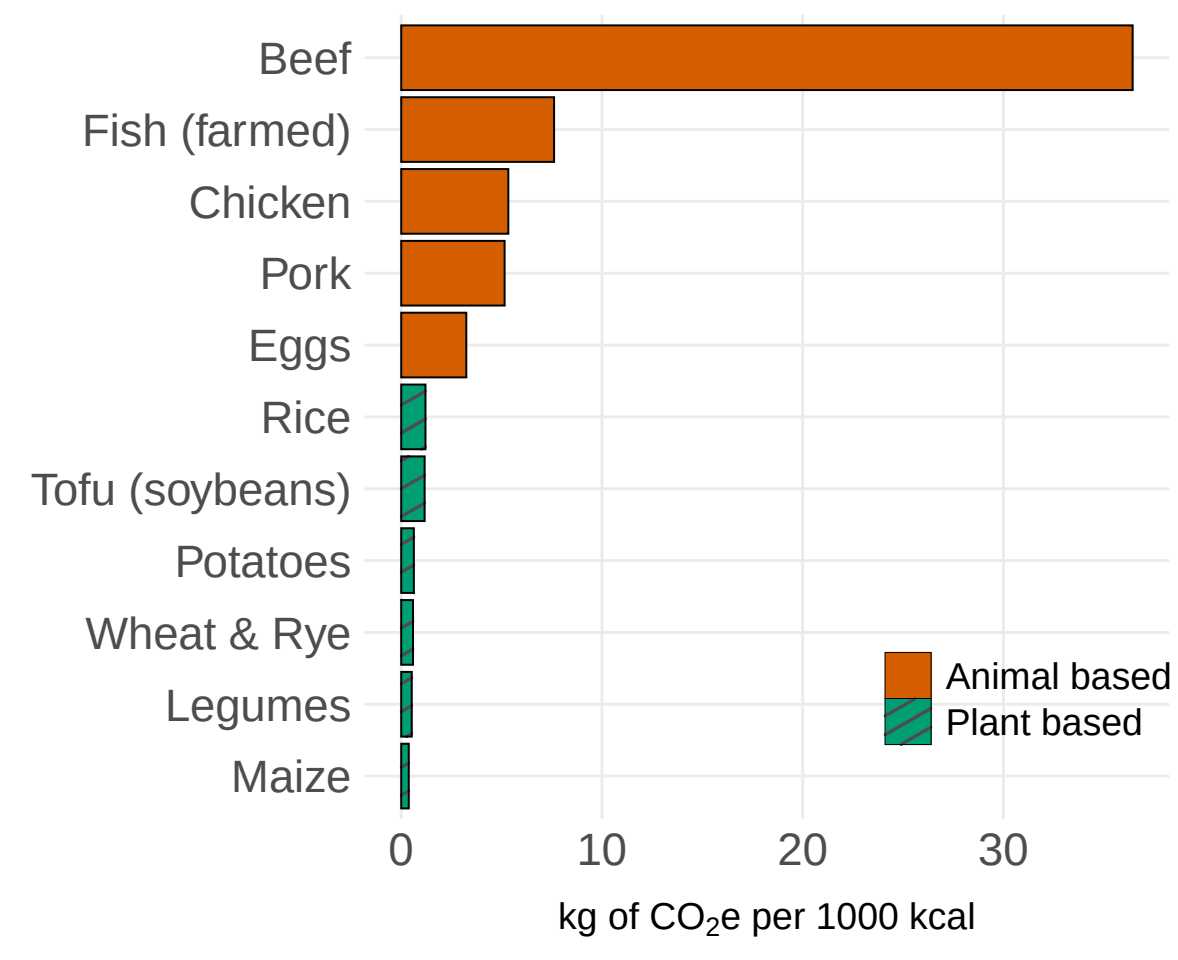
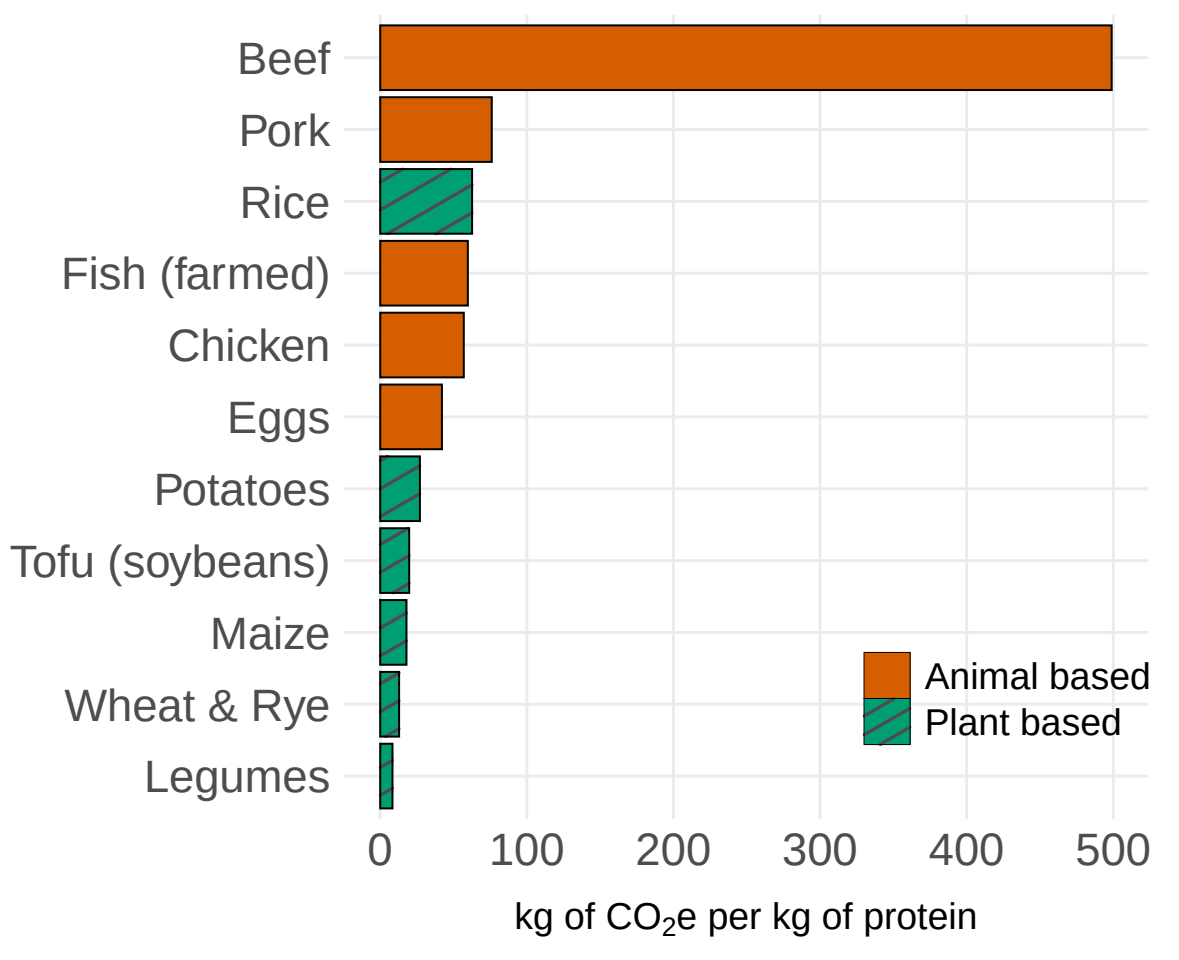

Beef
Fish (farmed)
Chicken
Pork
Eggs
Rice
Tofu (soybeans)
Potatoes
Wheat & Rye
Legumes
Maize
Animal based
Plant based
0
10
20
30
kg of CO_2e per 1000 kcal


Beef
Pork
Rice
Fish (farmed)
Chicken
Eggs
Potatoes
Tofu (soybeans)
Maize
Wheat & Rye
Legumes
Animal based
Plant based
0
100
200
300
400
500
kg of CO_2e per kg of protein