Left chart: kg of CO$_2$e per 1000 kcal

Food	
Beef	Animal based
Fish (farmed)	Animal based
Chicken	Animal based
Pork	Animal based
Eggs	Animal based
Rice	Plant based
Tofu (soybeans)	Plant based
Potatoes	Plant based
Wheat & Rye	Plant based
Legumes	Plant based
Maize	Plant based

Right chart: kg of CO$_2$e per kg of protein

Food	
Beef	Animal based
Pork	Animal based
Rice	Plant based
Fish (farmed)	Animal based
Chicken	Animal based
Eggs	Animal based
Potatoes	Plant based
Tofu (soybeans)	Plant based
Maize	Plant based
Wheat & Rye	Plant based
Legumes	Plant based

Legend: Animal based, Plant based