Spaghetti
Portion (200g)

- CO₂e: 2 minutes driving
- Emissions: 332 gCO₂e
- Water: 33 litres
- Fibre: 10 g
- Calories: 282 kCal
- Protein: 9 g

Potato
Large (200g)

- CO₂e: 1 minutes driving
- Emissions: 240 gCO₂e
- Water: 16 litres
- Fibre: 7 g
- Calories: 148 kCal
- Protein: 4 g

Peas
Portion (80g)

- CO₂e: 1 minutes driving
- Emissions: 204 gCO₂e
- Water: 26 litres
- Fibre: 11 g
- Calories: 56 kCal
- Protein: 4 g

Asparagus
Seasonal, 5 spears (80g)

- CO₂e: 1 minutes driving
- Emissions: 160 gCO₂e
- Water: 169 litres
- Fibre: 2 g
- Calories: 10 kCal
- Protein: 1 g

Rice
Portion (200g)

- CO₂e: 5 minutes driving
- Emissions: 800 gCO₂e
- Water: 216 litres
- Fibre: 0 g
- Calories: 262 kCal
- Protein: 6 g

Chips
Oven cooked (200g)

- CO₂e: 4 minutes driving
- Emissions: 600 gCO₂e
- Water: 33 litres
- Fibre: 8 g
- Calories: 488 kCal
- Protein: 6 g

Broccoli
Portion (80g)

- CO₂e: 0.5 minutes driving
- Emissions: 82 gCO₂e
- Water: 17 litres
- Fibre: 7 g
- Calories: 27 kCal
- Protein: 3 g

Asparagus
By air, 5 spears (80g)

- CO₂e: 6 minutes driving
- Emissions: 1016 gCO₂e
- Water: 116 litres
- Fibre: 2 g
- Calories: 10 kCal
- Protein: 1 g
<table>
<thead>
<tr>
<th>Fruit</th>
<th>Type</th>
<th>CO₂e Driving</th>
<th>Emissions (g CO₂e)</th>
<th>Water (litres)</th>
<th>Fibre (g)</th>
<th>Calories (kCal)</th>
<th>Protein (g)</th>
<th>Water (litres)</th>
<th>Fibre (g)</th>
<th>Calories (kCal)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avocado</td>
<td>One medium (80g)</td>
<td>1</td>
<td>192</td>
<td>107</td>
<td>9</td>
<td>152</td>
<td>2</td>
<td></td>
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<tr>
<td>Banana</td>
<td>Small (80g)</td>
<td>0.3</td>
<td>55</td>
<td>43</td>
<td>2</td>
<td>65</td>
<td>1</td>
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<tr>
<td>Raspberries</td>
<td>Seasonal, handful (80g)</td>
<td>1</td>
<td>176</td>
<td>21</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td></td>
<td>3</td>
<td></td>
<td>0</td>
</tr>
<tr>
<td>Strawberries</td>
<td>Seasonal, handful (80g)</td>
<td>1</td>
<td>136</td>
<td>17</td>
<td>3</td>
<td>24</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td>0</td>
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<tr>
<td>Apple</td>
<td>From storage, small (80g)</td>
<td>0.2</td>
<td>40</td>
<td>35</td>
<td>3</td>
<td>41</td>
<td>0</td>
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<td>0</td>
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<tr>
<td>Orange</td>
<td>Small (80g)</td>
<td>0.2</td>
<td>32</td>
<td>32</td>
<td>5</td>
<td>29</td>
<td>1</td>
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<td>0</td>
</tr>
<tr>
<td>Raspberries</td>
<td>By air, handful (80g)</td>
<td>3</td>
<td>568</td>
<td>21</td>
<td>0</td>
<td>0</td>
<td>0</td>
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<td>3</td>
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<td>0</td>
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<tr>
<td>Strawberries</td>
<td>By air, handful (80g)</td>
<td>2</td>
<td>408</td>
<td>14</td>
<td>3</td>
<td>24</td>
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<td>0</td>
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<tr>
<td>Product</td>
<td>Type</td>
<td>CO₂e emissions (g)</td>
<td>Water (litres)</td>
<td>Fibre (g)</td>
<td>Calories (kCal)</td>
<td>Protein (g)</td>
<td>Driving time (minutes)</td>
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<td></td>
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<tr>
<td>Orange juice</td>
<td>Small glass (200ml)</td>
<td>400</td>
<td>146</td>
<td>1</td>
<td>72</td>
<td>2</td>
<td>2 minutes</td>
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<tr>
<td>Water</td>
<td>Plastic bottle (500ml)</td>
<td>136</td>
<td>0.5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0.8 minutes</td>
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<tr>
<td>Sugar</td>
<td>One teaspoon (6g)</td>
<td>15</td>
<td>6</td>
<td>0</td>
<td>24</td>
<td>0</td>
<td>0.1 minutes</td>
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<tr>
<td>Biscuit</td>
<td>One plain (13g)</td>
<td>17</td>
<td>19</td>
<td>1</td>
<td>60</td>
<td>1</td>
<td>0.1 minutes</td>
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<tr>
<td>Tap water</td>
<td>Large glass (500ml)</td>
<td>0</td>
<td>0.5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0 minutes</td>
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<tr>
<td>Fizzy drink</td>
<td>One can (330ml)</td>
<td>158</td>
<td>50</td>
<td>0</td>
<td>205</td>
<td>0</td>
<td>1 minutes</td>
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<tr>
<td>Milk chocolate</td>
<td>Small bar (25g)</td>
<td>88</td>
<td>182</td>
<td>1</td>
<td>130</td>
<td>2</td>
<td>0.5 minutes</td>
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<tr>
<td>Chocolate biscuit</td>
<td>One plain (13g)</td>
<td>23</td>
<td>40</td>
<td>1</td>
<td>63</td>
<td>1</td>
<td>0.1 minutes</td>
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</tbody>
</table>
Crisps
Small packet (25g)
- CO₂e: 0.3
- Driving minutes: 0
- Emissions: 54 gCO₂e
- Water: 41 litres
- Fibre: 4 g
- Calories: 123 kCal
- Protein: 2 g

Coffee
Cup, with tbsp milk
- CO₂e: 0.6
- Driving minutes: 0
- Emissions: 96 gCO₂e
- Water: 39 litres
- Fibre: 0 g
- Calories: 9 kCal
- Protein: 1 g

Tea
Cup, with tbsp milk
- CO₂e: 0.6
- Driving minutes: 0
- Emissions: 94 gCO₂e
- Water: 9 litres
- Fibre: 0 g
- Calories: 7 kCal
- Protein: 1 g

Latte
With 400ml milk
- CO₂e: 6
- Driving minutes: 0
- Emissions: 1024 gCO₂e
- Water: 503 litres
- Fibre: 0 g
- Calories: 176 kCal
- Protein: 14 g