A LIST OF FOODS BY ENVIRONMENTAL IMPACT

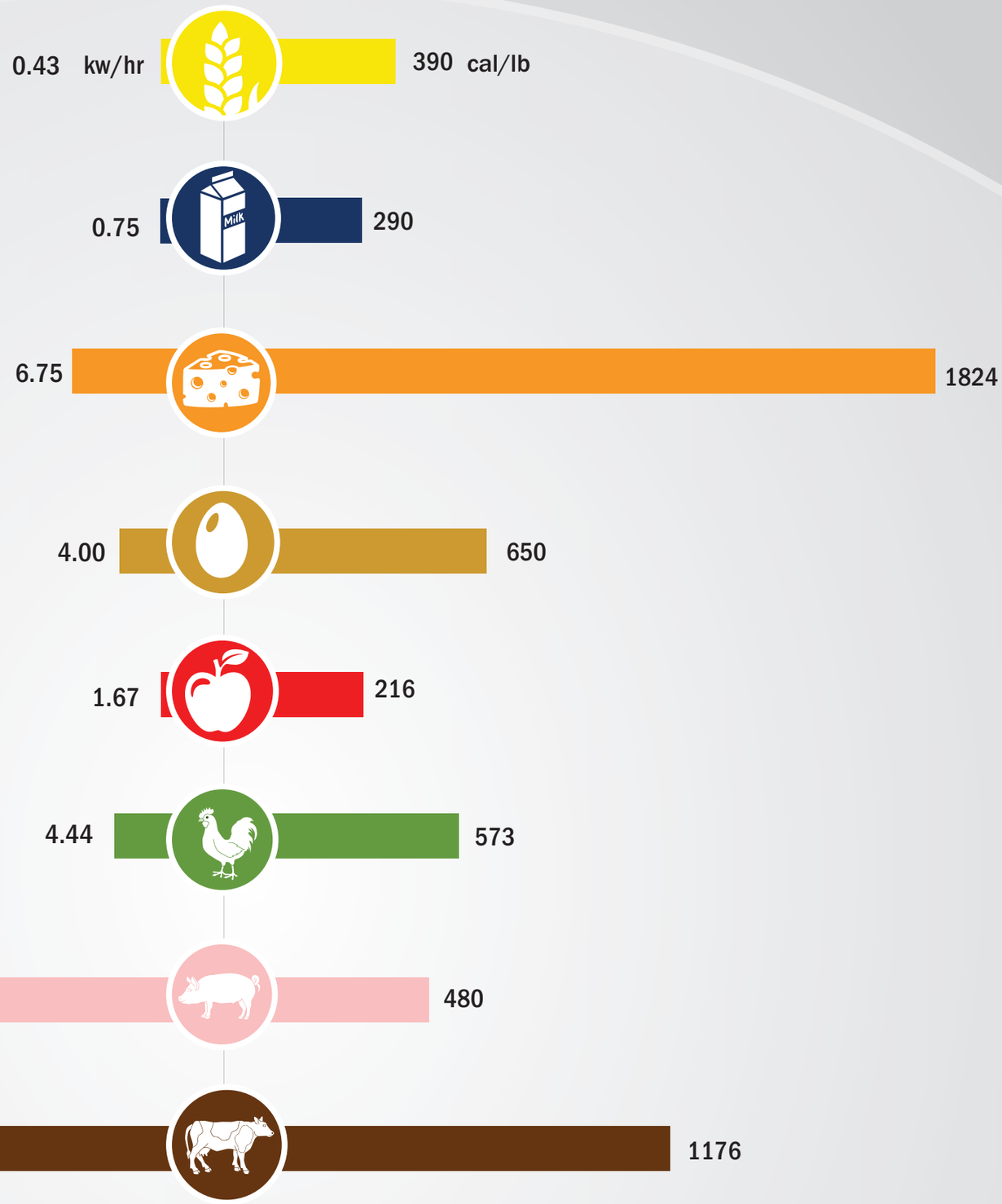
all data courtesy of the truecostblog.com

= 1 kw/hr

=

=

it requires 25 times as much energy to produce a calorie of beef as it does to produce a calorie of corn



Food production and consumption amounts to about **10%** of first-world energy consumption, so even the most parsimonious eater can reduce their total energy footprint by around **9%** through diet alone

FOOD ENERGY EFFICIENCY %

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