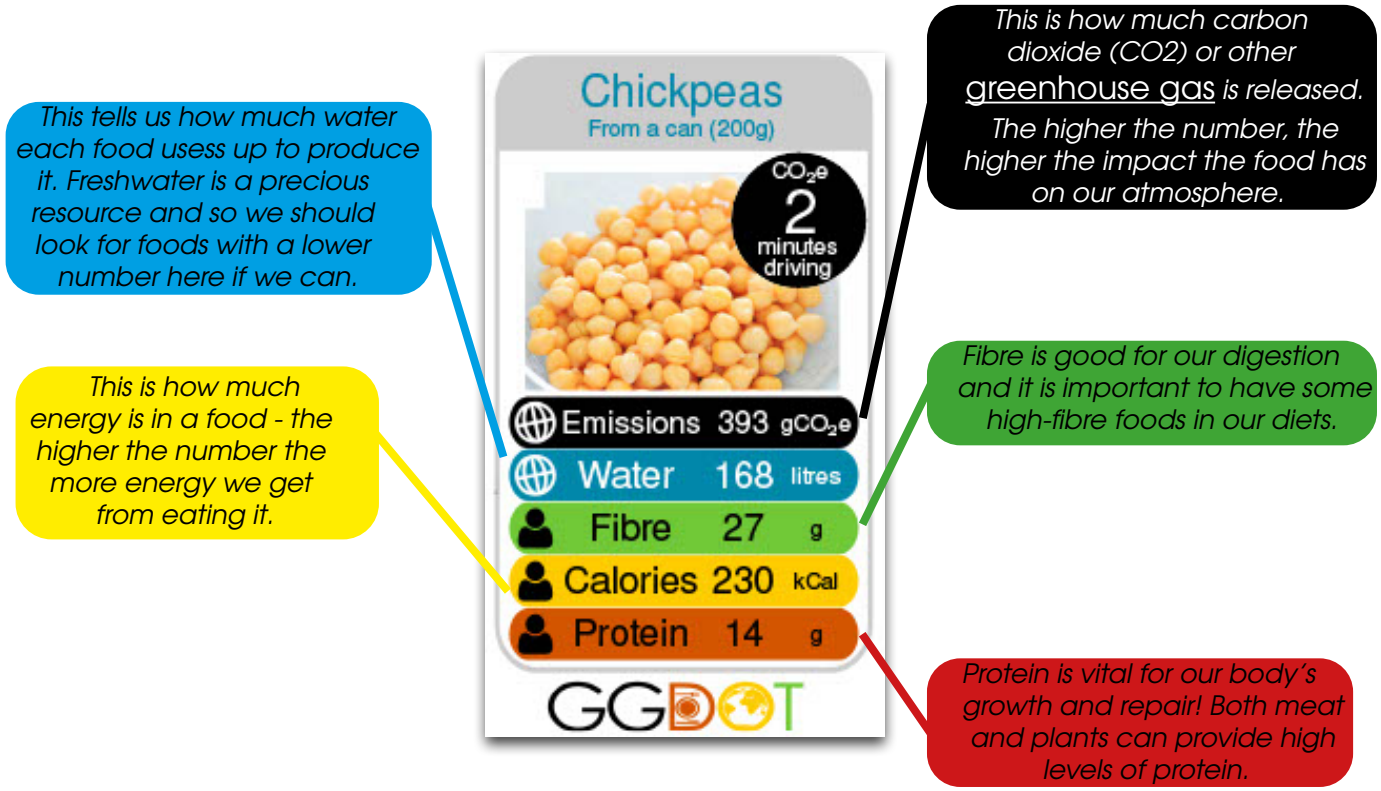
Foods for the Future

Photo by Amy Shamblen on Unsplash

Our food and its impacts on the environment and climate are being talked about more and more nowadays. You might have heard advice to try to eat less meat and dairy for the sake of the planet, but it can be hard to know what plant-based alternatives are the most sustainable choice.

The people at Take a Bite Out of Climate Change have created very handy and fun Climate Food Flashcards to help us all understand more about some common food items! Here's an example that explains what all the different numbers on the cards mean:



Humans and the food we eat will always have some impact on the natural environment. The goal is to keep that impact as low as possible so as to allow all of us now, as well as future generations, to live happily and healthily on this precious planet! Download and print your own version of the flashcards to find examples of the foods that can help us do just that. You can even make a game of it, such as "Climate Foods Top Trumps".

Climate Food Top Trumps

Deal out 5 or more cards per person (two or three people is ideal), and choose someone to start the game. Players should not shuffle their cards, but secretly look at them face up. The first person looks at their first card and chooses a category (e.g. 'Calories') and states the category and value (e.g. ' Calories 132'). The other people compare their numbers in this category and the highest value wins. The winner takes the other players' competing cards and puts them at the back of their deck. The winner then starts again by choosing a category from their next card. The winner is the person who stays in the game the longest (by having some cards).

Try reversing the rules for Emissions and Water categories so that the player with the lowest value wins.

Climate Food Flashcards are available to download under creative commons license. Dynamic Earth acknowledges and thanks Take a Bite Out of Climate Change for the creation and sharing of this resource.

Steak
Portion, fried (100g)

CO_2e 29 minutes driving

Emissions	4723 gCO_2e
Water	668 litres
Fibre	0 g
Calories	242 kCal
Protein	30 g

GGDOT

Sausage
Two small (100g)

CO_2e 6 minutes driving

Emissions	1035 gCO_2e
Water	424 litres
Fibre	6 g
Calories	259 kCal
Protein	14 g

GGDOT

Quorn
From frozen, portion (100g)

CO_2e 2 minutes driving

Emissions	379 gCO_2e
Water	200 litres
Fibre	11 g
Calories	196 kCal
Protein	13 g

GGDOT

Cod
Portion (100g)

CO_2e 4 minutes driving

Emissions	642 gCO_2e
Water	137 litres
Fibre	0 g
Calories	198 kCal
Protein	21 g

GGDOT

Lamb
Portion (100g)

CO_2e 27 minutes driving

Emissions	4430 gCO_2e
Water	350 litres
Fibre	0 g
Calories	249 kCal
Protein	30 g

GGDOT

Veggie sausage
Two small (100g)

CO_2e 2 minutes driving

Emissions	361 gCO_2e
Water	73 litres
Fibre	3 g
Calories	247 kCal
Protein	14 g

GGDOT

Salmon
Portion (100g)

CO_2e 5 minutes driving

Emissions	879 gCO_2e
Water	290 litres
Fibre	0 g
Calories	320 kCal
Protein	22 g

GGDOT

Chicken
Portion (100g)

CO_2e 6 minutes driving

Emissions	923 gCO_2e
Water	325 litres
Fibre	0 g
Calories	240 kCal
Protein	28 g

GGDOT

Ham
Three slices (100g)

CO_2e 6 minutes driving

Emissions	1070 gCO_2e
Water	394 litres
Fibre	0 g
Calories	115 kCal
Protein	19 g

GGDOT

Pizza
Large slice (100g)

CO_2e 3 minutes driving

Emissions	477 gCO_2e
Water	108 litres
Fibre	6 g
Calories	272 kCal
Protein	12 g

GGDOT

Baked beans
From a can (200g)

CO_2e 3 minutes driving

Emissions	430 gCO_2e
Water	115 litres
Fibre	25 g
Calories	162 kCal
Protein	10 g

GGDOT

Lentils
Cooked at home (200g)

CO_2e 0.9 minutes driving

Emissions	151 gCO_2e
Water	179 litres
Fibre	29 g
Calories	176 kCal
Protein	12 g

GGDOT

Cheese
Three slices (100g)

CO_2e 10 minutes driving

Emissions	1590 gCO_2e
Water	139 litres
Fibre	0 g
Calories	416 kCal
Protein	25 g

GGDOT

Eggs
Two eggs (100g)

CO_2e 3 minutes driving

Emissions	470 gCO_2e
Water	139 litres
Fibre	0 g
Calories	143 kCal
Protein	14 g

GGDOT

Beans
Cooked at home (200g)

CO_2e 1 minutes driving

Emissions	206 gCO_2e
Water	115 litres
Fibre	25 g
Calories	186 kCal
Protein	14 g

GGDOT

Chickpeas
From a can (200g)

CO_2e 2 minutes driving

Emissions	393 gCO_2e
Water	168 litres
Fibre	27 g
Calories	230 kCal
Protein	14 g

GGDOT

Almonds

Handful (30g)

CO_2e 0.4 minutes driving

Emissions	63	gCO_2e
Water	295	litres
Fibre	7	g
Calories	184	kCal
Protein	6	g

GGDOT

Peanut butter

Two tablespoons (30g)

CO_2e 0.8 minutes driving

Emissions	126	gCO_2e
Water	95	litres
Fibre	5	g
Calories	187	kCal
Protein	7	g

GGDOT

Milk

One cup (250ml)

CO_2e 3 minutes driving

Emissions	550	gCO_2e
Water	116	litres
Fibre	0	g
Calories	110	kCal
Protein	9	g

GGDOT

Oat milk

One cup (250ml)

CO_2e 0.7 minutes driving

Emissions	110	gCO_2e
Water	111	litres
Fibre	7	g
Calories	148	kCal
Protein	3	g

GGDOT

Peanuts

Handful (30g)

CO_2e 0.6 minutes driving

Emissions	96	gCO_2e
Water	95	litres
Fibre	6	g
Calories	181	kCal
Protein	7	g

GGDOT

Cream

Two tablespoons (28g)

CO_2e 0.8 minutes driving

Emissions	137	gCO_2e
Water	23	litres
Fibre	0	g
Calories	54	kCal
Protein	1	g

GGDOT

Soy milk

One cup (250ml)

CO_2e 2 minutes driving

Emissions	250	gCO_2e
Water	88	litres
Fibre	2	g
Calories	113	kCal
Protein	9	g

GGDOT

Cereal

Portion (30g) + milk (200g)

CO_2e 3 minutes driving

Emissions	519	gCO_2e
Water	121	litres
Fibre	2	g
Calories	202	kCal
Protein	9	g

GGDOT

Porridge
With 200g water

CO_2e 0.6 minutes driving

Emissions	101	gCO_2e
Water	106	litres
Fibre	6	g
Calories	110	kCal
Protein	3	g

GGDOT

Veg spread
One tablespoon (14g)

CO_2e 0.1 minutes driving

Emissions	19	gCO_2e
Water	29	litres
Fibre	0	g
Calories	77	kCal
Protein	0	g

GGDOT

Yogurt
Small pot (100g)

CO_2e 1 minutes driving

Emissions	200	gCO_2e
Water	49	litres
Fibre	0	g
Calories	97	kCal
Protein	4	g

GGDOT

Bread
Two slices (80g)

CO_2e 0.4 minutes driving

Emissions	60	gCO_2e
Water	30	litres
Fibre	6	g
Calories	190	kCal
Protein	7	g

GGDOT

Butter
One tablespoon (14g)

CO_2e 0.7 minutes driving

Emissions	116	gCO_2e
Water	34	litres
Fibre	0	g
Calories	104	kCal
Protein	0	g

GGDOT

Vegetable oil
One tablespoon (14g)

CO_2e 0.3 minutes driving

Emissions	52	gCO_2e
Water	28	litres
Fibre	0	g
Calories	126	kCal
Protein	0	g

GGDOT

Soy yogurt
Small pot (100g)

CO_2e 0.5 minutes driving

Emissions	80	gCO_2e
Water	41	litres
Fibre	3	g
Calories	45	kCal
Protein	4	g

GGDOT

Toast
Two slices (64g)

CO_2e 0.5 minutes driving

Emissions	90	gCO_2e
Water	30	litres
Fibre	5	g
Calories	190	kCal
Protein	6	g

GGDOT

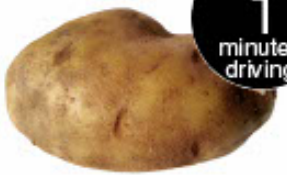
Spaghetti
Portion (200g)

CO_2e 2 minutes driving

Emissions	332	gCO_2e
Water	33	litres
Fibre	10	g
Calories	282	kCal
Protein	9	g

GGDOT

Potato
Large (200g)



CO_2e 1 minutes driving

Emissions	240	gCO_2e
Water	16	litres
Fibre	7	g
Calories	148	kCal
Protein	4	g

GGDOT

Peas
Portion (80g)

CO_2e 1 minutes driving

Emissions	204	gCO_2e
Water	26	litres
Fibre	11	g
Calories	56	kCal
Protein	4	g

GGDOT

Asparagus
Seasonal, 5 spears (80g)

CO_2e 1 minutes driving

Emissions	160	gCO_2e
Water	169	litres
Fibre	2	g
Calories	10	kCal
Protein	1	g

GGDOT

Rice
Portion (200g)

CO_2e 5 minutes driving

Emissions	800	gCO_2e
Water	216	litres
Fibre	0	g
Calories	262	kCal
Protein	6	g

GGDOT

Chips
Oven cooked (200g)

CO_2e 4 minutes driving

Emissions	600	gCO_2e
Water	33	litres
Fibre	8	g
Calories	488	kCal
Protein	6	g

GGDOT

Broccoli
Portion (80g)

CO_2e 0.5 minutes driving

Emissions	82	gCO_2e
Water	17	litres
Fibre	7	g
Calories	27	kCal
Protein	3	g

GGDOT

Asparagus
By air, 5 spears (80g)

CO_2e 6 minutes driving

Emissions	1016	gCO_2e
Water	116	litres
Fibre	2	g
Calories	10	kCal
Protein	1	g

GGDOT

French beans
By air (80g)

Emissions	477	gCO_2e
Water	26	litres
Fibre	7	g
Calories	21	kCal
Protein	2	g

GGDOT

Sweetcorn
From frozen (80g)

Emissions	182	gCO_2e
Water	75	litres
Fibre	7	g
Calories	54	kCal
Protein	3	g

GGDOT

Carrot
One, cooked (80g)

Emissions	90	gCO_2e
Water	2	litres
Fibre	6	g
Calories	27	kCal
Protein	0	g

GGDOT

Tomato
Seasonal, medium (80g)

Emissions	13	gCO_2e
Water	0.8	litres
Fibre	3	g
Calories	11	kCal
Protein	0	g

GGDOT

French beans
Seasonal (80g)

Emissions	88	gCO_2e
Water	26	litres
Fibre	7	g
Calories	21	kCal
Protein	2	g

GGDOT

Cabbage
Portion (80g)

Emissions	54	gCO_2e
Water	11	litres
Fibre	5	g
Calories	11	kCal
Protein	1	g

GGDOT

Tomato
Heated greenhouse (80g)

Emissions	1002	gCO_2e
Water	0.8	litres
Fibre	3	g
Calories	11	kCal
Protein	0	g

GGDOT

Lettuce
Seasonal (30g)

Emissions	44	gCO_2e
Water	4	litres
Fibre	1	g
Calories	3	kCal
Protein	0	g

GGDOT

Avocado
One medium (80g)

CO_2e 1 minutes driving

Emissions	192	gCO_2e
Water	107	litres
Fibre	9	g
Calories	152	kCal
Protein	2	g

GGDOT

Banana
Small (80g)

CO_2e 0.3 minutes driving

Emissions	55	gCO_2e
Water	43	litres
Fibre	2	g
Calories	65	kCal
Protein	1	g

GGDOT

Raspberries
Seasonal, handful (80g)

CO_2e 1 minutes driving

Emissions	176	gCO_2e
Water	21	litres
Fibre	0	g
Calories	0	kCal
Protein	0	g

GGDOT

Strawberries
Seasonal, handful (80g)

CO_2e 1 minutes driving

Emissions	136	gCO_2e
Water	17	litres
Fibre	3	g
Calories	24	kCal
Protein	0	g

GGDOT

Apple
From storage, small (80g)

CO_2e 0.2 minutes driving

Emissions	40	gCO_2e
Water	35	litres
Fibre	3	g
Calories	41	kCal
Protein	0	g

GGDOT

Orange
Small (80g)

CO_2e 0.2 minutes driving

Emissions	32	gCO_2e
Water	32	litres
Fibre	5	g
Calories	29	kCal
Protein	1	g

GGDOT

Raspberries
By air, handful (80g)

CO_2e 3 minutes driving

Emissions	568	gCO_2e
Water	21	litres
Fibre	0	g
Calories	0	kCal
Protein	0	g

GGDOT

Strawberries
By air, handful (80g)

CO_2e 2 minutes driving

Emissions	408	gCO_2e
Water	14	litres
Fibre	3	g
Calories	24	kCal
Protein	0	g

GGDOT

Orange juice
Small glass (200ml)

CO_2e 2 minutes driving

Emissions	400	gCO_2e
Water	146	litres
Fibre	1	g
Calories	72	kCal
Protein	2	g

GGDOT

Water
Plastic bottle (500ml)

CO_2e 0.8 minutes driving

Emissions	136	gCO_2e
Water	0.5	litres
Fibre	0	g
Calories	0	kCal
Protein	0	g

GGDOT

Sugar
One teaspoon (6g)

CO_2e 0.1 minutes driving

Emissions	15	gCO_2e
Water	6	litres
Fibre	0	g
Calories	24	kCal
Protein	0	g

GGDOT

Biscuit
One plain (13g)

CO_2e 0.1 minutes driving

Emissions	17	gCO_2e
Water	19	litres
Fibre	1	g
Calories	60	kCal
Protein	1	g

GGDOT

Tap water
Large glass (500ml)

CO_2e 0 minutes driving

Emissions	0	gCO_2e
Water	0.5	litres
Fibre	0	g
Calories	0	kCal
Protein	0	g

GGDOT

Fizzy drink
One can (330ml)

CO_2e 1 minutes driving

Emissions	158	gCO_2e
Water	50	litres
Fibre	0	g
Calories	205	kCal
Protein	0	g

GGDOT

Milk chocolate
Small bar (25g)

CO_2e 0.5 minutes driving

Emissions	88	gCO_2e
Water	182	litres
Fibre	1	g
Calories	130	kCal
Protein	2	g

GGDOT

Chocolate biscuit
One plain (13g)

CO_2e 0.1 minutes driving

Emissions	23	gCO_2e
Water	40	litres
Fibre	1	g
Calories	63	kCal
Protein	1	g

GGDOT

Crisps

Small packet (25g)

CO_2e 0.3 minutes driving

Emissions	54	gCO_2e
Water	41	litres
Fibre	4	g
Calories	123	kCal
Protein	2	g

GGDOT

Latte

With 400ml milk

CO_2e 6 minutes driving

Emissions	1024	gCO_2e
Water	503	litres
Fibre	0	g
Calories	176	kCal
Protein	14	g

GGDOT

Coffee

Cup, with tbsp milk

CO_2e 0.6 minutes driving

Emissions	96	gCO_2e
Water	39	litres
Fibre	0	g
Calories	9	kCal
Protein	1	g

GGDOT

Tea

Cup, with tbsp milk

CO_2e 0.6 minutes driving

Emissions	94	gCO_2e
Water	9	litres
Fibre	0	g
Calories	7	kCal
Protein	1	g

GGDOT