





WEEKLY AND DAILY IMPACT OF FOOD CHOICES

Weekly and Daily impact of food choices	WEEKLY IMPACT			DAILY IMPACT		
	Carbon Footprint [gCO ₂ eq]	Water Footprint [liters]	Ecological Footprint [global m ²]	Carbon Footprint [gCO ₂ eq]	Water Footprint [liters]	Ecological Footprint [global m ²]
7 DAYS  MEAT MENU	40,620	32,700	215	5800	4670	30
5 DAYS  VEGETARIAN MENU + 2 DAYS  MEAT MENU	24,400	23,300	150	3500	3300	20
7 DAYS  VEGETARIAN MENU	17,840	19,550	120	2550	2790	15

Source: DoublePyramid 2015. Recommendations for a Sustainable Diet, BCFN 2015

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