

**CALCULATE YOUR FOOTPRINT
CONCERNING YOUR CONSUMPTION**

Chicken: 100g= small slice
120g= medium slice
150g= large slice

CO2 footprint: 3,9 g Co2 / 1g
H2O footprint: 4,8l water / 1g
Required area: 0,043 m2 / 1g

Your chicken portion: _____ your Co2 footprint: _____
your H2O footprint: _____
required area: _____

Cheese:

CO2 footprint: 9,2 g CO2 / 1 g
H2O footprint: 6,2 l water /1 g
Required Area: 0,06 m2 / 1g

Your portion: _____ your Co2 footprint: _____
your H2O footprint: _____
required area: _____

Fish: 100g= one small portion
150g = one medium portion
200g= one large portion

Co2 footprint: 0,5g Co2/ 1 g
H2O footprint: non applicable
Reiured Area: 0,003m2 / 1g

Your portion: _____ your Co2 footprint: _____
your H2O footprint: _____
required area: _____

Vegetables: 200g= 1 medium portion

CO2 footprint: 0,5g CO2/ g
H2O footprint: 0,3l water/ 1g
Required area: 0,002m2 / 1g

Your portion: _____ your Co2 footprint: _____
your H2O footprint: _____
required area: _____

Rice: 80g = one medium portion

CO2 footprint: 2,4g CO2 / 1g
H2O footprint: 2,5l water/ 1g
Required Area: 0,025m²/ 1g

Your portion: _____

your Co2 footprint: _____

your H2O footprint: _____

required area: _____

Bread: 50g= a small sandwich
= half a baguette

CO2 footprint: 0,9 g CO2 / 1g
H2O footprint: 1,1 l water / 1 g
Required Area: 0,006 m²/ 1g

Your portion: _____

your Co2 footprint: _____

your H2O footprint: _____

required area: _____

Fruit: 150g = a medium fruit (orange, apple)
= two small pieces

CO2 footprint: 0,5 gCO2 / 1g
H2O footprint: 0,9l water/ 1g
Required Area: 0,003m² / 1g

Your portion: _____

your Co2 footprint: _____

your H2O footprint: _____

required area: _____

Cake: 100g = one slice

CO2 footprint: 2,1 g CO2/ 1g
H2O footprint: 2,3l water / 1g
Required Area: 0,0013m² / 1g

Your portion: _____

your Co2 footprint: _____

your H2O footprint: _____

required area: _____

Beef: 100g= a small slice
120g= a medium slice
150g= a large slice

CO2 footprint: 25g CO2/ 1g
H2O footprint: 18l water/ 1g
Required Area: 0,14 m²/ 1g

Your portion: _____

your Co2 footprint: _____

your H2O footprint: _____

required area: _____