**Table 1.** Carbon Footprint for 2.5 ounces of each food

|  |  |
| --- | --- |
| **Item** | **Carbon Weight (g)** |
| Spinach | 11 |
| Potato | 18 |
| Wheat bread | 49 |
| Noodles | 49 |
| Black beans | 66 |
| Rice | 97 |
| Peanuts | 165 |
| Egg | 301 |
| Chicken | 429 |
| Pork | 585 |
| Cheese | 831 |
| Beef | 2,250 |

*Note: Methane and Nitrous Oxide greenhouse gases are represented as Carbon Dioxide equivalents in the total Carbon Footprints (“Carbon Weight”) below.*

*Each box can be filled with these weights (Use ratios as appropriate – depending on the size of your boxes).*

**Key Messages:**

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