
Food type	g CO₂eq/g food	References
Dairy products	1.39	(1)
Red meat and meat products	(beef 28.7, lamb 27.9)	(1)
Poultry	4.12	(1)
Fish and seafoods	4.41	(1)
Eggs	3.39	(1)
Legumes	0.90	(1)
Nuts	5.20	(2)
Vegetables	0.47	(1)
Fruits	0.50	(1)
Bread, cereals and bakery products	1.38	(1)
Oils and fats	1.42	(1)
Sugar and sweeteners	0.1	(3)
Soft drinks	0.2	(4)

Supplementary Table 1. Greenhouse gas emissions for food categories used in this study

References

1. Clune S, Crossin E and Verghese K. Systematic review of greenhouse gas emissions for different fresh food categories. *J Clean Prod*, 2017, 140, 766-783.
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4. Nilsson K, Sund V and Florén B. The environmental impact of the consumption of sweets, crisps and soft drinks. 2011. (cited 2021 March 10). Available from: URL: <http://www.diva-portal.org/smash/get/diva2:702819/FULLTEXT01.pdf>.