

Umweltpunkte



0.5

1 Scheibe Roggenbrot (50 g)
0.03 kg CO₂



3

1 Glas Bio Milch (2 dl)
0.21 kg CO₂



4

1 Portion Karotten (250 g)
(regional / saisonal)
0.27 kg CO₂



3

1 Bio Ei (ca 30 g)
0.21 kg CO₂



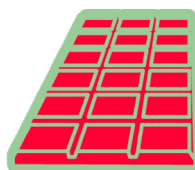
1

1 Banane (120 g)
(Überseetransport)
0.07 kg CO₂



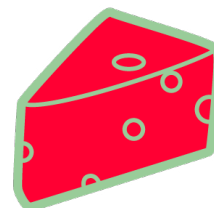
4

250 g Konv. Naturtofu
0.27 kg CO₂



0.5

1 Reihe Milkschokolade (10 g)
0.03 kg CO₂



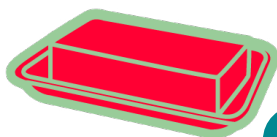
14

60 g Käse
0.96 kg CO₂



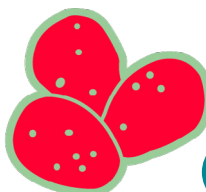
29

250 g Wurst (Schwein)
1.99 kg CO₂



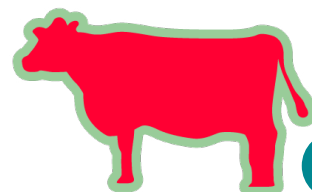
6

15 g Butter
0.41 kg CO₂



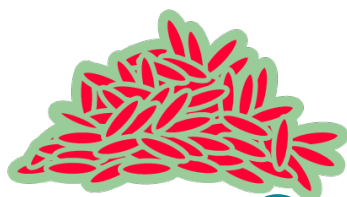
0.4

1 Portion Kartoffeln (200 g)
0.03 kg CO₂



73

250 g Rindfleisch
5 kg CO₂



3/4

Reis Beilage (60 g)
Hauptmahlzeit (100 g)
0.21 kg CO₂ / 0.27 kg CO₂



0.7

1 Tasse Kaffee mit Milch
0.05 kg CO₂



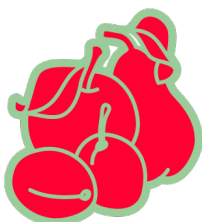
0.9

3 EL Olivenöl (30 ml)
0.06 kg CO₂



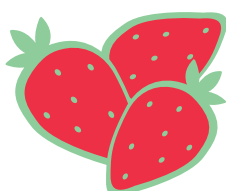
4

1 Glas Wein, Italien (1 dl)
0.27 kg CO₂



1.1

1 Apfel + 1 Banane (125 g Obst)
0.08 kg CO₂



0.6

Bio Erdbeeren (250 g)
0.04 kg CO₂



3

Avocado (200 g)
0.21 kg CO₂

Quelle:
Ein guter Tag hat 100 Punkte,
<https://eingutertag.org>