

Dietary Diary



Think about

What did I eat yesterday? How much of what?

Complete the table. Include quantities: 1 portion, 1 coffee / soup spoon, 1 liter, 1 slice, ½ slice, 1 plate, 1 handful, amount (e.g., 5 almonds)

Day 1	Vegetables and Fruits	Grains (e.g., Bread, Pasta, Rice), Potatoes	Proteins (Plant e.g., Pulses and Legumes or Animal sources)	Nuts, Oils	Sweets, Candy, Snacks, Alcohol	Coffee, Tea
Morning						
10 o'clock Snack						
Lunch						
4 o'clock Snack						
Dinner						

Share with others

- What do I eat on a regular basis?
- What did I notice? What was I surprised by?
- What did I eat particularly often?
- Where did my food habits already make a positive difference?
- Where do I see space for change for myself?

Inspirations

I replace one animal derived protein with a plant-based dish e.g., Lentil dahl.

I exchange my exotic mango for a local apple.

I try to drink a chai latte instead of my 3rd coffee of the day.

Why did we do this exercise?

A dietary protocol or diary always gives new insights into our diet. We underestimate the number of foods we consume every day.

ECOpoints



0.5

1 Slice of rye bread (50 g)
0.03 kg CO₂



3

1 Glas of milk (2 dl)
0.21 kg CO₂



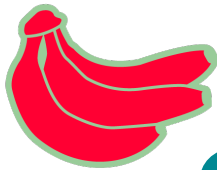
4

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



3

1 Organic egg (a 30 g)
0.21 kg CO₂



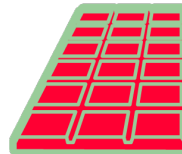
1

1 Banana (120 g)
0.07 kg CO₂



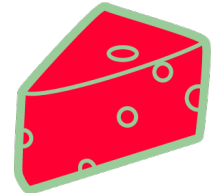
4

250 g of conventional tofu
0.27 kg CO₂



0.5

1 Row of milk chocolate (10g)
0.03 kg CO₂



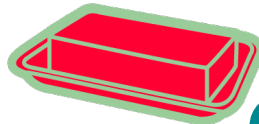
14

60 g Cheese
0.96 kg CO₂



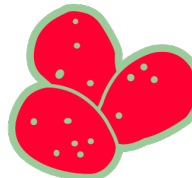
29

250 g Sausage (Pork)
1.99 kg CO₂



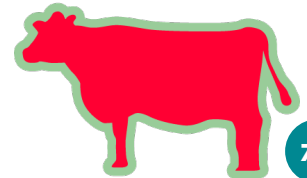
6

15 g Butter
0.41 kg CO₂



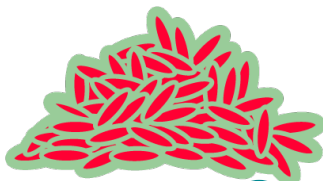
0.4

1 Portion of potatoes (200 g)
0.03 kg CO₂



73

250 g Beef
5 kg CO₂



3/4

Rice side (60 g)
Main dish (100 g)
0.21 kg CO₂ / 0.27 kg CO₂



0.7

1 Cup of coffee with milk
0.05 kg CO₂



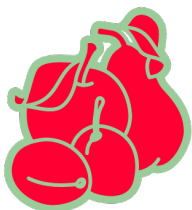
0.9

3 Spoons of olive oil
(30 ml)
0.06 kg CO₂



4

1 Glas of wine (1dl)
0.27 kg CO₂



1.1

1 Apple + 1 Banana (125 g Fruits)
0.08 kg CO₂



5

1 Orange (200 g)
0.07 kg CO₂



3

1 Organic strawberries (250 g)
0.34 kg CO₂

Avocado
(200 g)
0.21 kg CO₂



A better day the 100 way
<https://eingutertag.org>