



Apples

The apple tree is a deciduous tree in the rose family best known for its sweet fruit, the apple. It is cultivated worldwide as a fruit tree, and is the most widely grown species in the genus *Malus*. The tree originated in Central Asia, where its wild ancestor is still found today. Apples have been grown for thousands of years in Asia and Europe, and were brought to North America by European colonists.

	100g	Portion (1 apple = 150g)	% daily target
Energy (kcal)	51kcal	76.5kcal	4%
Fat (g)	0.5g	0.75g	1%
Carbohydrate (g)	11.6g	17.4g	7%
Fibre (g)	1.2g	1.8g	6%
Protein (g)	0.6g	0.9g	2%
Water Footprint (litres)	82 l	123 l	
Carbon Footprint (gCO₂e)	70g	105g	



Bananas

The banana is an edible fruit (botanically a berry) produced by several kinds of large herbaceous flowering plants in the genus *Musa*. In some countries, bananas used for cooking may be called plantains, in contrast to dessert bananas. The fruit is variable in size, colour and firmness, but is usually elongated and curved, with soft flesh rich in starch covered with a rind which may be green, yellow, red, purple, or brown when ripe. The fruits grow in clusters hanging from the top of the plant.

	100g	Portion (1 banana = 150g)	% daily target
Energy (kcal)	80kcal	120kcal	6%
Fat (g)	0.1g	0.15g	0.1%
Carbohydrate (g)	20g	30g	12%
Fibre (g)	1.4g	2.1g	7%
Protein (g)	1.2g	1.8g	3%
Water Footprint (litres)	79 l	118.5 l	
Carbon Footprint (gCO₂e)	140g	210g	



Beef

Beef is the culinary name for meat from cattle, and can be cut into roasts, steaks, processed, minced or used in sausages. Beef is the third most widely consumed meat in the world, accounting for about 25% of meat production worldwide.

	100g	Portion (100g)	% daily target
Energy (kcal)	250kcal	250kcal	13%
Fat (g)	15g	15g	25%
Carbohydrate (g)	0g	0g	0%
Fibre (g)	0g	0g	0%
Protein (g)	26g	26g	47%
Water Footprint (litres)	1540 l	1540 l	
Carbon Footprint (gCO₂e)	6900g	6900g	



Bread (white)

White bread typically refers to breads made from wheat flour from which the bran and the germ layers have been removed (and set aside) as part of the flour milling, producing a light-coloured flour. This process can give white flour a longer shelf life by removing the natural oils from the whole grain, which allows products made with the flour, like white bread, to be stored for longer periods of time.

	100g	Portion (1 slice = 30g)	% daily target
Energy (kcal)	236kcal	12.7kcal	0.6%
Fat (g)	2.1g	0.63g	2%
Carbohydrate (g)	49g	14.7g	6%
Fibre (g)	2.9g	0.9g	3%
Protein (g)	8.7g	2.6g	5%
Water Footprint (litres)	160 l	48 l	
Carbon Footprint (gCO₂e)	125g	37.5g	



Bread (wholemeal)

Whole wheat bread or wholemeal bread is a type of bread made using flour that is partly or entirely milled from whole or almost-whole wheat grains. It is one type of brown bread.

	100g	Portion (1 slice = 30g)	% daily target
Energy (kcal)	217kcal	65kcal	3%
Fat (g)	2.5g	0.75g	1%
Carbohydrate (g)	42g	12.6g	5%
Fibre (g)	7g	2.1g	7%
Protein (g)	9.4g	2.8g	5%
Water Footprint (litres)	160 l	48 l	
Carbon Footprint (gCO₂e)	125g	37.5g	



Broccoli

Broccoli is an edible green plant in the cabbage family whose large flowering head is eaten as a vegetable and cooked in boiling water or steamed.

	100g	Portion (80g)	% daily target
Energy (kcal)	28kcal	22.4kcal	1%
Fat (g)	0.5g	0.4g	1%
Carbohydrate (g)	2.8g	2.24g	1%
Fibre (g)	2.8g	2.24g	8%
Protein (g)	3.3g	2.64g	5%
Water Footprint (litres)	24 l	19.2 l	
Carbon Footprint (gCO₂e)	190g	152g	



Butter

Butter is a dairy product containing up to 80% butterfat (in commercial products) which is solid when chilled and at room temperature in some regions and liquid when warmed. It is made by churning fresh or fermented cream or milk to separate the butterfat from the buttermilk. It is generally used as a spread on plain or toasted bread products and a condiment on cooked vegetables, as well as in cooking. Butter consists of butterfat, milk proteins and water, and in some types, added salt.

	100g	Portion (10g per slice of bread)	% daily target
Energy (kcal)	744kcal	74kcal	4%
Fat (g)	82g	8g	13%
Carbohydrate (g)	0.6g	0.06g	0%
Fibre (g)	0g	0g	0%
Protein (g)	0.6g	0.06g	0.1%
Water Footprint (litres)	555 l	55.5 l	
Carbon Footprint (gCO₂e)	180g	18g	



Cabbage

Cabbage is a leafy green or purple biennial plant, grown as an annual vegetable crop for its dense-leaved heads. Smooth-leaved firm-headed green cabbages are the most common, with smooth-leaved red and crinkle-leaved savoy cabbages of both colours also grown. They can be pickled, fermented for dishes such as sauerkraut, steamed, stewed, sautéed, braised, or eaten raw.

	100g	Portion (80g)	% daily target
Energy (kcal)	17kcal	13.6kcal	0.7%
Fat (g)	0.2g	0.16g	0.3%
Carbohydrate (g)	2.3g	1.84g	0.7%
Fibre (g)	2.2g	1.76g	6%
Protein (g)	1.5g	1.2g	2%
Water Footprint (litres)	24 l	19.2 l	
Carbon Footprint (gCO₂e)	190g	152g	



Cheese

Cheese is a food derived from milk that is produced in a wide range of flavours, textures, and forms by coagulation of the milk protein casein. It comprises proteins and fat from milk, usually the milk of cows, buffalo, goats, or sheep. During production, the milk is usually acidified, and adding the enzyme rennet causes coagulation. The solids are separated and pressed into final form. Some cheeses have moulds on the rind, the outer layer, or throughout. Most cheeses melt at cooking temperature.

	100g	Portion (30g)	% daily target
Energy (kcal)	410kcal	123kcal	6%
Fat (g)	35g	10.5g	18%
Carbohydrate (g)	0.1g	0.03g	0%
Fibre (g)	0g	0g	0%
Protein (g)	25g	7.5g	14%
Water Footprint (litres)	500 l	150 l	
Carbon Footprint (gCO₂e)	1858g	557.4g	



Chicken

The chicken is a type of domesticated fowl. It is one of the most common and widespread domestic animals, with a total population of more than 19 billion as of 2011. Humans commonly keep chickens as a source of food consuming both their meat and eggs. Chickens will naturally live for six or more years, but those raised for meat typically live less than six weeks.

	100g	Portion (100g)	% daily target
Energy (kcal)	234kcal	234kcal	12%
Fat (g)	11.6g	11.6g	19%
Carbohydrate (g)	15.8g	15.8g	6%
Fibre (g)	0.8g	0.8g	3%
Protein (g)	17.7g	17.7g	32%
Water Footprint (litres)	432.5 l	432.5 l	
Carbon Footprint (gCO₂e)	540g	540g	

Chocolate rice cereal



Chocolate rice cereal is a chocolate flavoured version of crisped rice. Crisped rice is made with rice and sugar paste that is formed into rice shapes or “berries”, cooked, dried and toasted, which expands forming very thin and hollowed out walls that are crunchy and crisp.

	100g	Portion (30g)	% daily target
Energy (kcal)	375kcal	113kcal	6%
Fat (g)	2.3g	0.7g	1%
Carbohydrate (g)	90g	27g	11%
Fibre (g)	2g	0.6g	2%
Protein (g)	4.6g	1.4g	3%
Water Footprint (litres)	unknown	unknown	
Carbon Footprint (gCO₂e)	300g	90g	



Crisps (plain)

A crisp is a thin slice of potato that has been deep fried or baked until crunchy. Potato chips are commonly served as a snack, side dish, or appetizer. The basic chips are cooked and salted; additional varieties are manufactured using various flavourings and ingredients including herbs, spices, cheeses, other natural flavours, artificial flavours and additives.

	100g	Portion (25g)	% daily target
Energy (kcal)	492kcal	123kcal	6%
Fat (g)	30g	7.5g	13%
Carbohydrate (g)	56g	14g	6%
Fibre (g)	4g	1g	3%
Protein (g)	6.2g	1.5g	3%
Water Footprint (litres)	unknown	unknown	
Carbon Footprint (gCO₂e)	250g	62g	



Cucumber

The cucumber is a creeping vine that bears cylinder shaped fruits, tapered and rounded at the ends that are used as vegetables. Cucumbers are mainly grown for slicing and used in salads; pickling with brine, sugar, vinegar, and spices; and seedless which are milder in flavour.

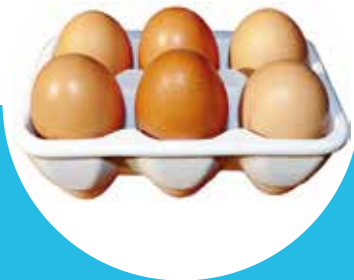
	100g	Portion (80g)	% daily target
Energy (kcal)	14kcal	11.2kcal	0.6%
Fat (g)	0.6g	0.48g	0.8%
Carbohydrate (g)	1.2g	0.96g	0.4%
Fibre (g)	0.7g	0.56g	2%
Protein (g)	1g	0.8g	2%
Water Footprint (litres)	35 l	28 l	
Carbon Footprint (gCO₂e)	unknown	unknown	



Dark chocolate

Dark chocolate (also known as black chocolate or plain chocolate) is a form of chocolate which is made from cocoa butter instead of milk-based butter like milk chocolate, and contains a higher percentage of cocoa. Dark chocolate contains antioxidants, and is relatively low in sugar. It has a reputation as a healthier alternative to other types of chocolate, such as milk chocolate.

	100g	Portion (25g)	% daily target
Energy (kcal)	510kcal	127.5kcal	6%
Fat (g)	28g	7g	12%
Carbohydrate (g)	63.5g	15.9g	6%
Fibre (g)	0g	0g	0%
Protein (g)	5g	1.25g	2%
Water Footprint (litres)	170 l	42.5 l	
Carbon Footprint (gCO₂e)	300g	75g	



Eggs

Eggs are laid by female animals of many different species, including birds, reptiles, amphibians, mammals, and fish, and have been eaten by humans for thousands of years. Bird and reptile eggs consist of a protective eggshell, albumen (egg white), and vitellus (egg yolk), contained within various thin membranes. The most popular choice for egg consumption are chicken eggs. Egg yolks and whole eggs store significant amounts of protein and are widely used in cookery.

	100g	Portion (1 egg = 60g)	% daily target
Energy (kcal)	52kcal	31.2kcal	2%
Fat (g)	0g	0g	0%
Carbohydrate (g)	0g	0g	0%
Fibre (g)	0g	0g	0%
Protein (g)	13g	7.8g	14%
Water Footprint (litres)	327 l	196 l	
Carbon Footprint (gCO₂e)	500g	300g	



Fish

The term “fish” most precisely describes any animal with a skull and in most cases a backbone, that has gills throughout life and whose limbs, if any, are in the shape of fins. Fish are consumed as food by many species, including humans. It has been an important source of protein and other nutrients for humans throughout recorded history. Fish can be cooked by many different methods including grilling, steaming, and frying. Overfishing is a major threat to edible fish such as cod and tuna.

	100g	Portion (100g)	% daily target
Energy (kcal)	98kcal	98kcal	4.9%
Fat (g)	0.8g	0.8g	1%
Carbohydrate (g)	0g	0g	0%
Fibre (g)	0g	0g	0%
Protein (g)	22.8g	22.8g	42%
Water Footprint (litres)	unknown	unknown	
Carbon Footprint (gCO₂e)	540g	540g	



Grapes

A grape is a fruit, botanically a berry, of the deciduous woody vines of the flowering plant genus *Vitis*. Grapes can be eaten fresh as table grapes or they can be used for making wine, jam, juice, jelly, grape seed extract, raisins, vinegar, and grape seed oil. Grapes generally occur in clusters.

	100g	Portion (80g)	% daily target
Energy (kcal)	65kcal	52kcal	3%
Fat (g)	0.2g	0.16g	0.1%
Carbohydrate (g)	16.1g	12.88g	32%
Fibre (g)	1.3g	1.04g	0.3%
Protein (g)	0.7g	0.56g	0.3%
Water Footprint (litres)	unknown	unknown	
Carbon Footprint (gCO₂e)	80g	64g	



Lamb

A sheep in its first year is called a lamb, and its meat is also called lamb. Lamb meat can be cooked by braising, roasting or grilling. Sheep have a natural life span of up to 12 years but a lamb raised for meat typically lives less than six months.

	100g	Portion (100g)	% daily target
Energy (kcal)	359kcal	359kcal	18%
Fat (g)	29.9g	29.9g	50%
Carbohydrate (g)	0g	0g	0%
Fibre (g)	0g	0g	0%
Protein (g)	22.4g	22.4g	41%
Water Footprint (litres)	1041 l	1041 l	
Carbon Footprint (gCO₂e)	6420g	6420g	



Lentils

The lentil is an edible pulse. It is a bushy annual plant of the legume family, known for its lens-shaped seeds. It is about 40 cm (16 in) tall, and the seeds grow in pods, usually with two seeds in each. Lentil colours range from yellow to red-orange to green, brown and black. Lentils also vary in size, and are sold in many forms, with or without the skins, whole or split. Lentils need a cooking time of 10 to 40 minutes, depending on the variety and have a distinctive, earthy flavour. They can be used to make soups or stews with vegetables or rice.

	100g	Portion (75g)	% daily target
Energy (kcal)	353kcal	265kcal	13%
Fat (g)	1g	0.75g	1%
Carbohydrate (g)	63g	47.25g	19%
Fibre (g)	11g	8.25g	28%
Protein (g)	25g	18.75g	34%
Water Footprint (litres)	unknown	unknown	
Carbon Footprint (gCO₂e)	330g	248g	



Lettuce

Lettuce is an annual plant of the daisy family, most often used for salads. Lettuce is a rich source of vitamin K and vitamin A, and a moderate source of folate and iron.

	100g	Portion (80g)	% daily target
Energy (kcal)	11kcal	8.8kcal	0.4%
Fat (g)	0.1g	0.08g	0.1%
Carbohydrate (g)	1.4g	1.12g	0.5%
Fibre (g)	1.5g	1.2g	4%
Protein (g)	1.2g	0.96g	2%
Water Footprint (litres)	24 l	19.2 l	
Carbon Footprint (gCO₂e)	unknown	unknown	

Maize (sweetcorn)



Maize (also known as corn or sweetcorn) is a large grain plant first domesticated by indigenous peoples in southern Mexico about 10,000 years ago. The leafy stalk of the plant produces separate pollen and ears, which are fruits, yielding kernels or seeds. Maize has become a staple food in many parts of the world, with total production surpassing that of wheat or rice. However, not all of this maize is consumed directly by humans. Some of the maize production is used for corn ethanol, animal feed and other maize products, such as corn starch and corn syrup.

	100g	Portion (80g)	% daily target
Energy (kcal)	86kcal	69kcal	3%
Fat (g)	1.35g	1.08g	2%
Carbohydrate (g)	19g	15.2	6%
Fibre (g)	2g	1.6g	5%
Protein (g)	3.3g	2.64g	5%
Water Footprint (litres)	122 l	98 l	
Carbon Footprint (gCO₂e)	70g	56g	



Milk chocolate

Chocolate is a product based on cocoa solid and/or cocoa fat. Milk chocolate is solid chocolate made with milk.

	100g	Portion (25g)	% daily target
Energy (kcal)	519kcal	130kcal	6%
Fat (g)	31.1g	7.8g	5%
Carbohydrate (g)	56g	14g	6%
Fibre (g)	2.3g	0.6g	2%
Protein (g)	7.3g	1.8g	3%
Water Footprint (litres)	170 l	42.5 l	
Carbon Footprint (gCO₂e)	300g	75g	



Milk (cow's)

Milk is a white liquid produced by the mammary glands of mammals. It is the primary source of nutrition for infant mammals (including humans who breastfeed) before they can digest other types of food. Early-lactation milk contains colostrum, which carries the mother's antibodies to its young and can reduce the risk of many diseases. It contains many other nutrients including protein and lactose.

	100g	Portion (250ml)	% daily target
Energy (kcal)	46kcal	115kcal	6%
Fat (g)	1.7g	4.3g	7%
Carbohydrate (g)	5g	12.5g	5%
Fibre (g)	0g	0g	0%
Protein (g)	3.5g	9g	20%
Water Footprint (litres)	102 l	255 l	
Carbon Footprint (gCO₂e)	180g	450g	



Nuts

A nut is a fruit that is composed of a shell and a seed which is generally edible. There are, many examples of these including walnuts, hazelnuts, almonds and brazil nuts. The most common nuts that grow in the UK are hazelnuts, walnuts and sweet chestnuts.

	100g	Portion (50g)	% daily target
Energy (kcal)	580kcal	290kcal	15%
Fat (g)	49g	24.5g	41%
Carbohydrate (g)	12g	6g	2%
Fibre (g)	8.8g	4.4g	1%
Protein (g)	24g	12g	22%
Water Footprint (litres)	906 l	543 l	
Carbon Footprint (gCO₂e)	200g	100g	



Oats

The oat (*Avena sativa*) is a species of cereal grain grown for its seed, which is known by the same name (usually in the plural – oats). Oats are suitable for human consumption as oatmeal and rolled oats but one of the most common uses is as livestock feed. Oats are best grown in temperate regions with cool, wet summers, such as Northwest Europe. Often eaten cooked as porridge, oats may also be used in cold cereals such as muesli and in baked goods such as cakes and bread.

	100g	Portion (40g)	% daily target
Energy (kcal)	380kcal	152kcal	8%
Fat (g)	8g	3.2g	5%
Carbohydrate (g)	70g	28g	11%
Fibre (g)	8g	3.2g	11%
Protein (g)	11g	4.4g	8%
Water Footprint (litres)	unknown	unknown	
Carbon Footprint (gCO₂e)	100g	90g	



Onions

The onion, also known as the bulb onion or common onion, is a vegetable that is the most widely cultivated species of the genus *Allium*. Its close relatives include the garlic, shallot, leek and chive. Onions are cultivated and used around the world. As a food item, they are usually served cooked, as a vegetable or part of a prepared savoury dish, but can also be eaten raw or used to make pickles or chutneys. They are pungent when chopped and contain certain chemical substances which irritate the eyes.

	100g	Portion (80g)	% daily target
Energy (kcal)	95kcal	76kcal	4%
Fat (g)	5.3g	4.2g	7%
Carbohydrate (g)	11g	8.8g	22%
Fibre (g)	3g	2.4g	8%
Protein (g)	1.2g	1g	2%
Water Footprint (litres)	unknown	unknown	
Carbon Footprint (gCO₂e)	50g	40g	



Orange juice

Orange juice is the liquid extract of the fruit of the orange tree, produced by squeezing oranges. As well as variations in oranges used, some varieties include differing amounts of juice vesicles, known as “juicy bits” in British English. These vesicles contain the juice of the orange and can be left in or removed during the manufacturing process. How juicy these vesicles are depend upon many factors, such as species, variety, and season.

	100g	Portion (250ml)	% daily target
Energy (kcal)	34kcal	85kcal	4%
Fat (g)	0g	0g	0%
Carbohydrate (g)	8.5g	21.25g	1%
Fibre (g)	0g	0g	0%
Protein (g)	0.5g	1.25g	2%
Water Footprint (litres)	unknown	unknown	
Carbon Footprint (gCO₂e)	99g	247g	



Oranges

The orange is a citrus fruit and is a hybrid between pomelo and mandarin. Orange trees are widely grown in tropical and subtropical climates for their sweet fruit. The fruit of the orange tree can be eaten fresh, or processed for its juice or fragrant peel.

	100g	Portion (80g)	% daily target
Energy (kcal)	36kcal	29kcal	2%
Fat (g)	0.2g	0.16g	0.3%
Carbohydrate (g)	8.2g	6.6g	3%
Fibre (g)	1.2g	1g	3%
Protein (g)	0.8g	0.64g	1%
Water Footprint (litres)	56 l	45 l	
Carbon Footprint (gCO₂e)	60g	48g	



Pasta (white, dry)

Pasta is typically a noodle made from an unleavened dough of a durum wheat flour mixed with water or eggs and formed into sheets or various shapes, then cooked by boiling or baking. (Whole wheat pasta contains three parts of the wheat grain, whereas white pasta contains just one).

	100g	Portion (50g)	% daily target
Energy (kcal)	343g	171.5g	9%
Fat (g)	1.6g	0.8g	1%
Carbohydrate (g)	75.6g	37.8g	15%
Fibre (g)	0g	0g	0%
Protein (g)	11.3g	5.65g	10%
Water Footprint (litres)	185 l	93 l	
Carbon Footprint (gCO₂e)	230g	115g	



Peanuts (shelled)

A peanut (also known as a groundnut) is a legume crop and belongs to the bean, or pea, family and is grown mainly for its edible seeds. Peanut pods develop underground rather than above ground. Peanuts are similar in taste and nutritional profile to tree nuts such as walnuts and almonds, and are often served in similar ways in Western cuisines.

	100g	Portion (80g)	% daily target
Energy (kcal)	564kcal	450kcal	23%
Fat (g)	46g	37g	62%
Carbohydrate (g)	12.5g	10g	4%
Fibre (g)	0g	0g	0%
Protein (g)	26g	21g	38%
Water Footprint (litres)	397 l	318 l	
Carbon Footprint (gCO₂e)	140g	112g	



Peas

A pea is a most commonly green, occasionally golden yellow, or infrequently purple pod-shaped vegetable. The pea is the small spherical seed of the pod fruit and each pod contains several peas. Pea pods are botanically fruit, since they contain seeds. The name is also used to describe other edible seeds.

	100g	Portion (80g)	% daily target
Energy (kcal)	81kcal	65kcal	4%
Fat (g)	0.4g	0.3g	0.5%
Carbohydrate (g)	14.5g	11.5g	5%
Fibre (g)	5g	4g	13%
Protein (g)	5.4g	4.3g	8%
Water Footprint (litres)	unknown	unknown	
Carbon Footprint (gCO₂e)	120g	96g	



Peppers

The pepper is also known as sweet pepper or capsicum and has fruits in different colours, including red, yellow, orange, green, brown, white, and purple. The whitish ribs and seeds inside bell peppers may be consumed, but some people find the taste to be bitter.

	100g	Portion (80g)	% daily target
Energy (kcal)	26kcal	21kcal	1%
Fat (g)	0.3g	0.24g	0.4%
Carbohydrate (g)	4.2g	3.4g	1%
Fibre (g)	2.4g	1.9g	7%
Protein (g)	1.8g	1.4g	3%
Water Footprint (litres)	unknown	unknown	
Carbon Footprint (gCO₂e)	320g	256g	



Pineapple

The pineapple (*Ananas comosus*) is a tropical plant with an edible multiple fruit. Pineapples can be consumed fresh, cooked, juiced, or preserved.

	100g	Portion (80g)	% daily target
Energy (kcal)	40kcal	32kcal	2%
Fat (g)	0.2g	0.16g	0.3%
Carbohydrate (g)	10g	8g	3%
Fibre (g)	1g	0.8g	0%
Protein (g)	0.4g	0.32g	0.6%
Water Footprint (litres)	unknown	unknown	
Carbon Footprint (gCO₂e)	190g	152g	



Pizza Margherita

Pizza Margherita is a typical Neapolitan pizza, made with tomatoes, mozzarella cheese, fresh basil, and extra-virgin olive oil.

	100g	Portion (150g)	% daily target
Energy (kcal)	272kcal	408kcal	21%
Fat (g)	10g	15g	25%
Carbohydrate (g)	36g	54g	22%
Fibre (g)	3g	4.5g	15%
Protein (g)	12g	18g	33%
Water Footprint (litres)	126 l	189 l	
Carbon Footprint (gCO₂e)	380g	570g	



Pork

Pork is the culinary name for meat from a domestic pig. It is the most commonly consumed meat worldwide, with evidence of pigs being kept since 5000 BC. Pork is eaten both freshly cooked and preserved. Curing extends the shelf life of the pork products with ham, gammon, bacon and sausage examples of preserved pork.

	100g	Portion (100g)	% daily target
Energy (kcal)	290kcal	290kcal	15%
Fat (g)	20g	20g	33%
Carbohydrate (g)	0g	0g	0%
Fibre (g)	0g	0g	0%
Protein (g)	25g	25g	45%
Water Footprint (litres)	599 l	599 l	
Carbon Footprint (gCO₂e)	790g	790g	



Potatoes

The potato is a starchy, tuberous crop from the perennial nightshade *Solanum tuberosum*. The word “potato” may refer either to the plant itself or to the edible tuber. The species originates in South America, and potatoes were introduced to Europe in the second half of the 16th century by the Spanish. Potatoes are prepared in many ways: baked, boiled, steamed, fried, skin-on or peeled, whole or cut up, mashed, with seasonings or without. They need to be cooked to swell the starch granules. Most potato dishes are served hot, but some are first cooked, then served cold, notably potato salad and potato chips/crisps.

	100g	Portion (100g)	% daily target
Energy (kcal)	69kcal	69kcal	4%
Fat (g)	0.1g	0.1g	0.2%
Carbohydrate (g)	15g	15g	6%
Fibre (g)	1.8g	1.8g	6%
Protein (g)	1.8g	1.8g	3%
Water Footprint (litres)	29 l	29 l	
Carbon Footprint (gCO₂e)	40g	40g	



Rice (whole grain)

Rice is the seed of a grass species *Oryza sativa* (Asian rice) or *Oryza glaberrima* (African rice). As a cereal grain, it is the most widely consumed staple food for a large part of the world's human population. There are many varieties of rice. The traditional method for growing rice is flooding the fields while, or after, setting the young seedlings but this is not mandatory. Rice is cooked by boiling or steaming, and absorbs water during cooking.

	100g	Portion (75g)	% daily target
Energy (kcal)	333g	245g	12%
Fat (g)	1.5g	1.125g	2%
Carbohydrate (g)	77g	58g	23%
Fibre (g)	3g	2.25g	8%
Protein (g)	7.7g	5.8g	3%
Water Footprint (litres)	250 l	187.5 l	
Carbon Footprint (gCO₂e)	390g	293g	



Soya 'milk'

Soya 'milk' is a plant-based drink produced by soaking and grinding soybeans, boiling the mixture, and filtering out remaining particulates. Soya 'milk', and other plant based drinks are now often used as a substitute for dairy milk by individuals who are vegan or lactose intolerant, who are concerned about the environmental impact of dairy produce, or who are concerned about animal rights and animal exploitation.

	100g	Portion (250ml)	% daily target
Energy (kcal)	26kcal	65kcal	3%
Fat (g)	1.6g	4g	7%
Carbohydrate (g)	0.5g	1.25g	0.5%
Fibre (g)	0.5g	1.25g	4%
Protein (g)	2.4g	6g	11%
Water Footprint (litres)	unknown	unknown	
Carbon Footprint (gCO₂e)	25g	63g	



Sugar

Sugarcane is a tropical, perennial grass that forms lateral shoots at the base to produce multiple stems, typically 3 to 4 m high and about 5 cm in diameter. Sugarcane cultivation requires a tropical or temperate climate, with a minimum of 60 cm of annual rain. Ethanol is generally available as a by-product of sugar production and can be used as a biofuel alternative to gasoline which is widely used in cars in Brazil. Sugar is the generic name for sweet, soluble carbohydrates, many of which are used in food.

	100g	Portion (1 teaspoon = 4g)	% daily target
Energy (kcal)	387kcal	15.5kcal	0.8%
Fat (g)	0g	0g	0%
Carbohydrate (g)	100g	4g	2%
Fibre (g)	0g	0g	0%
Protein (g)	0g	0g	0%
Water Footprint (litres)	178 l	7 l	
Carbon Footprint (gCO₂e)	10g	0.4g	



Tomatoes

The tomato is the edible, often red, fruit of the plant *Solanum lycopersicum*, commonly known as a tomato plant, which belongs to the nightshade family. Tomato is consumed in diverse ways, including raw, as an ingredient in many dishes, sauces, salads, and drinks. While tomatoes are botanically berry-type fruits, they are considered culinary vegetables, being ingredients of savoury meals.

	100g	Portion (80g)	% daily target
Energy (kcal)	14kcal	11kcal	0.5%
Fat (g)	0.1g	0.08g	0.1%
Carbohydrate (g)	3g	2.4g	1%
Fibre (g)	1g	0.8g	3%
Protein (g)	0.5g	0.4g	0.7%
Water Footprint (litres)	21.5 l	17 l	
Carbon Footprint (gCO₂e)	150g	120g	



Pasta (whole wheat, dry)

Pasta is typically a noodle made from an unleavened dough of a durum wheat flour mixed with water or eggs and formed into sheets or various shapes, then cooked by boiling or baking. (Whole wheat pasta contains three parts of the wheat grain, whereas white pasta contains just one).

	100g	Portion (50g)	% daily target
Energy (kcal)	329kcal	164.5kcal	8%
Fat (g)	2.5g	1.25g	2%
Carbohydrate (g)	68g	34g	14%
Fibre (g)	12g	6g	20%
Protein (g)	12.6g	6.3g	12%
Water Footprint (litres)	185 l	92.5 l	
Carbon Footprint (gCO₂e)	230g	115g	