

# Dit klimaaftryk i CO<sub>2</sub> per 100 gram protein

**SPIS & DRINK**  
for klimaet

**FOLKEKIRKENS**  
**NØDHJÆLP**  
actalliance

**CO<sub>2</sub>-aftryk**

Bælg  
Yougurt  
Oksekød

**For at få 100 gram protein, skal du enten spise:**

- 500 gram bælgplanter kikærter, bønner og linser
- 2,5 liter yougurt
- 400 gram oksekød

**For at få 100 gram protein, udleder du:**

- 0,03 kg CO<sub>2</sub> ved 500 g. bælgplanter
- 0,29 kg CO<sub>2</sub> ved 2,5 liter yougurt
- 1,59 kg CO<sub>2</sub> ved 400 g. oksekød

**Når du vælger plantekost, kan du både få proteiner og være en klimahelt**



Spis 500 g kikærter, bønner eller linser for 100 g. protein



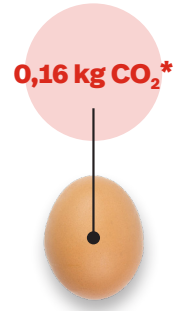
Spis 750 g havregryn for 100 g. protein



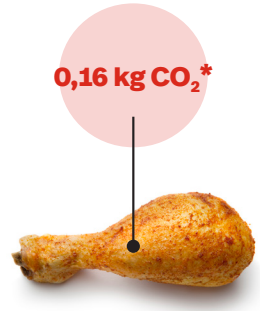
Spis 5 kg kartofler for 100 g. protein



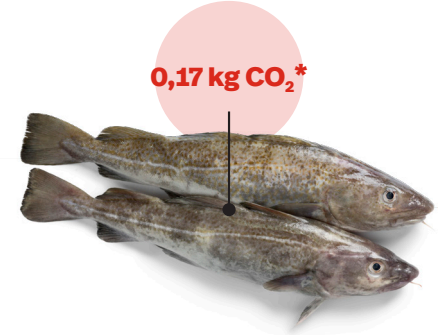
Spis 650 g hasselnødder for 100 g. protein



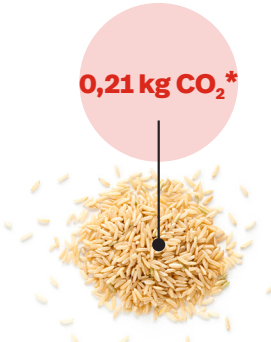
Spis 12 æg for 100 g. protein



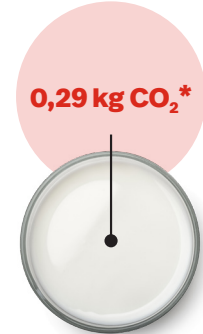
Spis 400 g fjerkræ for 100 g. protein



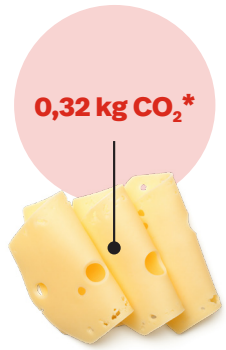
Spis 350-800 g torsk (350 g tun) for 100 g. protein



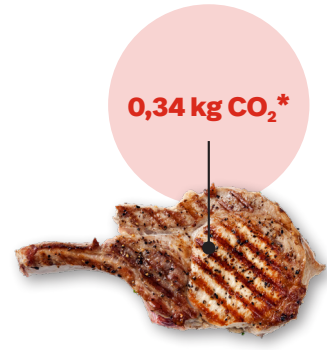
Spis 370 g ris for 100 g. protein



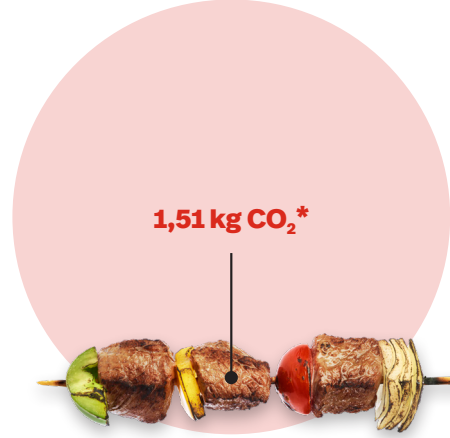
Spis 2,5 liter yougurt for 100 g. protein



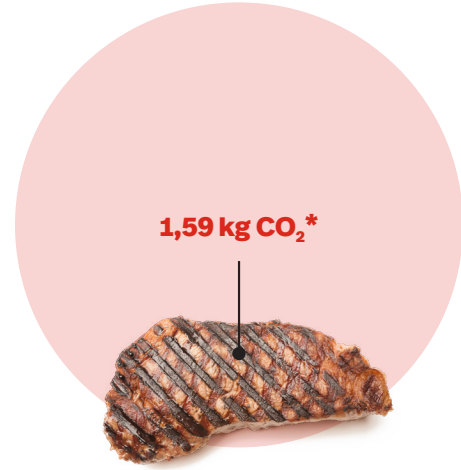
Spis 400 g ost for 100 g. protein



Spis 400 g grisekød for 100 g. protein



Spis 400 g lammekød for 100 g. protein



Spis 400 g oksekød for 100 g. protein

\* CO<sub>2</sub> beregning sammenligner den samlede klimapåvirkning pr. 100 g protein. Kilde: CONCITO på grundlag af Roods (2014) og DTU (2018)