

Carbon footprint on fisheries and the Atlantic diet

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<https://biogroup.usc.es/>



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Carbon footprint (kg CO₂ eq) – Life cycle perspective

13 CLIMATE ACTION



CHICKEN



3,000
g/Kg

YOGHURT



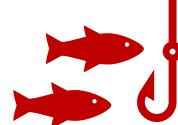
222
g/yoghurt

STRAWBERRY



330
g/Kg

SARDINE



360
g/Kg

EGGS



114
g/egg

12 RESPONSIBLE CONSUMPTION AND PRODUCTION



Water footprint (m³ water) – Life cycle perspective

CHICKEN



3,900
L/Kg

YOGHURT



26
L/yoghurt

STRAWBERRY



347
L/Kg

ONION



272
L/Kg

EGGS



208
L/egg

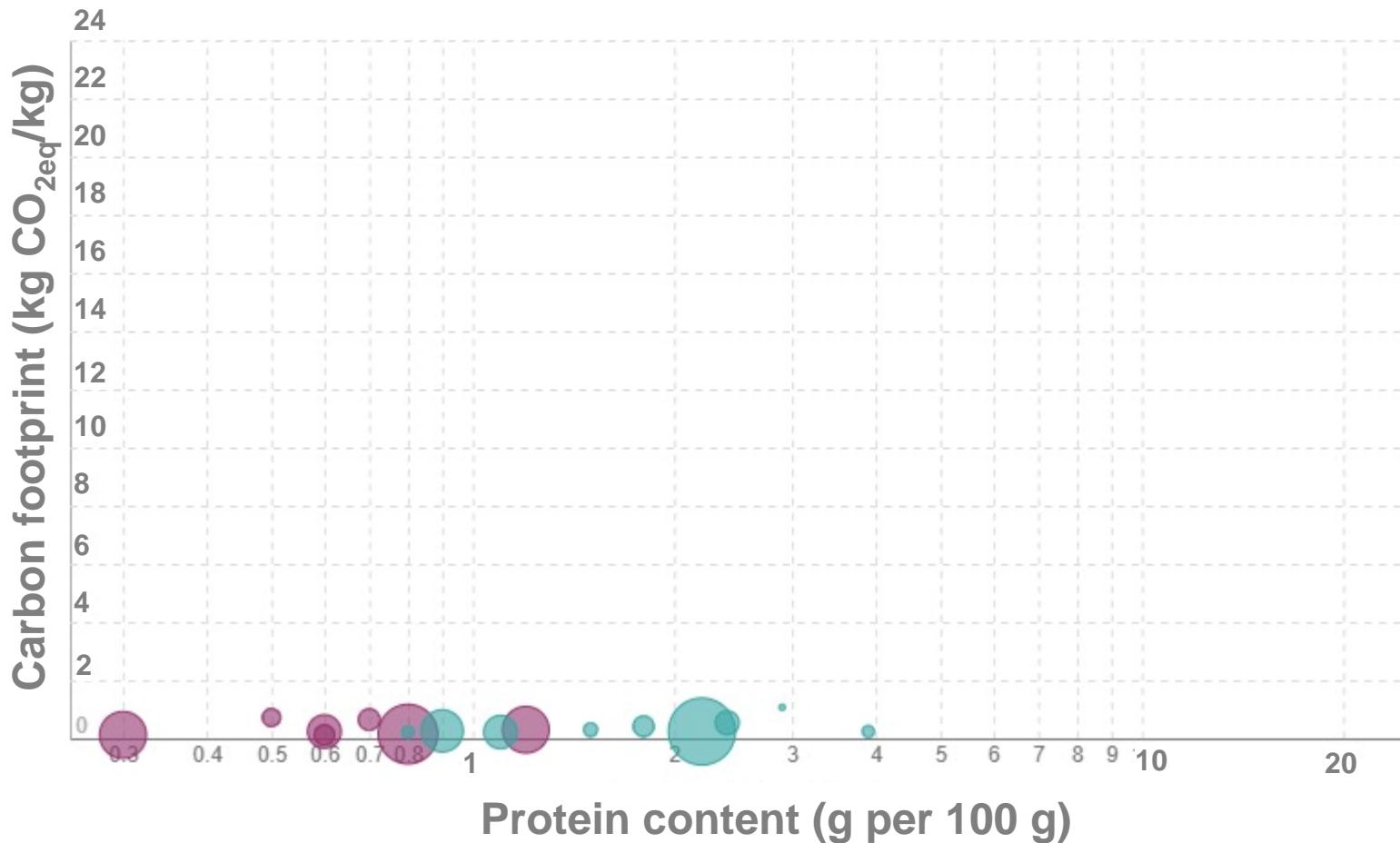
6 CLEAN WATER AND SANITATION



Sustainability and Nutrition

Carbon Footprint vs. Protein Content

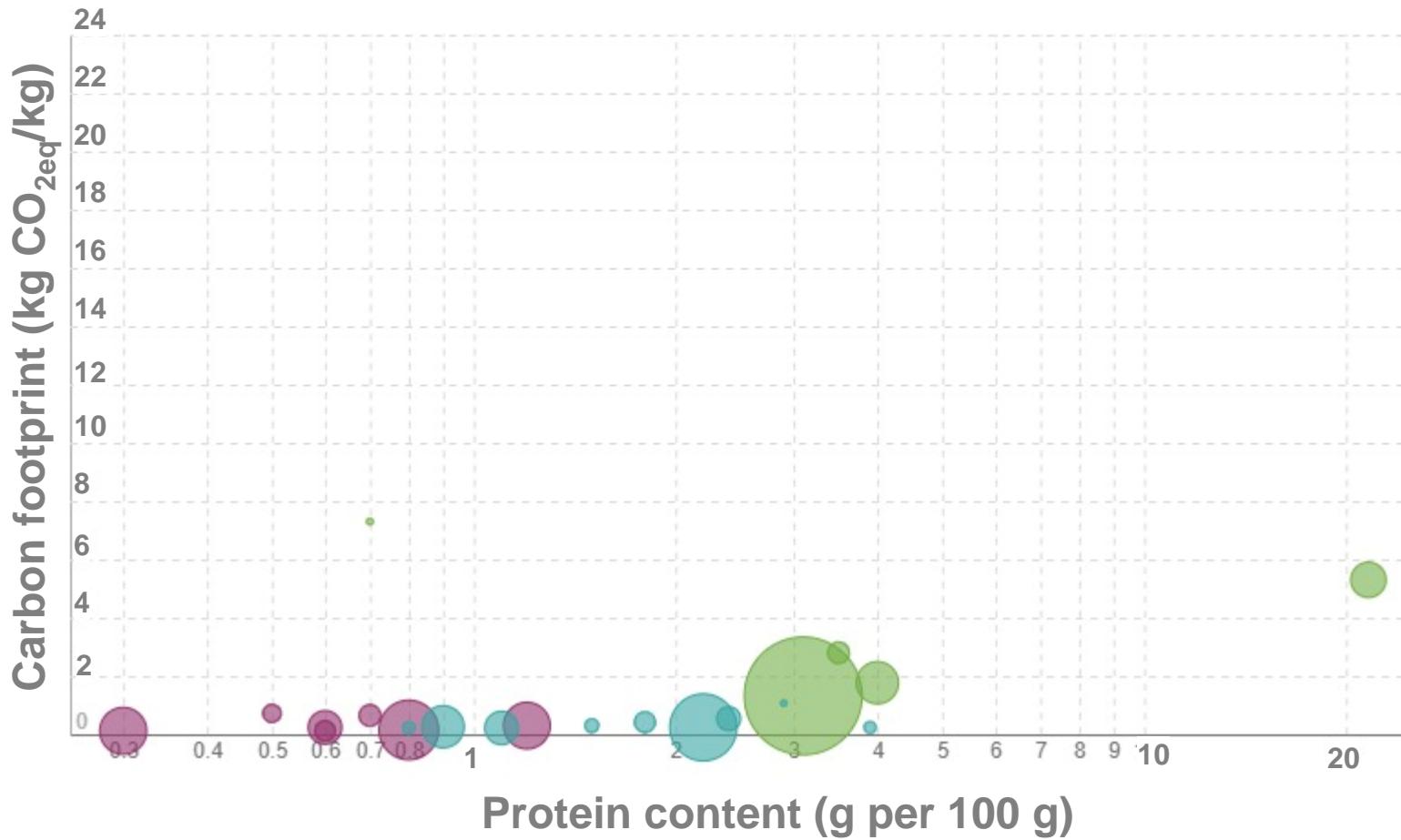
● Fish and Shellfish ● Meat ● Dairy products ● Fruits ● Vegetables and Legumes



Sustainability and Nutrition

Carbon Footprint vs. Protein Content

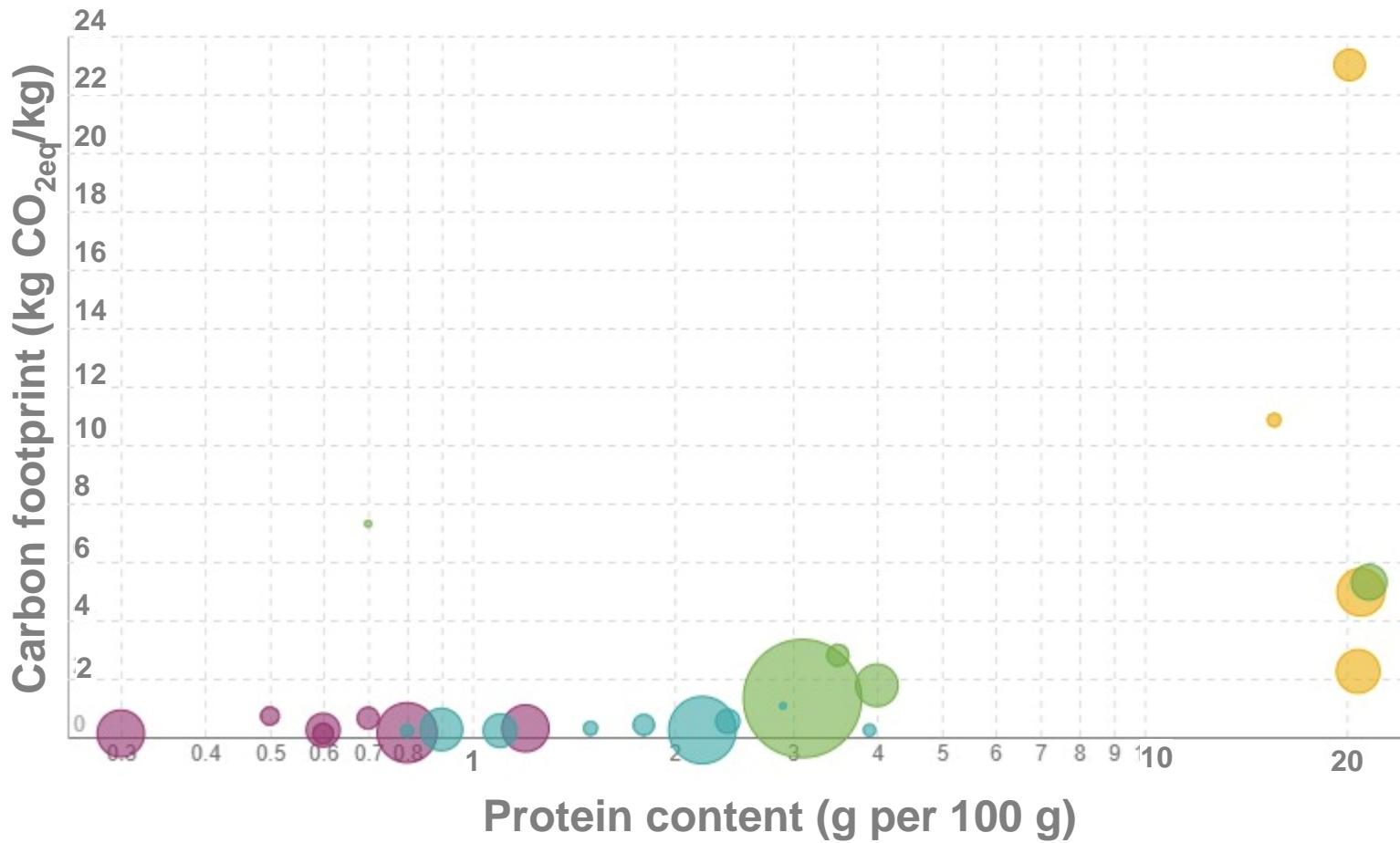
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Sustainability and Nutrition

Carbon Footprint vs. Protein Content

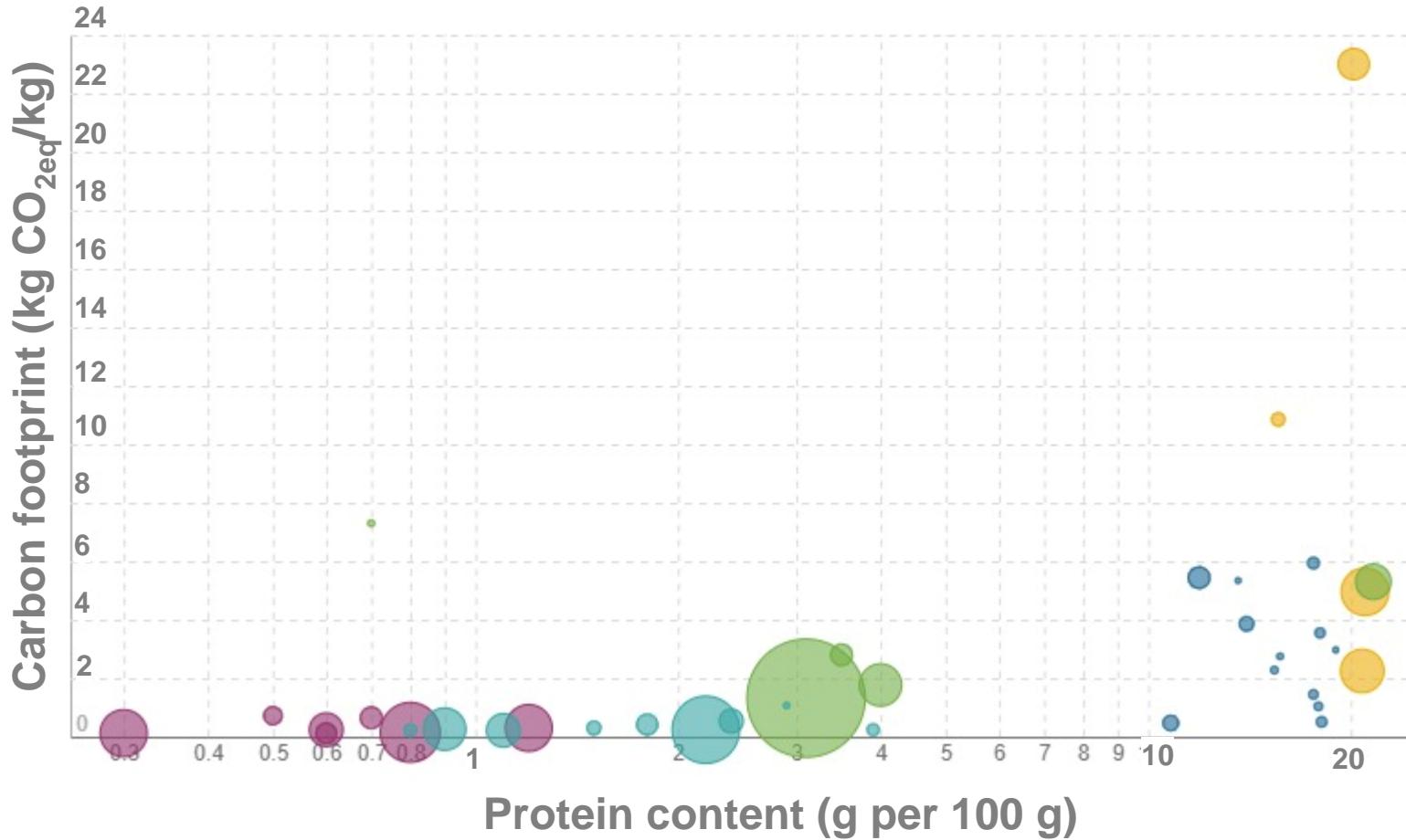
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Sustainability and Nutrition

Carbon Footprint vs. Protein Content

● Fish and Shellfish ● Meat ● Dairy products ● Fruits ● Vegetables and Legumes





“A balanced diet takes care of individual health and the health of the planet”





The **Atlantic diet**, common in the area of Galicia and northern Portugal, is notable for the consumption of **fish**, vegetables and greens typical of the area. It also includes milk and dairy products (especially cheese); cereals; pork, beef and poultry; and olive oil.



The **Mediterranean diet** emphasises the consumption of vegetables, fruit, pulses and legumes, as well as whole grains, **fish**, soft meats, nuts and olive oil. It is associated with the dietary patterns of Mediterranean countries, mainly Spain, Italy and Greece.

Percentage weight distribution of each diet

Function: 2,100 calories per day

Cereals



Vegetables



Fruits



Fish



Meat



Dairy products



Oil



Sweet



0 10 20 30 40 50 60

0 10 20 30 40 50 60

0 10 20 30 40 50 60

0 10 20 30 40 50 60

Percentage

Percentage

Percentage

Percentage

Environmental impact of diets



DAILY DIETARY
IMPACT

📍 → kg CO₂ eq·person⁻¹·day⁻¹

- Cultural aspects
- Lifestyle
- Climate

[Carbon footprint and nutritional quality of different human dietary choices | Request PDF \(researchgate.net\)](#)



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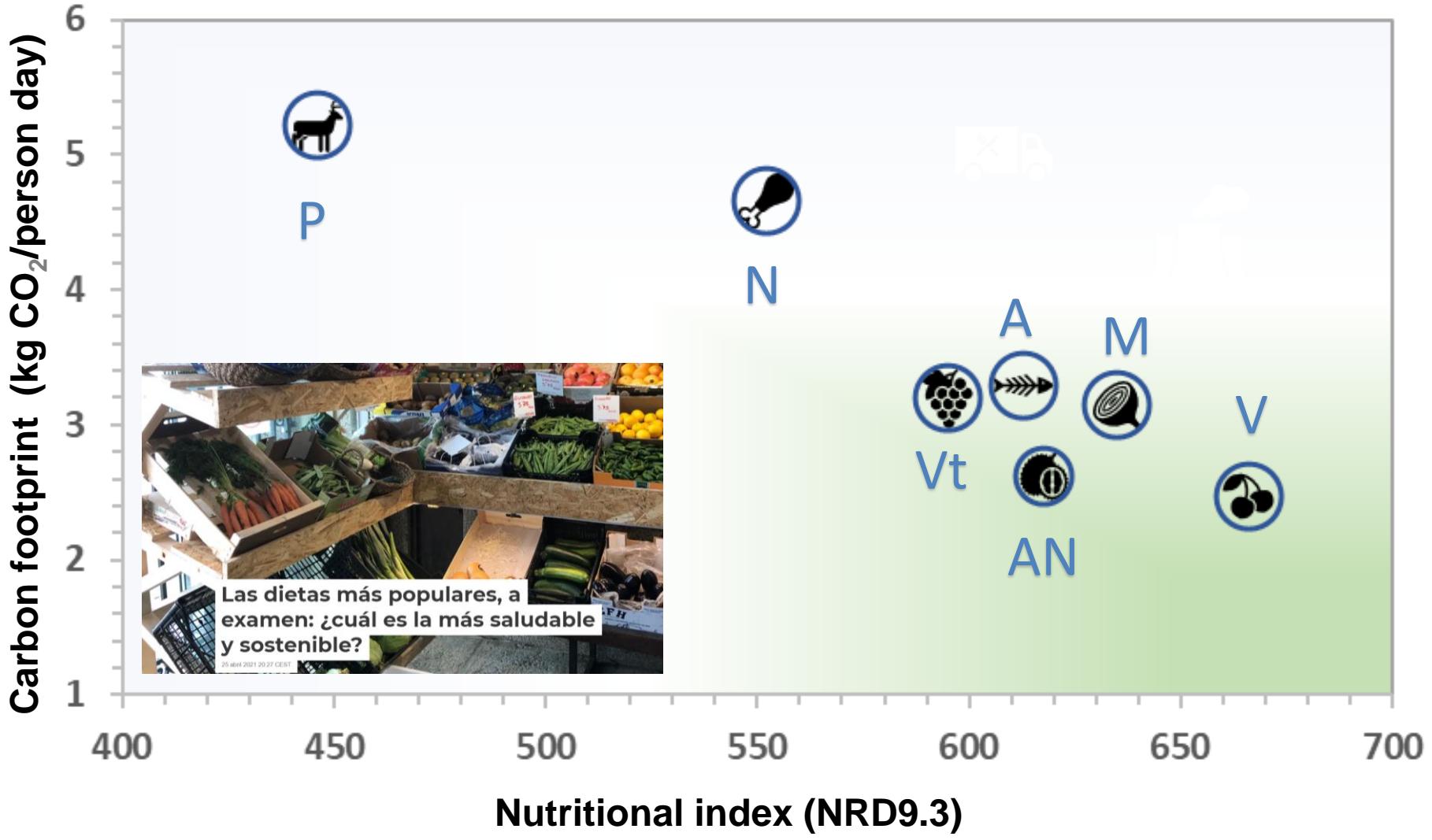
Review

Carbon footprint and nutritional quality of different human dietary choices

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[Las dietas más populares, a examen: ¿cuál es la más saludable y sostenible?](https://theconversation.com/)
 (theconversation.com)

What can we do?

Edición: [España](#) Boletín de noticias - Suscripción Regístrese como Autor Regístrese como Lector Iniciar sesión

THE CONVERSATION

Rigor académico, oficio periodístico

COVID-19 Ciencia + Tecnología Cultura Economía Educación Medicina + Salud **Medioambiente + Energía** Política + Sociedad

Cinco reglas para elegir alimentos que mejoren su

[Cinco reglas para elegir alimentos que mejoren su salud y la del planeta](#)
(theconversation.com)



4 rules to reduce impact

Origin of foodstuffs

Season

Packaging

Ecolabels



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