



FATS

THE HUNGRY GAMES



## Salmon

**Amount of fat**



**Amount of saturated fat**

Salmon is one of the richest sources of omega 3 oils, which help your heart and brain stay healthy



**Environmental Impact**

Salmon feed is often made up of wild-caught marine life, making this practice unsustainable. However, researchers are working on creating alternative feed sources to reduce the environmental impact of salmon farming



**Fats are an essential part of a balanced, healthy diet. They are a great source of slow-release energy, and help us to absorb some vitamins**



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## Brazil Nuts

### Amount of fat



### Amount of saturated fat

Brazil nuts are high in fat but can be a healthy source of mono and polyunsaturated fats if eaten as part of a balanced diet



### Environmental Impact

Brazil nuts are grown in the Amazon rainforest, picked by hand in a natural, healthy environment



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## Vanilla Ice Cream

### Amount of fat



### Amount of saturated fat

By the 'traffic light' food labelling standards for the UK, ice cream contains 'medium amount' of total fat but a 'high amount' of saturated fat (more than 5g/100g)



### Environmental Impact

The main proportion of ice cream's carbon footprint results from it containing dairy products – milk production generates a huge amount of greenhouse gas emissions



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## Avocado

Amount of fat



Amount of saturated fat



Environmental Impact

Avocado trees absorb approximately 2.6 tonnes of carbon dioxide per year. That's the same amount produced by driving a car 26,000 miles!



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## Cheese

### Amount of fat



### Amount of saturated fat

Most of the fat in cheese is saturated so best to eat in moderation!



### Environmental Impact

Cheese production uses a lot of water and emits large amounts of green house gases. Cheese has the potential to contribute to 2.11% of global warming



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## Eggs

### Amount of essential fatty acids



### Amount of saturated fat

Eggs are best eaten boiled, poached or scrambled as frying them adds extra fat



### Environmental Impact

It takes large amounts of feed, heating and lighting to produce good quality eggs. There are also environmental impacts associated with eggs, such as eutrophication of ponds and rivers caused by waste mixing with rain water and running in to bodies of water



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## Olive Oil

### Amount of fat



### Amount of saturated fat

Olive oil is 100% fat, but we only eat it in small amounts. It is a liquid at room temperature, and provides a good source of unsaturated fats



### Environmental Impact

Waste water from olive oil production has to be treated before it can be used in agricultural and industrial processes



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## Chocolate Cake

**Amount of fat**



**Amount of saturated fat**

Chocolate cake contains very little 'good fat' and lots of sugar too so best to only eat occasionally!



**Environmental Impact**

The ingredients used to make cakes use a lot of water from the environment. Waste packaging from cakes also contributes to 2% of avoidable tonnes of waste in the UK



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## Meat Topped Pizza

**Amount of fat**



**Amount of saturated fat**

An average sized portion of pizza contains around 560 calories, which are a measure of energy - some will come from the fats in the cheese and meat, others will come from the carbohydrates in the pizza base



**Environmental Impact**

Greenhouse gas emissions from pizza come from the gases emitted during the growth and production of toppings, such as meats and vegetables



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## Grilled Back Bacon

### Amount of fat



### Amount of saturated fat

You can reduce the amount of saturated fat in bacon by trimming off the rind



### Environmental Impact

Sustainable measures are being put in place to reduce the environmental impact of pig farming. Pig manure contains large amounts of nitrogen and phosphorous, which damages water and soil in the environment



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## Orange Juice

Amount of sugar



Dietary fibre score

2

Environmental Impact

A glass of orange juice can use up to two glasses of diesel in terms of energy. It also requires 1000 glasses of irrigation water and 22 glasses of processing water



Carbohydrates provide our bodies with energy



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CARBOHYDRATES

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## Vanilla Ice Cream

Amount of sugar



Dietary fibre score

0

Environmental Impact



The main proportion of ice cream's carbon footprint results from it containing dairy products – milk production generates a huge amount of greenhouse gas emissions

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## New Potatoes

Amount of sugar



Dietary fibre score

12

Environmental Impact

Potato crops grown in Great Britain typically have a water requirement per hectare that is 22% less than wheat and 18% less than barley. However potatoes are one of the foods we throw away in the greatest quantities in the UK



Carbohydrates provide our bodies with energy



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## White Pasta

Amount of sugar



Dietary fibre score

31

### Environmental Impact

Pasta is made from durum wheat, the most widespread crop in the Mediterranean area; impacts of pasta on the environment are mainly a result of fertiliser and water inputs needed to grow the crops



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## Banana

Amount of sugar



Dietary fibre score

6

Environmental Impact

Bananas have a low carbon footprint compared to most fruits; they are grown in natural sunlight, transported by boats and often are not packaged in the shops



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## Brown Rice

Amount of sugar



Dietary fibre score

12

Environmental Impact

90% of rice is produced and consumed in Asia in paddy fields; rice cultivation on wetland rice fields is thought to be responsible for 11% of methane emissions from human activity and uses almost a third of Earth's fresh water



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## Baked Beans in Tomato Sauce

Amount of sugar



Dietary fibre score

38

### Environmental Impact

The supermarket Tesco recently worked out that for a typical 420g can of their baked beans, the energy used to cook the beans during manufacture contributes 30g CO<sub>2</sub>e, and a further 120g CO<sub>2</sub>e comes from the energy and raw materials used to make the tin can



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## Smoked Mackerel

Amount of sugar



Dietary fibre score

0

Environmental Impact



Mackerel is on the MSC's list of 'fish you should eat' Catches of mackerel have been increasing since 2005 and have been around 900,000 since 2010

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## Apple

Amount of sugar



Dietary fibre score

?

### Environmental Impact

The loss of apple orchards in the UK has led to more imports of fruit from overseas leading to increased traffic pollution, road building, and the extra packaging and storage needed for long-distance transport. It also reduces orchard habitats, which are known to be important havens for biodiversity in the UK's agricultural landscapes



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## Brazil Nuts

Amount of sugar



Dietary fibre score

3

Environmental Impact

Brazil nuts are grown in the Amazon rainforest, picked by hand in a natural, healthy environment



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## Tomatoes

**Vitamin C score**

**58**

**Riboflavin score**

**1**

**Iron score**

**3**

**Selenium score**

**0**

### **Environmental Impact**

In the UK, growers do not use pesticides, instead they rely on the natural enemies of pests to control them. In Europe, tomato growers rely heavily on pesticides to protect their crops from disease



**Vitamins and minerals are known as 'micro-nutrients' because we only need them in very small amounts**



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## Brazil Nuts

**Vitamin C score**

0

**Riboflavin score**

1

**Iron score**

30

**Selenium score**

66

### Environmental Impact

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## Spinach

**Vitamin C score**

80

**Riboflavin score**

18

**Iron score**

23

**Selenium score**

12

### Environmental Impact

Spinach growers often use large amounts of pesticides on their crop. Growers are starting to use alternative methods to control pests and to reduce the environmental impact of spinach



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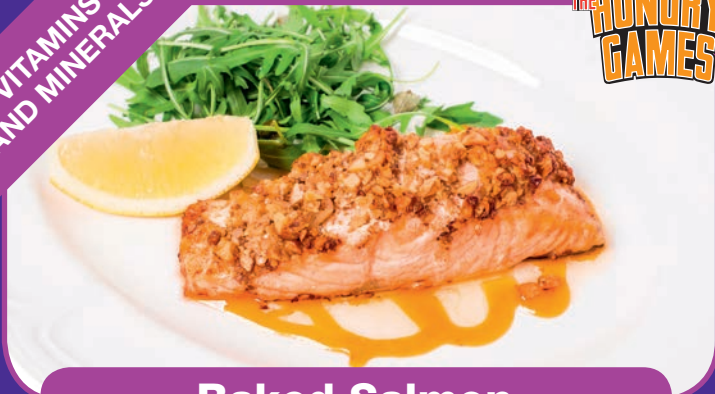
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## Baked Salmon

Vitamin C score

0

Riboflavin score

10

Iron score

5

Selenium score

52

### Environmental Impact

Salmon feed is often made up of wild-caught marine life, making this practice unsustainable. However, researchers are working on creating alternative feed sources to reduce the environmental impact of salmon farming



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## Eggs

**Vitamin C score**

0

**Riboflavin score**

26

**Iron score**

24

**Selenium score**

35

### Environmental Impact

It takes large amounts of feed, heating and lighting to produce good quality eggs. There are also environmental impacts associated with eggs, such as eutrophication of ponds and rivers caused by waste mixing with rain water and running in to bodies of water



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## Avocado

**Vitamin C score**

14

**Riboflavin score**

15

**Iron score**

5

**Selenium score**

0

### Environmental Impact

Avocado trees absorb approximately 2.6 tonnes of carbon dioxide per year. That's the same amount produced by driving a car 26,000 miles!



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## Quinoa

Vitamin C score

0

Riboflavin score

22

Iron score

95

Selenium score

0

### Environmental Impact

Quinoa is grown in South America; farmers are scrambling for new land to cultivate to take advantage of increasing demand for this nutrient-dense crop. This is leading to older forms of sustainable agriculture being lost and putting serious pressure on soil fertility



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## Brown Rice

**Vitamin C score**

0

**Riboflavin score**

2

**Iron score**

5

**Selenium score**

28

### Environmental Impact

90% of rice is produced and consumed in Asia in paddy fields; rice cultivation on wetland rice fields is thought to be responsible for 11% of methane emissions from human activity and uses almost a third of Earth's fresh water



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## Orange Juice

Vitamin C score

256

Riboflavin score

5

Iron score

1

Selenium score

0

### Environmental Impact

A glass of orange juice can use up to two glasses of diesel in terms of energy. It also requires 1000 glasses of irrigation water and 22 glasses of processing water



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## Baked Beans in Tomato Sauce

Vitamin C score

0

Riboflavin score

4

Iron score

17

Selenium score

11

### Environmental Impact

The supermarket Tesco recently worked out that for a typical 420g can of their baked beans, the energy used to cook the beans during manufacture contributes 30g CO<sub>2</sub>e, and a further 120g CO<sub>2</sub>e comes from the energy and raw materials used to make the tin can



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## Baked Beans in Tomato Sauce

**Total protein score**

**1**

**Essential amino acids score**

**3**

### **Environmental Impact**

One way to reduce the environmental impact of baked beans is to recycle the can after use



**Proteins are the building blocks of life. Our bodies use the amino acids that are found in proteins to build and repair tissues, including our muscles, skin, hair and nails**



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## Salmon

Total protein score

9

Essential amino acids score

8

### Environmental Impact

Salmon feed is often made up of wild-caught marine life, making this practice unsustainable. However, researchers are working on creating alternative feed sources to reduce the environmental impact of salmon farming



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## Chicken

**Total protein score**

**10**

**Essential amino acids score**

**10**

### **Environmental Impact**

Chicken farming causes acidification of the soil, which can cause problems in nearby aquatic ecosystems



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## Eggs

**Total protein score**

4

**Essential amino acids score**

4

### Environmental Impact

Eggs represent a relatively low-carbon supply of animal protein, but their production is heavily dependent on cereals and soy, with associated high emissions from industrial nitrogen production, land-use change, and transport



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## Mackerel

**Total protein score**

**6**

**Essential amino acids score**

**9**

### **Environmental Impact**

Mackerel is on the MSC's list of 'fish you should eat'  
Catches of mackerel have been increasing since 2005 and have been around 900,000 since 2010



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## Cheese

Total protein score

8

Essential amino acids score

6

### Environmental Impact

In the UK we throw away the equivalent of three million slices of cheese every day!



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## Quinoa

**Total protein score**

**2**

**Essential amino acids score**

**1**

### **Environmental Impact**

Quinoa is grown in South America. The high demand for this crop is leading to older forms of sustainable agriculture being lost and putting serious pressure on soil fertility



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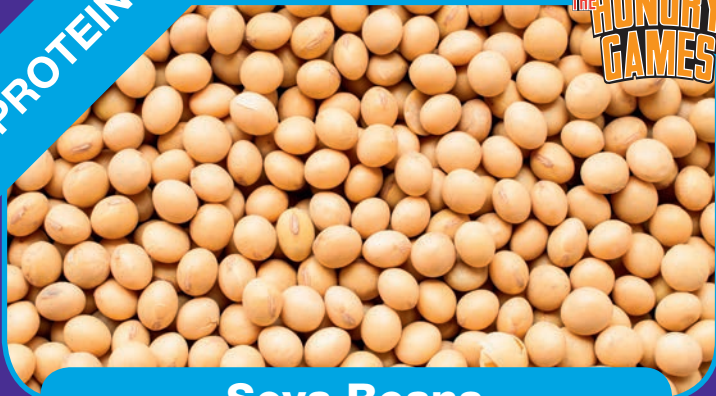


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## Soya Beans

**Total protein score**

3

**Essential amino acids score**

5

### Environmental Impact

Conversion of forests to soy plantations in the Amazon particularly threatens the climate. The Amazon's forests contain 90-140 billion tonnes of carbon—that's 9-14 years of current global, annual, human-induced carbon emissions



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## Brazil Nuts

Total protein score

5

Essential amino acids score

2

### Environmental Impact

The Amazonian trees that supply brazil nuts grow wild, they offer a way for communities to make a living from the forest without destroying it, which make them a more environmentally friendly choice of nuts than intensively-farmed nuts like almonds



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## Bacon

Total protein score

7

Essential amino acids score

7

### Environmental Impact

Sustainable measures are being put in place to reduce the environmental impact of pig farming. Pig manure contains large amounts of nitrogen and phosphorous, which can damage water and soil in the environment



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