KNOW THE IMPACT

One pound of **beef** takes 1,850 gallons of water and 27 lbs CO2 to produce.

One pound of **turkey** takes 514 gallons of water and 11 lbs CO2 to produce.

One gallon of **dairy milk** takes 2,000 gallons of water and 17 lbs CO2 to produce.

One pound of **tofu** takes 300 gallons of water and 2 lbs CO2 to produce.

One pound of **lentils** takes 700 gallons of water and 1 lb CO2 to produce.

*It's not as simple as "good" and "bad." Make an effort to understand the impact of your choices - including your food!*

For more tips on green living, visit: [Sustainability.upenn.edu](http://Sustainability.upenn.edu)