

Plant product	WF (m ³ kg ⁻¹)	WF (m ³ MJ ⁻¹)
Sugar crops	0.20	2.9
Vegetables (for food)	0.32	5.6
Potatoes (starchy roots)	0.39	2.0
Cereal grains	1.64	2.1
Wheat	1.83	
Barley	1.35	
Maize	1.22	
Oil crops	2.36	3.4
Soybeans	2.14	
Pulses	4.06	5.0