

Protein sources	Number of studies	kg CO ₂ eq. kg product ⁻¹	kg CO ₂ eq. kg protein ⁻¹
Cow's milk	(<i>n</i> = 14)	1–2	28–43
Beef, intensive system	(<i>n</i> = 11)	9–42	45–210
Meadow, suckler herds	(<i>n</i> = 8)	23–52	114–250
Extensive pastoral systems	(<i>n</i> = 4)	12–129	58–643
Mutton and lamb	(<i>n</i> = 5)	10–150	51–750
Pork	(<i>n</i> = 11)	4–11	20–55
Poultry meat	(<i>n</i> = 5)	2–6	10–30
Eggs	(<i>n</i> = 5)	2–6	15–42
Seafood from fisheries	(<i>n</i> = 18)	1–86	4–540
Seafood from aquaculture	(<i>n</i> = 11)	3–15	4–75