

# Climate-friendly eating



Example  
Ham sandwich  
600g CO<sub>2</sub>eq  
**Evaluation:**  
★ ☆ ☆



Example  
Spaghetti Napolitana  
1.000g CO<sub>2</sub>eq  
**Evaluation:**  
★ ★ ★

## Fairly valued!

- We provide the CO<sub>2</sub>eq value and a **rating** for each dish/product.
- The rating takes into account the **nutritional values** and is standardised to a standard portion\*.
- This means that everything from snacks to main meals can be compared fairly.

★ ★ ★ very good    ★ ★ ☆ good    ★ ☆ ☆ critical

\* Standard portion corresponds to a weight of approx. 450g and approx. 667kcal (depending on the nutritional values)