

INFORMATION CARD

FOOD



Calorific value of nutrients	kcal/grams	Diet of football player before match
Protein	4	dinner
Fat	9	-
Carbohydrates	3.5	breakfast/lunch

Calorific value of food	kcal total	kg CO ₂	litre H ₂ O
Rice 500 g	1860	0.26	1720
Pasta 500 g	1825	0.96	963
Apple 500 g	225	0.16	351
Apricot 500 g	140	0.16	601
Carrot 500 g	175	0.07	98
Tomato 500 g	95	0.07	100
Potato 500 g	415	0.1	144
Dry beans 500 g	1650	0.39	2028
Bread baguette 500 g	1405	0.45	695
Chocolate 100 g	515	0.72	1730
Sugar 500 g	1960	0.48	760
Marmelade 330 g	830	0.29	440
Olive oil 500 mL	4500	1.22	6676
Beef 500 g	650	3.16	7751
Meat chicken/turkey 500 g	550	1	1951
Fish free/farmed 500 g	450	0.68/0.96	-
Eggs 6 pieces	480	0.15	1251
Parmesan cheese 200 g	750	0.58	1013

Packaging	kg CO ₂ /kg packaging
Aluminium	9.03
Plastic	2.74
Paper	2.51
Glass	0.68

Source: www.improntawwf.it