

Diet Type Breakdowns - Plants

Food Category	Diet Type		
	Vegan	Vegetarian	Carnivore
Fruits - sweet	3.3%	2.8%	2.8%
Grains	51.4%	48.2%	48.2%
Nuts	2.5%	1.5%	1.5%
Oils	11.0%	9.9%	9.9%
Pulses / Legumes	14.3%	2.7%	2.7%
Starch crops	4.4%	4.5%	4.5%
Sugar crops	7.7%	7.8%	7.8%
Vegetables - common usage	3.8%	3.3%	3.3%
Other	1.7%	1.8%	1.8%

Vegan and Carnivore percentages extrapolated from Poore and Nemecek (2018).

J. Poore, T. Nemecek, Reducing food's environmental impacts through producers and consumers. *Science* **360**, 987–992 (2018).

doi:10.1126/science.aag0216

Inclusion of third-party content (e.g. quotes, names, data) does not constitute an endorsement of EcoCrunch nor HumanHerbivores by the third-party.



Diet Type Breakdowns - Animals

Food Category	Diet Type		
	Vegan	Vegetarian	Carnivore
Beef	-	-	1.6%
Ruminant - other	-	-	0.3%
Dairy	-	14.5%	6.5%
Egg	-	3.1%	1.4%
Pork	-	-	4.5%
Poultry	-	-	2.1%
Seafood	-	-	1.1%
Other	-	-	0.0%
Insects / Bugs	-	-	0.0%
Blood	-	-	0.0%

Carnivore percentages extrapolated from Poore and Nemecek (2018).

J. Poore, T. Nemecek, Reducing food's environmental impacts through producers and consumers. *Science* **360**, 987–992 (2018).

doi:10.1126/science.aag0216

Inclusion of third-party content (e.g. quotes, names, data) does not constitute an endorsement of EcoCrunch nor HumanHerbivores by the third-party.

