

Food Category Breakdowns - Plants

Food Category	Example Food Items
Fruits - sweet	apple, banana, blueberry, kiwi, orange, pineapple, strawberry, watermelon
Grains	barley, corn/maize, quinoa, oat, rice, rye, sorghum, wheat
Nuts	almond, cashew, peanut, pistachio, walnut
Oils	canola, olive, palm, soy, sunflower
Pulses / Legumes	beans, chickpea, lentil, peas, soy (milk, solid)
Starch crops	cassava, potato
Sugar crops	beet, cane
Vegetables - common usage	broccoli, carrot, cucumber, lettuce, onion, pumpkin, tomato
Other - Plant	everything else (spices, mushrooms)

Based on 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.

Notes: Food item lists are not exhaustive. Food item categorizations do not necessarily follow botanical classifications. A large variety of farm systems contribute to the data (e.g. conventional, greenhouse), however, each category does not necessarily include each type of farm system.



Food Category Breakdowns - Animals

Food Category	Example Food Items
Beef	beef
Ruminant - other	goat, lamb, mutton
Dairy	cheese and milk from cow, goat, sheep
Egg	chicken
Pork	pork
Poultry	chicken, duck, turkey
Seafood	crustacean (farmed): prawn, shrimp fish (farmed): bass, carp, salmon, tilapia, trout
Other - Animal	-
Insects / Bugs	-
Blood	All of the above except dairy and eggs

Based on Poore and Nemecek (2018).

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