

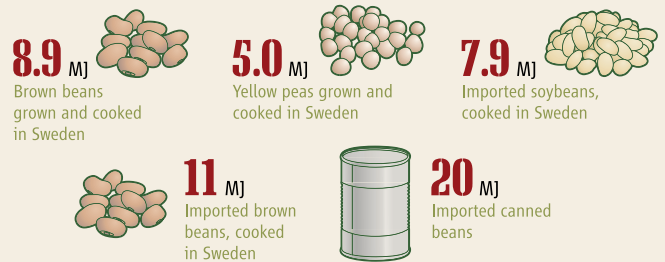
NEWS

What It Takes to Make That Meal

FOOD SECURITY AND ENERGY SECURITY. THEY ARE INCREASINGLY becoming two sides of the same coin. Many experts predict that, over the long term, one can't be achieved without the other. In part, that's because increasing yields has traditionally meant using more fossil fuels—for fertilizers, pesticides, mechanization, storage, and transport. Now, the push is on to find ways to produce food with as little energy—and greenhouse gas emissions—as possible. As a start, researchers have been taking a close look at just how much energy it takes to produce even seemingly similar foods. The conclusion: Food choices can have a significant impact on energy use in agriculture.

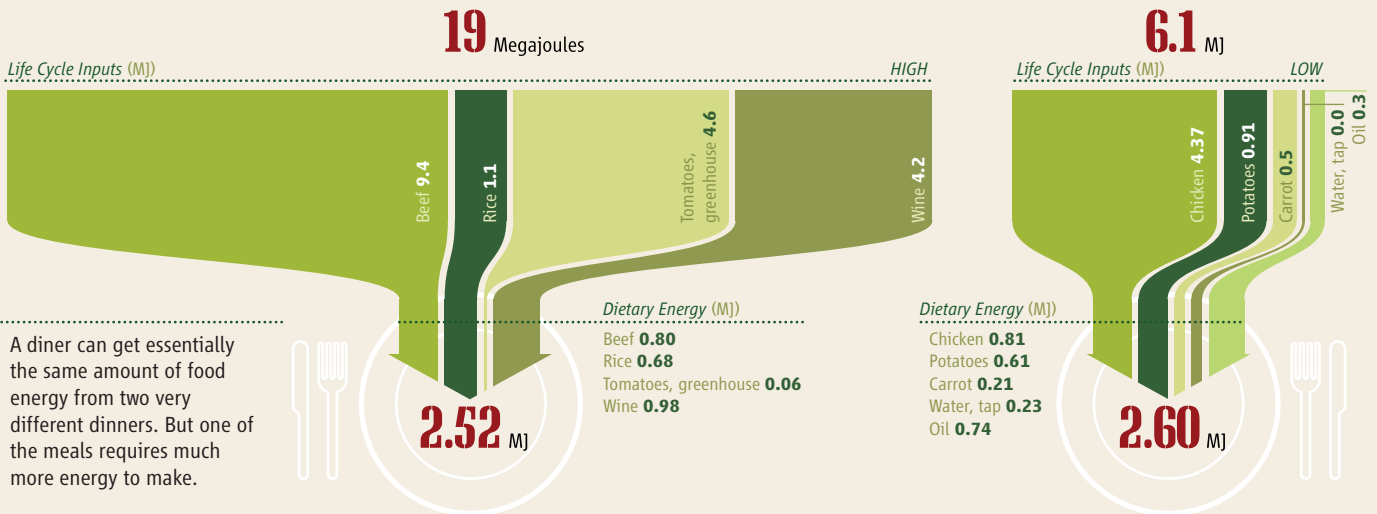
ALL BEANS AREN'T CREATED EQUAL

A Swedish study found the amount of energy needed to produce staple beans can vary widely depending on where they are grown, and how they are packaged, transported, and cooked.



SOURCE: Carlsson-Kanyama, A. et al., *Ecological Economics* 44, Issues 2–3 (March 2003)

TABLE FOR ONE: Which Is the Greener Plate?



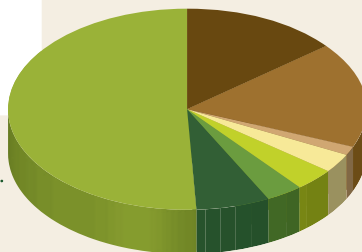
SOURCE: Carlsson-Kanyama, A. et al., *Ecological Economics* 44, Issues 2–3 (March 2003)

POWER FOOD: Energy Used for a Week's Meals

- Food supply 170 MJ/wk
- Primary packaging 25 MJ/wk
- Transport packaging 12 MJ/wk
- Transport from factory 12 MJ/wk
- Retailing 10 MJ/wk
- Travel to shops 5 MJ/wk
- Home storage 58 MJ/wk
- Home cooking 46 MJ/wk

In the United Kingdom, one study concluded that the amount of energy that goes into producing a week's supply of food is nearly five times greater than what the eater gets out of the final product.

338 MJ/person/week
Energy to produce and deliver food from field to fork

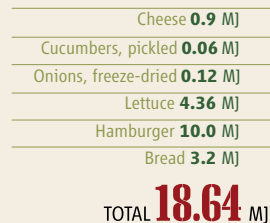


73 MJ/person/week
Energy that the average person gets in a week from all food

SOURCE: INCPEN UK

ENERGY BURGER

Beef is the most energy-intensive ingredient in a classic McDonald's hamburger, according to a Swedish study.



SOURCE: Carlsson-Kanyama, A./Dept. of Systems Ecology, Stockholm U.