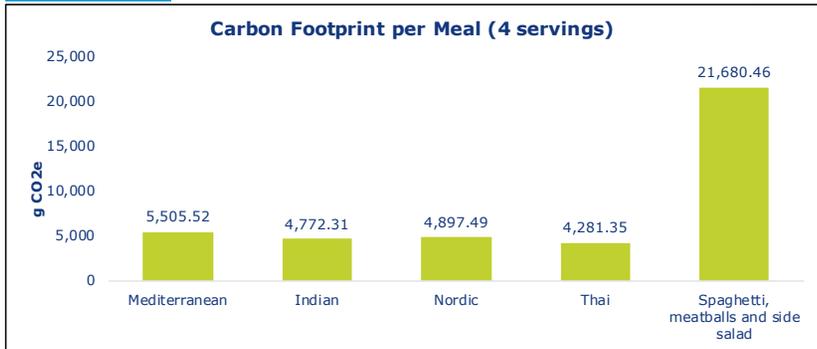


## Planetary Plates: Environmental & Nutritional Analysis

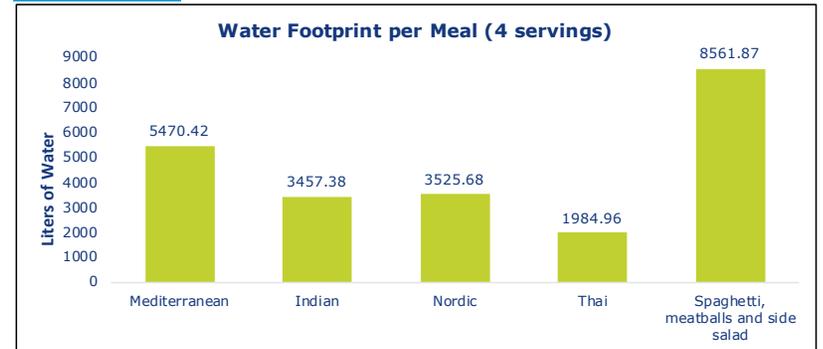
### Global Salmon Initiative - 2022

This file contains detailed information on the methodology Global Salmon Initiative used to calculate carbon and water footprint for each of its four Planetary Plates created in partnership with Oldways. The tabs for each Planetary Plate include detailed carbon and water calculations, nutritional analysis and bonus sustainability tips.

| Carbon Footprint   |                                     |           |
|--|-------------------------------------|-----------|
| Data source: <a href="https://simapro.com/products/agribalyse-agricultural-database/">https://simapro.com/products/agribalyse-agricultural-database/</a> |                                     |           |
| PLANETARY PLATES   |                                     | g CO2e    |
|  | Mediterranean                       | 5,505.52  |
|  | Indian                              | 4,772.31  |
|  | Nordic                              | 4,897.49  |
|  | Thai                                | 4,281.35  |
| COMPARISON MEAL  | Spaghetti, meatballs and side salad | 21,680.46 |



| Water Footprint  |                                     |                 |
|--|-------------------------------------|-----------------|
| Database source: <a href="https://www.nature.com/articles/s41597-021-00909-8#Sec15">https://www.nature.com/articles/s41597-021-00909-8#Sec15</a> |                                     |                 |
| PLANETARY PLATES   |                                     | Liters of water |
|  | Mediterranean                       | 5470.42         |
|  | Indian                              | 3457.38         |
|  | Nordic                              | 3525.68         |
|  | Thai                                | 1984.96         |
| COMPARISON MEAL  | Spaghetti, meatballs and side salad | 8561.87         |



### Notes on Methodology

**Carbon Footprint:** Calculating the carbon footprint of food production is a complex and nuanced process and there are a variety of methods that are and can be used. The carbon footprint of food production is dependent on a variety of factors, including but not limited to: production practices, regional growing differences, environmental conditions, transportation, processing practices, preparation and storage methods. As a result, carbon footprint figures within the scientific literature vary. For our purposes, we chose to use the AGRIBALYSE 3.0 database as it provided data across the majority of our recipe ingredients using the same methodology. Of particular importance is that it differentiated between wild and farmed salmon, enabling us to use this more granular data point across recipes analyzed.

AGRIBALYSE 3.0 is the French life cycle inventory (LCI) database for the agriculture and food sector. See open-access data ([https://koumoul.com/s/data-fair/api/v1/datasets/agribalyse-synthese/metadata-attachments/AGRIBALYSE3.0.1\\_vf.xlsx](https://koumoul.com/s/data-fair/api/v1/datasets/agribalyse-synthese/metadata-attachments/AGRIBALYSE3.0.1_vf.xlsx)), which is what informed our carbon footprint analysis. Per Agribalyse 3.0, "The latest version, published in 2020, comprises LCIs for 2,500 agricultural and food products produced and/or consumed in France, combining a production-based approach and a consumption-based approach....AGRIBALYSE uses a transparent methodology that was co-developed by an extensive partnership between public and private research institutes, coordinated by ADEME and INRAE. Methodology principles follow the key international guidelines as much as possible (ISO, LEAP, PEF)."

**Water Footprint:** Similarly, calculating the water footprint of food production is also complex and dependent on a variety of factors, including but not limited to: production practices, regional climatic differences, processing practices and preparation methods. As a result, water footprint figures within the scientific literature vary. For our purposes, we relied on the SU-EATABLE LIFE (SEL) database as it provided water footprint data across the majority of our recipe ingredients using the same methodology. However, the SEL data does not differentiate between wild and farmed salmon, but is in line with industry specific research and data (<http://hugin.info/209/R/2246047/887370.pdf>).

The database, developed in the framework of the EU SU-EATABLE LIFE project, builds on the double pyramid database of the Barilla Center for Food and Nutrition. The SEL database is organized in different levels of information suitable for different users and purposes. The SEL database contains 937 water footprint values extrapolated from 88 publications (2005–2018). WF data are summarized into a total of 72 typologies, 9 sub-typologies and 320 items.

**Nutritional analysis:** Nutritional analysis conducted by Oldways.

Where ingredient data was unavailable, it is simply noted in the row with a "-."

For questions about this research, please contact Sophie Ryan ([sryan@globalsalmoninitiative.org](mailto:sryan@globalsalmoninitiative.org)).

# Mediterranean Plate

| Carbon Footprint   |   |                |
|--|---|----------------|
| Data source: <a href="https://simapro.com/products/agribalyse-agricultural-database/">https://simapro.com/products/agribalyse-agricultural-database/</a> |   |                |
| Ingredients  | g CO2e (Agribalyse)                           |                |
| <b>Mediterranean Salmon with Olives</b>  | 1 lemon                                       | 54.60          |
|  | 1 tablespoon extra virgin olive oil           | 24.70          |
|  | 1 pound farmed salmon                         | 2780.52        |
|  | 3/4 teaspoon red pepper flakes                | -              |
|  | ¼ teaspoon fennel seeds                       | 5.85           |
|  | ½ teaspoon salt                               | -              |
| <b>Orecchiette with Chickpeas and Greens</b>   | ¼ cup pitted olives                           | 41.85          |
|  | 1 pound broccoli rapini                       | 598.50         |
|  | 10 ounces dried whole grain orecchiette pasta | 481.60         |
|  | 2 tablespoons extra virgin olive oil          | 49.40          |
|  | 3 cloves garlic, finely chopped               | 5.55           |
|  | ½ teaspoon red pepper flakes                  | -              |
| <b>Kale Salad with Sunflower Seeds, Cara Cara Oranges, and Citrus Vinaigrette</b>  | 1 (15-ounce) can chickpeas                    | 539.75         |
|  | Juice of ½ lemon                              | 27.30          |
|  | ¼ cup grated Pecorino cheese                  | 175.56         |
|  | 2 large oranges                               | 446.20         |
|  | ¼ cup extra virgin olive oil, divided         | 98.80          |
|  | 2 bunches kale, preferably lacinto kale       | 77.00          |
| ¼ cup sunflower seeds  | 98.34   |                |
| <b>TOTAL (PER FOUR SERVINGS)</b>   |   | <b>5505.52</b> |

| Water Footprint  |  |                                |         |
|--|--|--------------------------------|---------|
| Database source: <a href="https://www.nature.com/articles/s41597-021-00909-">https://www.nature.com/articles/s41597-021-00909-</a> |  |                                |         |
| Ingredients  | Water Footprint (Liters water/kg of food item) | Liters of water per ingredient |         |
| <b>Mediterranean Salmon with Olives</b>  | 1 lemon  | 642.00                         | 38.52   |
|  | 1 tablespoon extra virgin olive oil            | 14415.00                       | 187.40  |
|  | 1 pound farmed salmon                          | 2193.00                        | 986.85  |
|  | 3/4 teaspoon red pepper flakes                 | N/A                            | -       |
|  | ¼ teaspoon fennel seeds                        | 8280.00                        | 41.40   |
|  | ½ teaspoon salt                                | N/A                            | -       |
| <b>Orecchiette with Chickpeas and Greens</b>   | ¼ cup pitted olives                            | 3015.00                        | 135.68  |
|  | 1 pound broccoli rapini                        | 325.00                         | 146.25  |
|  | 10 ounces dried whole grain orecchiette pasta  | 1508.00                        | 422.24  |
|  | 2 tablespoons extra virgin olive oil           | 14415.00                       | 374.79  |
|  | 3 cloves garlic, finely chopped                | 589.00                         | 8.84    |
|  | ½ teaspoon red pepper flakes                   | N/A                            | -       |
| <b>Kale Salad with Sunflower Seeds, Cara Cara Oranges, and Citrus Vinaigrette</b>  | 1 (15-ounce) can chickpeas                     | 4177.00                        | 1775.23 |
|  | Juice of ½ lemon                               | 642.00                         | 19.26   |
|  | ¼ cup grated Pecorino cheese                   | 5060.00                        | 141.68  |
|  | 2 large oranges                                | 654.00                         | 300.84  |
|  | ¼ cup extra virgin olive oil, divided          | 14415.00                       | 749.58  |
|  | 2 bunches kale, preferably lacinto kale        | 280.00                         | 30.80   |
| ¼ cup sunflower seeds  | 3366.00  | 111.08                         |         |
| <b>TOTAL (PER FOUR SERVINGS)</b>   |  | <b>5470.42</b>                 |         |

## Sustainability Tips

Feel free to make use of the leftover lemon zest and lemon juice from the Mediterranean Salmon with Olives recipe in this dish to cut down on food waste. The broccoli rapini cooks in the same water as the pasta to save water and flavor!

If you have leftovers, toss the extra salmon into the kale salad or orecchiette (whatever's left over!). It will make for a hearty lunch the next day.

Use both the zest and the juice of the Cara Cara oranges to reduce food waste. However, any variety of orange (such as navel oranges or blood oranges) will work.

Don't forget to use the entire broccoli rabe! Using the whole vegetable (not just the florets), will make sure you get plenty of healthy veg and help reduce food waste.

## Nutrition Information (Prepared by Oldways)

|   |   |
|---|---|
| <b>Mediterranean Salmon with Olives</b>   | Calories: 280, Total Fat: 20g, Saturated Fat: 4g, Sodium: 420mg, Carbohydrate: 2g, Fiber: 0g, Total Sugar: 0g (Added Sugar: 0g), Protein: 23g     |
| <b>Orecchiette with Chickpeas and Greens</b>                                      | Calories: 470, Total Fat: 12g, Saturated Fat: 2.5g, Sodium: 105mg, Carbohydrate: 70g, Fiber: 12g, Total Sugar: 3g (Added Sugar: 0g), Protein: 18g |
| <b>Kale Salad with Sunflower Seeds, Cara Cara Oranges, and Citrus Vinaigrette</b> | Calories: 250, Total Fat: 18g, Saturated Fat: 2.5g, Sodium: 270mg, Carbohydrate: 22g, Fiber: 7g, Total Sugar: 10g (Added Sugar: 0g), Protein: 8g  |

## Indian Plate

| Carbon Footprint   |  |                |
|--|--|----------------|
| Data source: <a href="https://simapro.com/products/agribalyse-agricultural-database/">https://simapro.com/products/agribalyse-agricultural-database/</a> |  |                |
| Ingredients  | g CO2e (Agribalyse)                          |                |
| <b>Garlic Spiced Salmon with Kachumber</b>   | 1 tablespoon canola oil                      | 121.80         |
|  | 1 pound farmed salmon                        | 2780.52        |
|  | 2 garlic cloves, minced                      | 3.70           |
|  | ¼ teaspoon turmeric                          | 0.66           |
|  | 1 ½ teaspoons cumin, divided                 | -              |
|  | 1 medium cucumber                            | 972.00         |
|  | 2 medium tomatoes, diced                     | 122.40         |
|  | 1 small red onion, diced                     | 50.40          |
|  | ¼ cup chopped fresh cilantro                 | 5.19           |
|  | Juice of ½ lemon (2 tablespoons lemon juice) | 27.30          |
| <b>Millet Tahari</b>   | 1 cup millet                                 | 173.25         |
|  | 1 tablespoon canola oil                      | 121.80         |
|  | ¾ teaspoon cumin                             | -              |
|  | ¼ teaspoon turmeric                          | 0.66           |
|  | ¼ teaspoon garam masala                      | -              |
| <b>Red Lentil Dal</b>  | 1 cup frozen peas                            | 116.20         |
|  | 1 cup dried red lentils                      | 69.30          |
|  | 1 tablespoon canola oil                      | 121.80         |
|  | 1 medium onion, finely chopped               | 71.40          |
|  | 1 tablespoon finely minced fresh ginger      | 8.26           |
|  | 2 cloves of garlic                           | 3.70           |
|  | 1 teaspoon ground cumin                      | -              |
| 3/4 teaspoon ground turmeric   | 1.97   |                |
| <b>TOTAL (PER FOUR SERVINGS)</b>   |  | <b>4772.31</b> |

| Water Footprint  |  |                                |         |
|--|--|--------------------------------|---------|
| Database source: <a href="https://www.nature.com/articles/s41597-021-00909-8#Sec15">https://www.nature.com/articles/s41597-021-00909-8#Sec15</a> |  |                                |         |
| Ingredients  | Water Footprint (Liters water/kg of food item) | Liters of water per ingredient |         |
| <b>Garlic Spiced Salmon with Kachumber</b>   | 1 tablespoon canola oil                        | 4301.00                        | 38.52   |
|  | 1 pound farmed salmon                          | 2193.00                        | 986.85  |
|  | 2 garlic cloves, minced                        | 589.00                         | 5.89    |
|  | ¼ teaspoon turmeric                            | N/A                            | -       |
|  | 1 ½ teaspoons cumin, divided                   | N/A                            | -       |
|  | 1 medium cucumber                              | 353.00                         | 70.60   |
|  | 2 medium tomatoes, diced                       | 41.00                          | 9.84    |
|  | 1 small red onion, diced                       | 290.00                         | 34.80   |
|  | ¼ cup chopped fresh cilantro                   | N/A                            | -       |
|  | Juice of ½ lemon                               | 642.00                         | 19.26   |
| <b>Millet Tahari</b>   | 1 cup millet                                   | 4478.00                        | 783.65  |
|  | 1 tablespoon canola oil                        | 4301.00                        | 38.52   |
|  | ¾ teaspoon cumin                               | N/A                            | -       |
|  | ¼ teaspoon turmeric                            | N/A                            | -       |
|  | ¼ teaspoon garam masala                        | N/A                            | -       |
| <b>Red Lentil Dal</b>  | 1 cup frozen peas                              | 850.00                         | 119.00  |
|  | 1 cup dried red lentils                        | 5874.00                        | 1233.54 |
|  | 1 tablespoon canola oil                        | 4301.00                        | 38.52   |
|  | 1 medium onion, finely chopped                 | 290.00                         | 49.30   |
|  | 1 tablespoon finely minced fresh ginger        | 1657.00                        | 23.20   |
|  | 2 cloves of garlic                             | 589.00                         | 5.89    |
|  | 1 teaspoon ground cumin                        | N/A                            | -       |
| 3/4 teaspoon ground turmeric   | N/A  | -                              |         |
| <b>TOTAL (PER FOUR SERVINGS)</b>   |  | <b>3457.38</b>                 |         |

**Sustainability Tips**

Consider buying frozen farmed salmon, an environmentally-friendly option if fresh isn't available. Defrost the salmon at home so you know it's super fresh when you're ready to cook it. Zest the lime prior to juicing and keep some for topping the final dish. If you'd prefer to use fresh (vs. frozen) vegetables, try to eat with the seasons! Several of these vegetables are all in season at the same time. Be sure to look for some of the ingredients (cucumber, garlic, carrots, etc.) at your local farmers' market.

| Nutrition Information (Prepared by Oldways) |   |
|---|---|
| <b>Garlic Spiced Salmon with Kachumber</b>  | Calories: 300, Total Fat: 19g, Saturated Fat: 4g, Sodium: 510mg, Carbohydrate: 7g, Fiber: 1g, Total Sugar: 3g (Added Sugar: 0g), Protein: 25g   |
| <b>Millet Tahari</b>                        | Calories: 250, Total Fat: 6g, Sodium: 180mg, Carbohydrate: 41g, Fiber: 6g, Total Sugar: 2g (Added Sugar: 0g), Protein: 7g                       |
| <b>Red Lentil Dal</b>                       | Calories: 220, Total Fat: 4.5g, Saturated Fat: 0g, Sodium: 440mg, Carbohydrate: 34g, Fiber: 6g, Total Sugar: 1g (Added Sugar: 0g), Protein: 12g |

# Nordic Plate

| Carbon Footprint   |   |                                     |       |
|--|---|-------------------------------------|-------|
| Data source: <a href="https://simapro.com/products/agribalyse-agricultural-database/">https://simapro.com/products/agribalyse-agricultural-database/</a> |   |                                     |       |
| Ingredients  | g CO2e (Agribalyse)                           |                                     |       |
| <b>Nordic Roasted Salmon with Mustard-Dill Sauce and Roasted Carrots</b>   | 4 carrots, sliced into coins (about 2 cups)   | 124.8                               |       |
|  | 2 tablespoons extra virgin olive oil, divided | 49.4                                |       |
|  | 2 lemons                                      | 109.2                               |       |
|  | 6 sprigs dill                                 | 51.3                                |       |
|  | 1 pound farmed salmon                         | 2,780.52                            |       |
|  | 1 cup spinach leaves                          | 9.9                                 |       |
|  | 4 slices whole grain rye bread                | 102                                 |       |
|  | 1 tablespoon honey                            | 14.95                               |       |
|  | 1 tablespoon Dijon mustard                    | 23.52                               |       |
|  | Juice of 1/2 lemon (2 tablespoons juice)      | 27.3                                |       |
|  | 3 tablespoons extra virgin olive oil          | 74.1                                |       |
|  | 1/4 cup dill, chopped                         | 25.65                               |       |
|  | <b>Pea Soup</b>                               | 4 small Yukon Gold potatoes         | 355.2 |
|  |   | 1 tablespoon extra virgin olive oil | 24.7  |
| 1 medium onion, chopped  |   | 71.4                                |       |
| 2 garlic cloves, minced  |   | 3.7                                 |       |
| 4 cups low-sodium vegetable broth  |   | 307.2                               |       |
| 2 cups spinach leaves  |   | 19.8                                |       |
| 6 cups frozen peas   |   | 697.2                               |       |
| 3 sprigs dill  | 25.65   |                                     |       |
| <b>TOTAL (PER FOUR SERVINGS)</b>   |   | <b>4897.49</b>                      |       |

| Water Footprint  |  |                                     |          |        |
|--|--|-------------------------------------|----------|--------|
| Database source: <a href="https://www.nature.com/articles/s41597-021-00909-8#Sec15">https://www.nature.com/articles/s41597-021-00909-8#Sec15</a> |  |                                     |          |        |
| Ingredients  | Water Footprint (Liters water/kg of food item) | Liters of water per ingredient      |          |        |
| <b>Nordic Roasted Salmon with Mustard-Dill Sauce and Roasted Carrots</b>   | 4 carrots, sliced into coins (about 2 cups)    | 195                                 | 62.4     |        |
|  | 2 tablespoons extra virgin olive oil, divided  | 14415                               | 374.79   |        |
|  | 2 lemons                                       | 642                                 | 77.04    |        |
|  | 6 sprigs dill                                  | N/A                                 | -        |        |
|  | 1 pound farmed salmon                          | 2193.00                             | 986.85   |        |
|  | 1 cup spinach leaves                           | 292.00                              | 8.76     |        |
|  | 4 slices whole grain rye bread                 | 771.00                              | 92.52    |        |
|  | 1 tablespoon honey                             | N/A                                 | -        |        |
|  | 1 tablespoon Dijon mustard                     | 2809.00                             | 39.33    |        |
|  | Juice of 1/2 lemon (2 tablespoons juice)       | 642.00                              | 19.26    |        |
|  | 3 tablespoons extra virgin olive oil           | 14415.00                            | 562.19   |        |
|  | 1/4 cup dill, chopped                          | N/A                                 | -        |        |
|  | <b>Pea Soup</b>                                | 4 small Yukon Gold potatoes         | 554.80   | 328.44 |
|  |  | 1 tablespoon extra virgin olive oil | 14415.00 | 187.40 |
| 1 medium onion, chopped  |  | 290.00                              | 49.30    |        |
| 2 garlic cloves, minced  |  | 589.00                              | 5.89     |        |
| 4 cups low-sodium vegetable broth  |  | N/A                                 | -        |        |
| 2 cups spinach leaves  |  | 292.00                              | 17.52    |        |
| 6 cups frozen peas   |  | 850.00                              | 714.00   |        |
| 3 sprigs dill  | N/A  | -                                   |          |        |
| <b>TOTAL (PER FOUR SERVINGS)</b>   |  | <b>3525.68</b>                      |          |        |

## Sustainability Tips

To get the most out of the vegetables used in this meal, try saving and freezing the onion, celery and garlic scraps and skins to make veggie broth for the next time you make this soup recipe.

Be aware of the difference between the "best by" and "use by" dates on the crème fraiche container to maximize use. "Best by" dates are not expiration dates, and dairy products can often extend beyond this. "Use by" dates are an indicator of food safety, and the product should not be consumed after this.

Use Yukon Gold potatoes, which have thinner skins, to avoid peeling the potatoes, thereby reducing food waste.

## Nutrition Information (Prepared by Oldways)

|  |   |
|--|---|
| <b>Nordic Roasted Salmon with Mustard-Dill Sauce and Roasted Carrots</b> | Calories: 520, Total Fat: 33g, Saturated Fat: 6g, Sodium: 540mg, Carbohydrate: 27g, Fiber: 4g, Total Sugar: 9g (Added Sugar: 4g), Protein: 27g      |
| <b>Pea Soup</b>  | Calories: 290, Total Fat: 4.5g, Saturated Fat: 0.5g, Sodium: 370mg, Carbohydrate: 51g, Fiber: 12g, Total Sugar: 13g (Added Sugar: 0g), Protein: 13g |

# Thai Plate

| Carbon Footprint   |  |          |
|--|--|----------|
| Data source: <a href="https://simapro.com/products/agribalyse-agricultural-database/">https://simapro.com/products/agribalyse-agricultural-database/</a> |  |          |
| Ingredients  | g CO2e (Agribalyse)  |          |
| <b>Thai Ginger Salmon</b>  | 1 pound farmed salmon  | 2,780.52 |
|  | ¼ cup low sodium soy sauce   | 58.41    |
|  | 3 cloves garlic, minced  | 5.55     |
|  | 1 tablespoon ginger, minced  | 8.26     |
|  | Juice of 1 lime  | 31.80    |
| 1 teaspoon red pepper flakes   | -  |          |
| <b>Thai Vegetable Stir Fry</b>   | 1 tablespoon peanut oil  | 61.23    |
|  | 1 medium red onion, chopped (about ½ cup)  | 71.40    |
|  | ½ tablespoon ginger, minced  | 4.13     |
|  | ¼ teaspoon chopped red chili pepper  | 5.33     |
|  | 2 carrots, sliced into half-coins (about 1 cup)                                    | 62.40    |
|  | 3 ounces mushrooms, sliced (about 1 cup)   | 34.00    |
|  | ¼ cup soy sauce-ginger-lime mixture (reserved from the Thai Ginger Salmon recipe)  | -        |
|  | 1 cup broccoli florets   | 119.70   |
|  | 1 cup red cabbage, sliced into thin ribbons (yield from about 1/8 head of cabbage) | 95.40    |
|  | ¼ cup chopped fresh cilantro   | 5.19     |
| <b>Thai Noodle Salad with Peanut Sauce</b>   | Juice of 1 lime (about 2 tablespoons)  | 31.80    |
|  | 2 teaspoons rice wine vinegar  | 9.41     |
|  | 2 teaspoons low sodium soy sauce   | 11.88    |
|  | ¼ cup natural peanut butter  | 231.70   |
|  | 1 tablespoon brown sugar   | 14.84    |
|  | ½ teaspoon ginger, finely minced   | 1.18     |
|  | 1 small garlic clove, finely minced  | 1.85     |
|  | 4 ounces brown rice Pad Thai noodles   | 143.51   |
|  | 2 cups red cabbage   | 190.80   |
|  | 1 large carrot, sliced into equal coins  | 31.20    |
|  | 1 red bell pepper, chopped   | 119.60   |
|  | ¼ cup cilantro leaves, chopped   | 5.19     |
|  | 2-3 scallions, chopped (about ¼ cup)   | -        |
|  | ¼ cup roasted peanuts, chopped   | 145.08   |
| <b>TOTAL (PER FOUR SERVINGS)</b>   | <b>4,281.35</b>  |          |

| Water Footprint  |  |                                |         |
|--|--|--------------------------------|---------|
| Database source: <a href="https://www.nature.com/articles/s41597-021-00909-8#Sec15">https://www.nature.com/articles/s41597-021-00909-8#Sec15</a> |  |                                |         |
| Ingredients  | Water Footprint (Liters water/kg of food item)                                     | Liters of water per ingredient |         |
|  |  |                                |         |
| <b>Thai Ginger Salmon</b>  | 1 pound farmed salmon  | 2193.00                        | 986.85  |
|  | ¼ cup low sodium soy sauce   | 613.00                         | 36.167  |
|  | 3 cloves garlic, minced  | 589.00                         | 8.835   |
|  | 1 tablespoon ginger, minced  | 1657.00                        | 23.198  |
|  | Juice of 1 lime  | 642.00                         | 38.52   |
| 1 teaspoon red pepper flakes   | N/A  | -                              |         |
| <b>Thai Vegetable Stir Fry</b>   | 1 tablespoon peanut oil  | 7529.00                        | 97.877  |
|  | 1 medium red onion, chopped (about ½ cup)  | 290.00                         | 49.3    |
|  | ½ tablespoon ginger, minced  | 1657.00                        | 11.599  |
|  | ¼ teaspoon chopped red chili pepper  | N/A                            | -       |
|  | 2 carrots, sliced into half-coins (about 1 cup)                                    | 195.00                         | 31.2    |
|  | 3 ounces mushrooms, sliced (about 1 cup)   | N/A                            | -       |
|  | ¼ cup soy sauce-ginger-lime mixture (reserved from the Thai Ginger Salmon recipe)  | -                              | -       |
|  | 1 cup broccoli florets   | 325.00                         | 29.25   |
|  | 1 cup red cabbage, sliced into thin ribbons (yield from about 1/8 head of cabbage) | 280.00                         | 25.2    |
|  | ¼ cup chopped fresh cilantro   | N/A                            | -       |
| <b>Thai Noodle Salad with Peanut Sauce</b>   | Juice of 1 lime (about 2 tablespoons)  | 642.00                         | 38.52   |
|  | 2 teaspoons rice wine vinegar  | N/A                            | -       |
|  | 2 teaspoons low sodium soy sauce   | 613.00                         | 7.356   |
|  | ¼ cup natural peanut butter  | 2782.00                        | 194.74  |
|  | 1 tablespoon brown sugar   | 1294.00                        | 18.116  |
|  | ½ teaspoon ginger, finely minced   | 1657.00                        | 3.314   |
|  | 1 small garlic clove, finely minced  | 589.00                         | 2.945   |
|  | 4 ounces brown rice Pad Thai noodles   | 1597.00                        | 180.461 |
|  | 2 cups red cabbage   | 280.00                         | 50.4    |
|  | 1 large carrot, sliced into equal coins  | 195.00                         | 15.6    |
|  | 1 red bell pepper, chopped   | 379.00                         | 49.27   |
|  | ¼ cup cilantro leaves, chopped   | N/A                            | -       |
|  | 2-3 scallions, chopped (about ¼ cup)   | N/A                            | -       |
|  | ¼ cup roasted peanuts, chopped   | 2782.00                        | 86.242  |
| <b>TOTAL (PER FOUR SERVINGS)</b>   | <b>1984.96</b>   |                                |         |

## Sustainability Tips

Double the Thai salad sauce and freeze it for quick and easy use for next time. Be sure to look for some of the ingredients (carrots, red onion, cabbage, etc.) at your local farmers' market. Feel free to substitute any fresh vegetables that you have on hand or that are in season near you.

## Nutrition Information (Prepared by Oldways)

|  |   |
|--|---|
| <b>Thai Ginger Salmon</b>                  | Calories: 240, Total Fat: 15g, Saturated Fat: 3.5g, Sodium: 360mg, Carbohydrate: 2g, Fiber: 0g, Total Sugar: 0g (Added Sugar: 0g), Protein: 24g |
| <b>Thai Vegetable Stir Fry</b>             | Calories: 80, Total Fat: 3.5g, Saturated Fat: 0.5g, Sodium: 320mg, Fiber: 3g, Total Sugar: 4g (Added Sugar: 0g), Protein: 3g                    |
| <b>Thai Noodle Salad with Peanut Sauce</b> | Calories: 310, Total Fat: 13g, Saturated Fat: 2g, Sodium: 125mg, Carbohydrate: 38g, Fiber: 4g, Total Sugar: 8g (Added Sugar: 3g), Protein: 9g   |

## Spaghetti + Meatballs

| Carbon Footprint   |                                  |                     |
|--|----------------------------------|---------------------|
| Data source: <a href="https://simapro.com/products/agribalyse-agricultural-database/">https://simapro.com/products/agribalyse-agricultural-database/</a> |                                  |                     |
|  | Ingredients                      | g CO2e (Agribalyse) |
| <b>Spaghetti and Meatballs</b>   | 1 pound spaghetti                | 758.18              |
|  | 1 pound ground beef              | 19399.42            |
|  | 1 egg                            | 120.50              |
|  | 2 cloves of garlic               | 3.70                |
|  | 1/4 cup parmesan                 | 175.56              |
|  | 2 tbsp. olive oil                | 494.00              |
|  | 1 small onion, chopped           | 50.40               |
|  | 1/2 tsp. red pepper flakes       | -                   |
|  | 1 28-oz. can crushed tomatoes    | 27.30               |
|  | 4 cups romaine lettuce           | 264.00              |
| <b>Side Salad</b>  | 1 cup tomatoes (chopped)         | 104.00              |
|  | 2 carrots (chopped)              | 62.40               |
|  | 1/4 cup Italian dressing         | 221.00              |
|  | <b>TOTAL (PER FOUR SERVINGS)</b> | <b>21680.46</b>     |

| Water Footprint  |                                  |  |                                |
|--|----------------------------------|--|--------------------------------|
| Database source: <a href="https://www.nature.com/articles/s41597-021-00909-8#Sec15">https://www.nature.com/articles/s41597-021-00909-8#Sec15</a> |                                  |  |                                |
|  | Ingredients                      | Water Footprint (Liters water/kg of food item) | Liters of water per ingredient |
| <b>Spaghetti and Meatballs</b>   | 1 pound spaghetti                | 1508.00  | 684.63                         |
|  | 1 pound ground beef              | 15139.00                                       | 6873.11                        |
|  | 1 egg                            | 2562.00  | 125.54                         |
|  | 2 cloves of garlic               | 589.00   | 5.89                           |
|  | 1/4 cup parmesan                 | 5060.00  | 141.68                         |
|  | 2 tbsp. olive oil                | 14415.00                                       | 374.79                         |
|  | 1 small onion, chopped           | 290.00   | 34.80                          |
|  | 1/2 tsp. red pepper flakes       | -  | -                              |
|  | 1 28-oz. can crushed tomatoes    | 267.00   | 210.93                         |
|  | 4 cups romaine lettuce           | 237.00   | 71.10                          |
| <b>Side Salad</b>  | 1 cup tomatoes (chopped)         | 41.00  | 8.20                           |
|  | 2 carrots (chopped)              | 195.00   | 31.20                          |
|  | 1/4 cup Italian dressing         | -  | -                              |
|  | <b>TOTAL (PER FOUR SERVINGS)</b> |  | <b>8561.87</b>                 |

The meal above was analyzed as a comparison meal from an environmental perspective. Like the Planetary Plates assessed, it includes an animal-based protein, carbohydrate and plant-based side dish.