

# Low Carbon Diet Masterplan

Fancy making yourself slimmer and fitter? Not your body, for once we'll leave that alone, but your carbon footprint. In other words, the amount of carbon dioxide that all the different aspects of your lifestyle, from the amount of energy you use in the home to the way you get to work, contribute to the greenhouse gases that are causing global warming.

Then try *\*The Low Carbon Diet*. The chart below is an extract from a new book by Polly Ghazi and Rachel Lewis that shows how to adopt a programme that will shave kilos off your carbon emissions. CO<sub>2</sub> accounts for 80 per cent of greenhouse gas emissions in industrialised countries, and the average person in the UK emits 10 tonnes (or 10,000kg) of CO<sub>2</sub> a year, which

would fill one-and-a-half Olympic-size swimming pools. Follow the advice in this book and you could cut this in half. Ghazi says: "If everyone in the UK halved their carbon footprint, we would reduce the total UK's CO<sub>2</sub> emissions by enough to meet the Government's target for 2010, and that's without any help from industry."

Most people know that the more energy you generate in the home, the greater amount of fossil fuels are burnt in power stations, which increases the amount of CO<sub>2</sub> (measured in kilograms) emitted. Hopefully knowing the scale of our emissions will help us to reduce them. Discover that running a tumble dryer twice a week instead of four times will save 156kg of CO<sub>2</sub> over a year, and perhaps we'll think twice

before sending our clothes for a spin. Especially when you add on the water used, something not accounted for by the book as it assesses only environmental damage caused by CO<sub>2</sub>. And there's another bonus to becoming carbon-fit. Imagine life as a green enthusiast: leaping on a bike, digging the garden. Wouldn't that sort out your wobbly bits too?

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For Anna's email address and Eco-Blog, visit [timesonline.co.uk/ecoworrier](http://timesonline.co.uk/ecoworrier)

► **SLIM DOWN, SAVE THE PLANET AND SAVE MONEY**  
Start the low carbon diet in **times2** on Monday

## My diet plan

### HOME DIET

	Monthly weight loss (Kg/CO <sub>2</sub> )	My diet plan												Yearly weight loss (Kg/CO <sub>2</sub> )	
		APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR		
Insulate your loft	125kg														1.5 tonne
Upgrade to a condensing boiler	83kg														1 tonne
Install double glazing	57kg														680kg
Forget the tumble dryer, rediscover the clothes line	26kg														311kg
Turn heating down 1C	25kg														300kg
Fit a low-flow shower head (family of four)	17kg														200kg
Replace old fridge freezer with an A-rated model	15kg														180kg
Switch off idle electronics and appliances left on standby	13kg														153kg
Run the tumble dryer half as often	13kg														156kg
Treat your hot water tank to an insulating jacket	13kg														150kg
Make windows and doors draught-proof	12kg														140kg
In the office unplug idle computers at night and weekends	12kg														145kg
Turn hot water down to 60C	12kg														145kg
Seal holes in floors and skirting boards	10kg														120kg
Halve number of washes and lower your wash temperature	8kg														101kg
Run dishwasher on an Economy setting and halve the number of times you put it on	8kg														101kg
Fit foil behind your radiators	4kg														51kg
Don't overfill the kettle. Boil what you need	4kg														48kg
Run dishwasher on an Economy setting	4kg														48kg
Turn down washing machine to 40C from 60C/90C	3kg/6kg														40kg/71kg
Fit one energy-saving light bulb	3kg														40kg
Install a save-a-flush in your loo	0.048kg														0.58kg

### GARDEN DIET

Compost food and garden waste	23kg														280kg
Swap the garden hose for a water butt	0.05kg														0.6kg

### TRANSPORT DIET

Cycle to work	71kg														854kg
Take the train/bus/Underground to work, not the car (12km commute)	51/57/58kg														607/688/690kg
Rethink the school run: walk/bike rather than drive (4km trip, twice a day)	43kg														513kg
Or . . . walk/bike three times a week	26kg														308kg
Ditch the car for journeys of 2km or less – walk or cycle (five times a week)	7kg														86kg
Be a smooth driver: avoid sharp braking or acceleration	1.8kg/10km														

### CONSUMER DIET

Buy British, a basket of UK- grown food rather than produce flown from abroad	60kg														
Most rubbish comes from food and other packaging. Recycle glass, paper, card, plastics, cans	35kg														420kg
Buy 1kg (2lb punnet) of British strawberries rather than Californian	13kg per kg														52kg
Buy 1kg of British green beans, not Kenyan	10kg per kg														
Do one weekly supermarket shop, not three	4kg														
Buy a bottle of French wine instead of a New Zealand vintage	0.068kg/bottle														

### HOLIDAY DIET

Take one rather than three short-haul (500kmx2) flights a year	810kg														
Take a coach for a UK or short overseas trip (350kmx2) not a plane	256kg														
Take a train rather than fly London to Edinburgh	232kg														
Take Eurostar, not a plane, from London to Paris or Brussels	217kg														

► To find out how we arrived at our figures, look at the calculations on [timesonline.co.uk/carbondiet](http://timesonline.co.uk/carbondiet)

\*The Low Carbon Diet, by Polly Ghazi and Rachel Lewis (Short Books, £12.99), is available from Books First at £11.69, free p&p. Phone 0870 1608080, or [timesonline.co.uk/booksfirstbuy](http://timesonline.co.uk/booksfirstbuy)