

Food	Land needed to produce 1 kg of food	Food	Land needed to produce 1 kg of food	Food	Land needed to produce 1 kg of food	Food	Land needed to produce 1 kg of food
Cheese	87.79 m2	Cheese	87.79 m2	Cheese	87.79 m2	Cheese	87.79 m2
Peas	7.46 m2	Peas	7.46 m2	Peas	7.46 m2	Peas	7.46 m2
Apples	0.63 m2	Apples	0.63 m2	Apples	0.63 m2	Apples	0.63 m2
Rice	2.80 m2	Rice	2.80 m2	Rice	2.80 m2	Rice	2.80 m2
Lamb and mutton	369.81 m2	Lamb and mutton	369.81 m2	Lamb and mutton	369.81 m2	Lamb and mutton	369.81 m2
Potatoes	0.88 m2	Potatoes	0.88 m2	Potatoes	0.88 m2	Potatoes	0.88 m2
Poultry meat	12.22 m2	Poultry meat	12.22 m2	Poultry meat	12.22 m2	Poultry meat	12.22 m2
Bananas	1.93 m2	Bananas	1.93 m2	Bananas	1.93 m2	Bananas	1.93 m2
Beef	326.21 m2	Beef	326.21 m2	Beef	326.21 m2	Beef	326.21 m2
Milk	8.95 m2	Milk	8.95 m2	Milk	8.95 m2	Milk	8.95 m2
Eggs	6.27 m2	Eggs	6.27 m2	Eggs	6.27 m2	Eggs	6.27 m2
Pig meat	17.36 m2	Pig meat	17.36 m2	Pig meat	17.36 m2	Pig meat	17.36 m2
Tomatoes	0.80 m2	Tomatoes	0.80 m2	Tomatoes	0.80 m2	Tomatoes	0.80 m2

DATA CARD

Land use per kilogram of food product. **Source:** *Poore and Nemecek (2018)*

Full reference: Our World in Data (2019) Land Use per kilogram of food product, <https://ourworldindata.org/grapher/land-use-per-kg-poore> (accessed 3 June 2026).

Also referenced at:

The Vegan Society (2018) Avoiding meat and dairy products is the single biggest way to reduce your environmental impact on the planet, according to the scientists behind the most comprehensive analysis to date of the damage farming does to the planet, <https://www.vegansociety.com/about-us/research/research-news/research-briefing-avoiding-meat-and-dairy-products-single-biggest-way-reduce-environmental-impact> (accessed 3 June 2026).