

## Week 14: What's the difference in carbon emissions produced by the production of chicken and lamb?

If you're a high, medium or low meat eater and find it hard to give up meat, consider reducing certain types of meat in your diet. Let's look at the differences between lamb and chicken.

Here's a comparison of the carbon emissions caused by the production of chicken and lamb:

Category	Chicken (per kg)	Lamb (per kg)
Estimated Carbon Footprint	6–10 kg CO <sub>2</sub> e	20–40 kg CO <sub>2</sub> e
Main GHG Contributors	CO <sub>2</sub> (feed production, energy use)	Methane (enteric fermentation)
Feed Conversion Efficiency	High (efficient feed-to-meat ratio)	Low (inefficient feed conversion)
Land Use	Moderate (crop production)	High (extensive grazing)
Methane Emissions	Minimal (poultry digestion)	Significant (ruminant digestion)
Processing & Energy Use	Moderate (slaughter and butchery)	Moderate (slaughter and butchery)
Transportation Emissions	Moderate (refrigerated transport)	Moderate (similar refrigeration needs)
Manure Management	Moderate	High (nitrous oxide emissions)
Food Waste Impact	Moderate (perishability of meat)	Moderate (high cost can reduce waste)

### Key Differences:

- **Carbon intensity:** Lamb production is 2-4 times more carbon intensive than chicken.
- **Methane impact:** Lamb produces significant methane, whereas chicken digestion produces minimal methane.
- **Feed efficiency:** Chickens are much more efficient at converting feed into meat, requiring less land and resources overall.
- **Land use:** Lamb requires more extensive grazing land.

Overall, chicken is a more environmentally friendly meat option compared to lamb.

What could you do to reduce your meat intake?

If you're already vegan, come and collect a sticker from me... and give me some tips, please 😊

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