

Table S3. Quantities of food groups for a pescatarian diet generating a maximum of 1571 grams of CO₂eq per day, based on the “Pesc+”-model.

- About 200 g of (whole grain) bread and up to 200 g of other cereals (rice, pasta, etc.) per day
- At least 40 g of pulses per day
- At least 160 g potatoes per day
- Around 220 g of fruits and vegetables per day
- About one egg per day
- One portion of fish and other seafood (~150 g) every second day, every third portion being oily fish
- Small amounts of meat- and dairy substitutes in your diet (about one portion every week of each)
- Not more than 500 g of dairy products and about one slice of cheese (15 g) per day
- A handful of nuts & seeds per week (~40 g)