

Table 2: Energetic efficiencies for a few representative food items derived from land animals, aquatic animals and plants.

food item	$100 \times \frac{\text{Kcal protein}^a}{\text{Kcal input}}$	$\frac{\text{Kcal total}^b}{\text{Kcal protein}}$	$100 \times \frac{\text{Kcal output}^c}{\text{Kcal input}}$
<u>livestock:</u>			
chicken	6.3	2.9	18.1
milk	5.3	3.9	20.6
eggs	3.6	3.1	11.2
beef (grain fed)	2.9	2.3	6.4
pork	1.5	2.5	3.7
lamb	0.5	2.3	1.2
<u>fish:</u>			
herring	50.0	2.2	110
tuna	5.0	1.2	5.8
salmon (farmed)	2.5	2.3	5.7
shrimp	0.7	1.3	0.9
<u>plants:</u>			
corn			250
soy			415
apple			110
potatoes			123

a: Pimentel and Pimentel 1996a,b; energy input refers to fossil fuels

b: assuming 1 gr protein = 4 Kcal and using U.S. Department of Agriculture (2005) values

c: for animal products, the product of the previous two columns