2 Sugar, fat, oil, sweetener.

18 Vegetables

13 **Fruits**

Grains

Other Foods

Washing Machine

3 Dryer

Δ Low Energy Lighbulb

Fridge with Freezer

20 Clothing

One night in a hotel

57 3 hours a day per year of cellphone

6 hours a day per year on laptop

Cold Tap water

Breathing

One 5 mile commute in traffic

A thin 4x4 carpet

400 miles on a plane

Average christmas excess

Q One gold necklace

2t Buying a smart car.

Yearly dishwasher use

18 Trash and recycling

Yearly toilet paper use