

Table S4. Quantities of food groups for the optimized vegetarian diet generating a maximum of 1571 grams of CO₂eq, based on the “Veg+”-model.

- About 220 g of (whole grain) bread and up to 270 g of other cereals (rice, pasta, etc.) per day
- At least 100 g of pulses per day
- At least 80 g potatoes per day
- Approximately 230 g of vegetables per day around one fruit (~60 g) per day
- About two eggs per day
- Two small portions of meat substitutes (220 g) and one small portion of (fortified) dairy substitutes (~100 g)
- Not more than 500 g of dairy products per day and about two slices of cheese (15 g) per week
- A large handful of nuts & seeds per week (~50 g)