

Analysis Sheet for Trophic Ecology of Humans

C-3 Plants				
Category	Daily Consumption (kcal/day)	Yearly Consumption (kcal/year)	Yield (kcal/sq m/year)	Required to Support You (Yearly Consumption ÷ Yield)
Bread			650	
Wheat, cereal			810	
Oranges, grapefruit			1000	
Peanut butter			920	
Rice, rice cereal			1250	
Potatoes			1600	
Carrots			810	
Other vegetables			200	
Apples			1500	
Pears, peaches			900	
Vegetable oil			300	
Margarine			300	
Beet sugar			1990	
Orange juice (Frozen)			410	
Subtotal				

C-4 Plants				
Category	Daily Consumption (kcal/day)	Yearly Consumption (kcal/year)	Yield (kcal/sq m/year)	Required to Support You (Yearly Consumption ÷ Yield)
Cane sugar			3500	
Soft drinks			3500	
Corn cereal			1600	
Corn			250	
Subtotal				

Animal Products				
Category	Daily Consumption (kcal/day)	Yearly Consumption (kcal/year)	Yield (kcal/sq m/year)	Required to Support You (Yearly Consumption ÷ Yield)
Milk			420	
Cheeses			40	
Eggs			200	
Chicken			190	
Pork			190	
Beef			130	
Fish (frozen)			2	
Subtotal				
TOTAL				

Source: Brewer, Richard and M. T. McCann, *Laboratory and Field Manual of Ecology*, Saunders College Publishing, Philadelphia, 1982. Modified from materials presented by Janis Lariviere at the Woodrow Wilson NFF Biology Institute, 1991. Modified by David Masterman, 1996