***Supplementary Materials***

## RSVP Surveys

**UCLA-CEE (individual meal)**

**Default: Meat**

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**Default: Plant-based**

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**UCLA-DG (buffet)**

Default: Meat

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Default: Plant-based

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**Harvard-BIH (individual meal)**

Default: Meat 

Default: Plant-based



## Recipe for Each Meal Option

**Vegan Patty Sandwich (tofu)**

Bean & Tofu Patty (1/2 cup beans)

Bean & Tofu Patty (1/4 cup tofu)

Avocado (~3/4 of one)

Tomatoes chopped (1/4 cup)

Lettuce (calculated 10 inner leaves)

Bell Peppers, tricolor (1 bell pepper = 130g) (half of one)

Mushrooms (1/4 cup cooked)

Bread (2 slices)

**Vegetarian Caprese Sandwich (cheese)**

Mozzarella Cheese (2.5 oz)

Bread (2 slices)

Tomato slices (1 med)

Romaine lettuce (16 inner leaves)

Olive Oil (1 T)

Basil (1/5 cup) - (no planetary boundary information)

Mushrooms (1/4 cup)

Onion (half of a small one - 35g)

**Chicken-Bacon Sandwich**

Chicken Breast (3.5 oz)

Onion (1/4 of a small one)

Mozzarella Cheese (1/2 oz)

Bread (2 slices)

Lettuce (half cup shredded)

Tomato (half of one)

Bacon (1.5 slices)

Olive Oil (1/4 T)

**Beef Sandwich**

Beef (3 oz)

Cheese (1 slice)

Bread (2 slices)

Tomato (half of one)

Onion (half of a small one - 35g)

Avocado (1/2)

Lettuce (half cup shredded)

Olive Oil (1/8 T)

## Environmental Footprint and Sources for each ingredient (based on data in supplementary table of Whitener et al, 2019)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Food |   | Greenhouse Gases |   | Land Use |   | Nitrogen |   | Phosphorus |
|   |   | g CO2 eq/g | Ref. |   | m2/g | Ref. |   | mg/g | Ref |   | mg/g | Ref |
| Temperate fruits |   | 0.34 | H&K |   | 6.70E-04 | CFPC--NA |   | 12.7 | Spr |   | 1.91 | Spr |
| Tropical fruits |  | 0.86 | H&K |  | 1.05E-03 | CFPC--NA |  | 10.2 | Spr |  | 1.58 | Spr |
| Vegetables |   | 0.816 | H&K |   | 8.10E-04 | CFPC--NA |   | 9.55 | Spr |   | 1.67 | Spr |
| Legumes |  | 0.73 | H&K, Clune |  | 4.04E-03 | CFPC--NA |  | 0 | Spr |  | 0 | Spr |
| Corn |   | 0.66 | H&K |   | 1.74E-03 | CFPC--NA |   | 22.7 | Spr |   | 3.57 | Spr |
| Wheat |  | 0.53 | H&K |  | 4.89E-03 | CFPC--NA |  | 13.9 | Spr |  | 4.39 | Spr |
| Rice |   | 1.14 | H&K |   | 2.17E-03 | CFPC--NA |   | 9.4 | Spr |   | 5.2 | Spr |
| Potatoes |  | 0.21 | H&K |  | 5.20E-04 | CFPC--NA |  | 3.63 | Spr |  | 0.71 | Spr |
| Oil |   | 1.63 | H&K |   | 1.31E-02 | CFPC--NA |   | 31.3 | Spr |   | 5.61 | Spr |
| Other grains |  | 0.48 | H&K |  | 4.50E-03 | CFPC--NA |  | 16.3 | Spr |  | 2.71 | Spr |
| Eggs |   | 3.54 | H&K |   | 6.84E-03 | CFPC--NA |   | 51.22 | Spr |   | 8.81 | Spr |
| Butter |  | 11.92 | H&K |  | 1.40E-02 | CFPC--NA |  | 82.5 | M&C |  | 70 | M&C |
| Milk |   | 1.34 | H&K |   | 2.05E-03 | CFPC--NA |   | 20.4 | Leach |   | 1.58 | Spr |
| Low fat dairy yogurt |  | 2.02 | H&K |  | 2.26E-03 | CFPC--NA |  | 9.7 | M&C |  | 8.2 | M&C |
| Cheese |   | 9.78 | H&K |   | 1.05E-04 | CFPC--NA |   | 127.1 | Leach |   | 33.5 | M&C |
| Soy milk |  | 0.7 | M&C |  | 7.80E-04 | CFPC--NA |  | 0.2 | M&C |  | 1.3 | M&C |
| Almond milk |   | 0.7 | M&C |   | 5.00E-04 | CFPC--NA |   | 0.2 | M&C |   | 1.3 | M&C |
| Other vegan milk |  | 0.7 | M&C |  | 5.20E-04 | CFPC--NA |  | 0.2 | M&C |  | 1.3 | M&C |
| Ice Cream |   | 3.1 | H&K |   | 3.69E-03 | CFPC--NA |   | 39.4 | M&C |   | 33.5 | M&C |
| Frozen Yogurt |  | 3.1 | H&K |  | 2.26E-03 | CFPC--NA |  | 9.7 | M&C |  | 8.2 | M&C |
| Fish from aquaculture |   | 3.83 | H&K |   | 4.94E-03 | CFPC--NA |   | 80.1 | Leach |   | 4.4 | M&C |
| Fish from trawling |  | 3.83 | H&K |  | 0.00E+00 | CFPC--NA |  | 80.1 | Leach |  | 4.4 | M&C |
| Ruminant meat |   | 40.2 | Har |   | 1.35E-01 | CFPC--NA |   | 234 | Leach |   | 97.9 | M&C |
| Pork and bacon |  | 6.87 | Leach |  | 2.10E-02 | CFPC--NA |  | 126 | Leach |  | 22.2 | M&C |
| Poultry |   | 5.05 | Leach |   | 1.15E-02 | CFPC--NA |   | 89.8 | Leach |   | 16 | M&C |
| Soy-based meat alternative |  | 1.5 | Nij |  | 4.14E-03 | CFPC--NA |  | 2.75 | Spr |  | 3.7 | M&C |
| Sugar |   | 0.96 | M&C, Spr |   | 2.39E-03 | CFPC--NA |   | 1.5 | M&C |   | 3.6 | M&C |
| Peanuts |  | 1.94 | H&K |  | 7.28E-03 | CFPC--NA |  | 0 | Spr |  | 8 | M&C |
| Almonds |   | 1.17 | H&K |   | 6.92E-03 | CFPC--NA |   | 14.2 | Spr |   | 12.6 | M&C |
| Walnuts |  | 1.17 | H&K |  | 6.92E-03 | CFPC--NA |  | 14.2 | Spr |  | 12.6 | M&C |
| Seeds |   | 0.8 | H&K |   | 6.92E-03 | CFPC--NA |   | 14.2 | Spr |   | 12.6 | M&C |
| Quinoa |  | 0.8 | H&K |  | 6.92E-03 | CFPC--NA |  | 14.2 | Spr |  | 12.6 | M&C |

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