

Annex B. Supplementary Table of Results

Table B.1. Current annual lifestyle carbon footprint (tCO₂e/capita/year and million tCO₂e/population/year) and reduction targets for 2035.

Current lifestyle carbon footprint			
Domain	tCO ₂ e/capita/year	million tCO ₂ e, whole population	Share
Personal transportation	2.84	15.38	36 %
Nutrition	2.08	11.28	27 %
Goods	1.37	7.45	18 %
Housing	1.02	5.53	13 %
Leisure	0.27	1.46	3 %
Services	0.24	1.28	3 %
Total	7.81	42.37	

Reduction targets for lifestyle carbon footprint by 2035			
2.64 tCO ₂ e/cap/yr (2°C-aligned target)	-5.17 tCO ₂ e/capita/year	-28.0 million tCO ₂ e/population/year	-66%
1.38 tCO ₂ e/cap/yr (1.5°C-aligned target)	-6.43 tCO ₂ e/capita/year	-34.9 million tCO ₂ e/population/year	-82%

Table B.2. Current average lifestyle carbon footprint per capita in Norway (rounded values).

Domains and components		CF (kg-CO ₂ e)	CF (%)	Amount (total)	Amount (%)
Personal transportation		2,840	36%	16,730 km	
	Airplane	1,310	46%	3,480 km	21%
	Car	1,260	44%	10,900 km	65%
	Train	<5	0.1%	700 km	4%
	Bus	20	1%	600 km	4%
	Ferry (international and domestic)	160	6%	-	-
	Boats (leisure)	40	1%	-	-
	Motorcycle	30	1%	280 km	2%
	Bicycle	<5	0.1%	220 km	1%
	Walking	0	0%	550 km	3%
Nutrition		2,080	27%	900 kg	
	Cereals	80	4%	85 kg	9%
	Vegetables (incl. potatoes)	100	5%	135 kg	15%
	Plant-based protein (legumes/nuts)	20	1%	10 kg	1%

«Towards a fair consumption space for all – Options for reducing lifestyle emissions in Norway»
Annex B. Supplementary Table of Results

	Dairy	440	21%	150 kg	16%
	Eggs	50	2%	10 kg	1%
	Fish	140	7%	30 kg	3%
	Meat	735	35%	70 kg	8%
	Fruits	40	2%	80 kg	9%
	Beverages	240	12%	250 kg	28%
	Other	230	11%	70 kg	8%
	Biowaste ⁷	10	0,5%	50 kg	
Goods		1,370	18%	3,930 €	
	Appliances	130	10%	500 €	13%
	Electronics	260	19%	610 €	16%
	Furniture/room covering	200	15%	760 €	19%
	Clothes	210	16%	1,200 €	30%
	Medicine	180	13%	220 €	6%
	Other goods	380	28%	610 €	16%
	Repair	<5	0.3%	40 €	1%
Housing		1,020	13%	71 m²	
	Living space	660	65%	71 m ²	
	Electricity	290	28%	6,270 kWh	
	Imports	110	37%	620 kWh	10%
	Renewable grid electricity	120	43%	5,560 kWh	89%
	Non-renewable grid electricity	60	20%	90 kWh	1%
	Other energy	50	5%	1,290 kWh	
	Oil	<5	4%	10 kWh	1%
	Gas	<5	1%	<5 kWh	0%
	Other, non-renewable	10	19%	305 kWh	23%
	Other, renewable (wood-based)	40	75%	970 kWh	75%
	Water consumption	20	2%	60 m ³	
Leisure		270	3%	1,070 €	
	Hotels/restaurants	50	17%	300 €	28%
	Cultural	50	18%	320 €	30%
	Sports	20	9%	160 €	15%
	Other leisure	90	32%	280 €	26%
	Holiday house ⁸	70	25%	5 m ²	
Services		240	3%	3,870 €	
	Welfare/medical	40	16%	900 €	23%
	Finance/insurance	90	38%	1,830 €	47%
	Communication/streaming	50	22%	580 €	15%
	Other services	60	24%	560 €	15%
Grand Total (6 domains)		7,810	100%		

Table B.3. Selected average and high-consumption lifestyles, their consumption amounts and impact (kgCO₂e/capita/year).

Domain	Lifestyle Option		Average Consumption	High Consumption	Unit
Personal transportation	Private car driving				
		Lifestyle Carbon Footprint	1,260	1,750	kgCO ₂ e/capita/year
		Amount	10,900	13,000	pkm/capita/year
		Reference	Current LCF	Grue et al. 2021	
Personal transportation	International flights				
		Lifestyle Carbon Footprint	1,130	4,500	kgCO ₂ e/capita/year
		Amount	3,040	12,150	pkm/capita/year
		Reference	Current LCF	Thoring 2023	
Nutrition	Red meat consumption				
		Lifestyle Carbon Footprint	520	1,730	kgCO ₂ e/capita/year
		Amount	23	78	kg/capita/year
		Reference	Current LCF	Helsedirektorat et 2017	
Housing	Size of a living space				
		Lifestyle Carbon Footprint	1,020	2,030	kgCO ₂ e/capita/year
		Amount	70	140	m ² /cap
		Reference	Current LCF	Wilson 2022 Statistics Norway 2024d	
Leisure	Size of a holiday house				
		Lifestyle Carbon Footprint	70	920	kgCO ₂ e/person/year
		Amount	5	73	m ² /person
		Reference	Current LCF	Innlands Statistisk 2022	