



**FROM**  
**LOW CARBON DIET:**  
**A 30 DAY PROGRAM TO LOSE**  
**5,000 POUNDS**  
**BY DAVID GERSHON**

**CARBON COUNTER**

<b>CO2 Reduction Action</b>	<b>Annual Kgs. of CO2 Reduction</b>
Reduce weekly household waste by 132 litres	1,360
Set up system to ensure all recyclable waste gets recycled	590
Reduce shower time to 4 minutes or less	63 per person
Install low-flow showerheads	113 per showerhead
Reduce dishwasher use by one load per week	79 per dishwasher load
Minimize hot water use in hand dishwashing	57
Switch one load of laundry a week from hot to cold water	124
Eliminate the need for one dryer load per week	90
Bonus Credit for a Five Star dishwasher	45
Bonus Credit for a Five Star front-loading washer	226
Set thermostat at 18°C-20°C when active in the house & 12°C-14°C at night	635
Replace/clean air conditioning unit filters as recommended	158
Raise A/C thermostat to 26°C	27 - 108
Replace old A/C with a new Five Star model	272
Reduce # of vehicle kms travelled by 20%	604 - up
Implement fuel efficient driving practices to save 208 litres of petrol/year	544
Set water heater thermostat at 50°C to 55°C	68
Install an insulating blanket on your water heater	79
Replace 5 frequently used regular light bulbs with compact fluorescents	226
Thoroughly seal the air leaks in your home	362
Seal and insulate warm or cool air ducts	363
Insulate your walls and ceilings	544
Add solar film to your home's windows	362
Replace your old refrigerator with a new Five Star model	226
Purchase 100kWh of green power	90
Tune up your engine and maintain correct tyre pressure	680
Purchase a more fuel-efficient car	756-3024

To learn more or purchase *Low Carbon Diet: A 30 Day Program to Lose 5,000 Pounds*  
 visit [www.empowermentinstitute.net/lcd](http://www.empowermentinstitute.net/lcd)