



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

### CARBON COUNTER

<b>CO<sub>2</sub> Reduction Action</b>	<b>Annual Lbs. of CO<sub>2</sub> Reduction</b>
Reduce weekly household waste by 30 gallons.	3,000
Set up system to ensure all recyclable waste gets recycled	1,300
Reduce shower time to 5 minutes or less	175 per person
Install low-flow showerheads	250 per showerhead
Reduce dishwasher use by one load per week	175 per dishwasher load
Minimize hot water use in hand dishwashing	125
Switch one load of laundry a week from hot to cold water	275
Eliminate the need for one dryer load per week	200
Bonus Credit for an Energy Star® dishwasher	100
Bonus Credit for an Energy Star® front-loading washer	500
Set thermostat at 65°-68° when active in the house & 55°-58° at night	1400
Replace/clean air conditioning unit filters as recommended	350
Raise A/C thermostat by 4 degrees or up to the next highest setting	60 - 240
Replace old A/C with a new Energy Star® model	600
Reduce # of vehicle miles traveled (VMT) by 20%	1,333 - up
Implement fuel efficient driving practices to save 55 gals of gas/year	1,200
Set water heater thermostat at 120°	150
Install an insulating blanket on your water heater	175
Replace 5 frequently used regular light bulbs with compact fluorescents	500
Thoroughly seal the air leaks in your home	800
"Tune up" your furnace	300
Seal and insulate warm-air heating ducts	800
Replace your old furnace with a new energy-efficient model	2,400
Insulate your walls and attic	1,200
Add storm windows or high-efficiency windows to your house	800
Replace your old refrigerator with a new Energy Star® model	500
Purchase 100kWh of green power	140
Tune up your engine and maintain correct tire pressure	1,500
Purchase a more fuel-efficient car	1,667 – 6,667

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)