



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

### CARBON COUNTER

| CO <sub>2</sub> Reduction Action  | Annual Lbs. of CO <sub>2</sub> Reduction |
|---|--|
| 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  
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