



True Cost Sources

Gold

1 ring = 20 tons of waste rock, 13 pounds of toxic emissions

With This Ring: The Environmental Cost of Gold Mining - [Mother Jones](#)

Shrimp

1 ton of shrimp = 20 Olympic swimming pools of water

Shell Game: The Environmental and Social Impacts of Shrimp Aquaculture - [Public Citizen](#)

Paper

1 ton of paper = 24 trees, 19,075 gallons of water, 2278 pounds of solid waste

Trees into Paper - [Conservatree](#)

Understanding Recycled Fiber - [Environmental Paper Network](#)

Cotton

1 T-shirt = 1/3 lb of agricultural chemicals

Clothes for a Change: Background Info - [Organic Consumers Association](#)

1 pair of jeans = 1500 gallons of water

How Green are Your Jeans? - [OnEarth](#), from the National Resources Defense Council

Coal

1 ton of coal = 2 ½ tons of polluted water, 2.86 short tons of carbon dioxide

True Cost of China's Coal - [Mongabay.com](#)

Carbon Dioxide Emission Factors for Coal - [Energy Information Administration](#)