



Ôl troed carbon Carbon footprint



**Goleuadau 1
ystafell am awr**

9g

**Lights for 1
room per hour**



**Cyfrifiadur /
gliniadur yr awr**

20g


**Computer /
laptop per hour**



**Radio yr
awr**

10g

**Radio per
hour**



**Consol Gemau
(e.e. Xbox360)
yr awr**

28g

**Games Console
(e.g. Xbox 360)
per hour**



**Sychwr gwallt
am 10 munud**

29g

**Hairdryer for
10 minutes**



**Siwrnai Car am
1 milltir**

120g

**Car journey for
1 mile**



**Popty trydan
am 15 munud**

65g


**Electric Oven
for 15 minutes**



**Berwi tegell
unwaith**

5g


**Boiling kettle
once**



**Gwneud 2 dafell
o dost**

0.2g

**Making 2 slices
of toast**



Using a
microwave for
1 minute

2.5g

Defnyddio'r
popty ping am
1 munud



1 cylchred o'r
peiriant golchi
llestri

220g

1 cycle of
dishwasher