

# What Does This Chart Show?

Take a look at the chart inside.

The entire pie represents all of the energy used in the United States, both directly and indirectly. Direct energy use is the energy consumed while the product or service is in use. Examples of this include burning gasoline to power your car, or natural gas to heat your home. However, there is also indirect consumption of energy for our activities. Indirect consumption is energy used during the production and delivery of a product or service. Examples of this include energy used to manufacture your car, the energy embodied in the materials in your home, or the energy required to produce and distribute the food you eat. Indirect sources of energy use are actually larger than the direct uses.

Next to the chart are suggestions for reducing your total energy use in the largest categories.

The data for this chart came from the following publication: Bin, S., and Dowlatabadi, H. 2005. Consumer lifestyle approach to US energy use and the related CO<sup>2</sup> emissions. *Energy Policy*, Vol. 33, pp. 197-208.

## For More Information:

Contact Michael Dietz, Ph.D.  
5215 Old Main Hill  
Utah State University  
(435) 797-3313  
michael.dietz@usu.edu

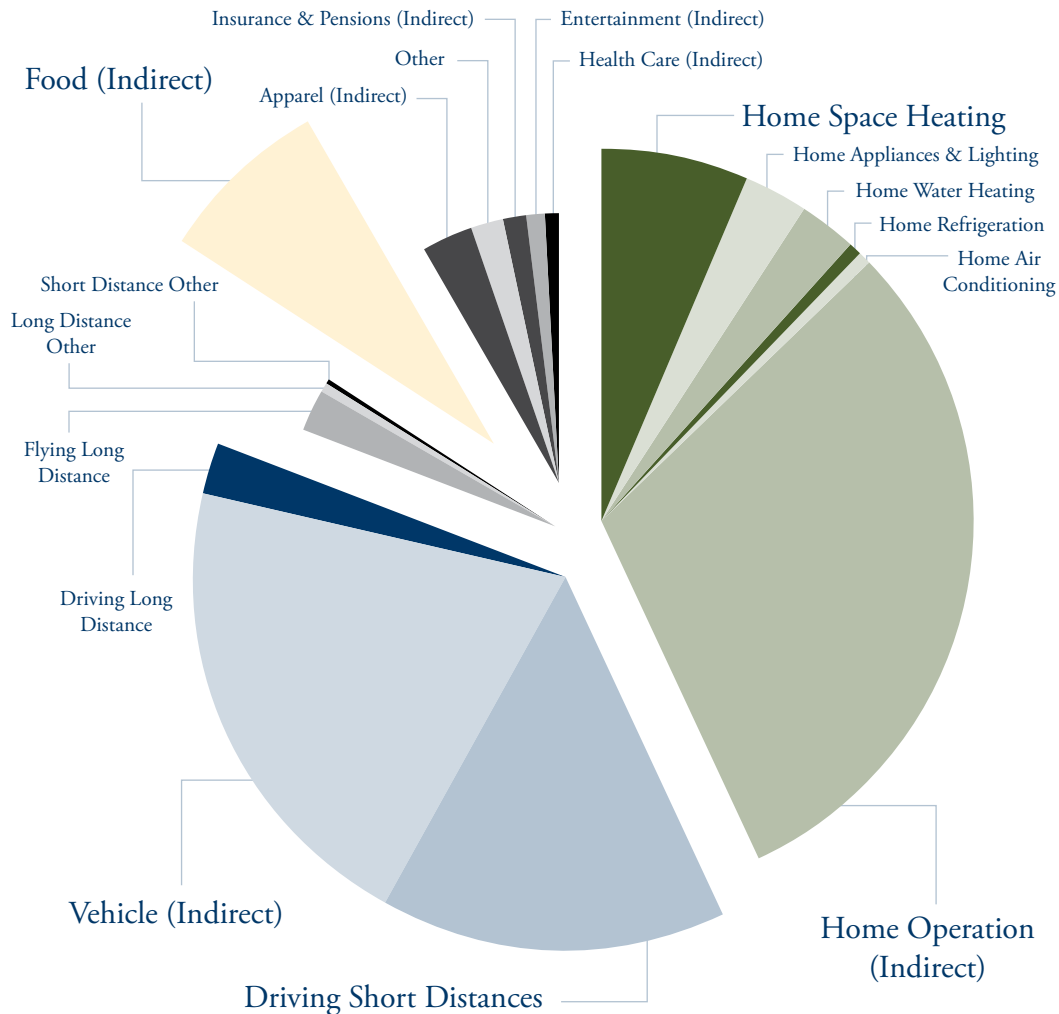
Visit our site for more tips  
on energy conservation:  
<http://extension.usu.edu/energyconsumer>

## U.S. Energy Use: More Than Meets the Eye

How We Use Energy & How  
to Use It More Efficiently



# How Do We Use Energy in the United States?



## YOUR HOME

Your home is the largest energy user. It uses energy directly, such as burning natural gas for heat, and indirectly, through the energy required to build the structure itself, produce and transmit electricity, and to produce all of the contents.

There are several ways to help here:

- If possible, downsize! A smaller home has less embodied energy and is more efficient to maintain
- Perform an energy audit on your home. Visit [www.thermwise.com](http://www.thermwise.com)
- Use efficient appliances & furnaces

## YOUR CAR

After your home, your car is the next largest consumer of energy. Your car uses energy directly when you burn gasoline to drive it, but it also uses energy indirectly, from its manufacture, to maintenance, and its ultimate disposal.

The easiest way to reduce this category is to drive less!

- Simplify. Own one car (or less!) if possible
- Carpool when you can
- Consolidate trips
- Use public transportation
- Ride your bike or walk
- Keep your car tuned up

## WHAT YOU EAT

Next to your home and your car, what you eat is the next largest indirect source of energy use. Typical farming practices are energy intensive. On top of that, much energy is lost in converting plants into meat. Transporting foods over long distances also adds to the indirect energy costs.

To reduce food-related energy use:

- Eat less meat. Try having at least one or two meat free meals a week.
- Buy local foods. This reduces transportation costs, and also supports your local economy!