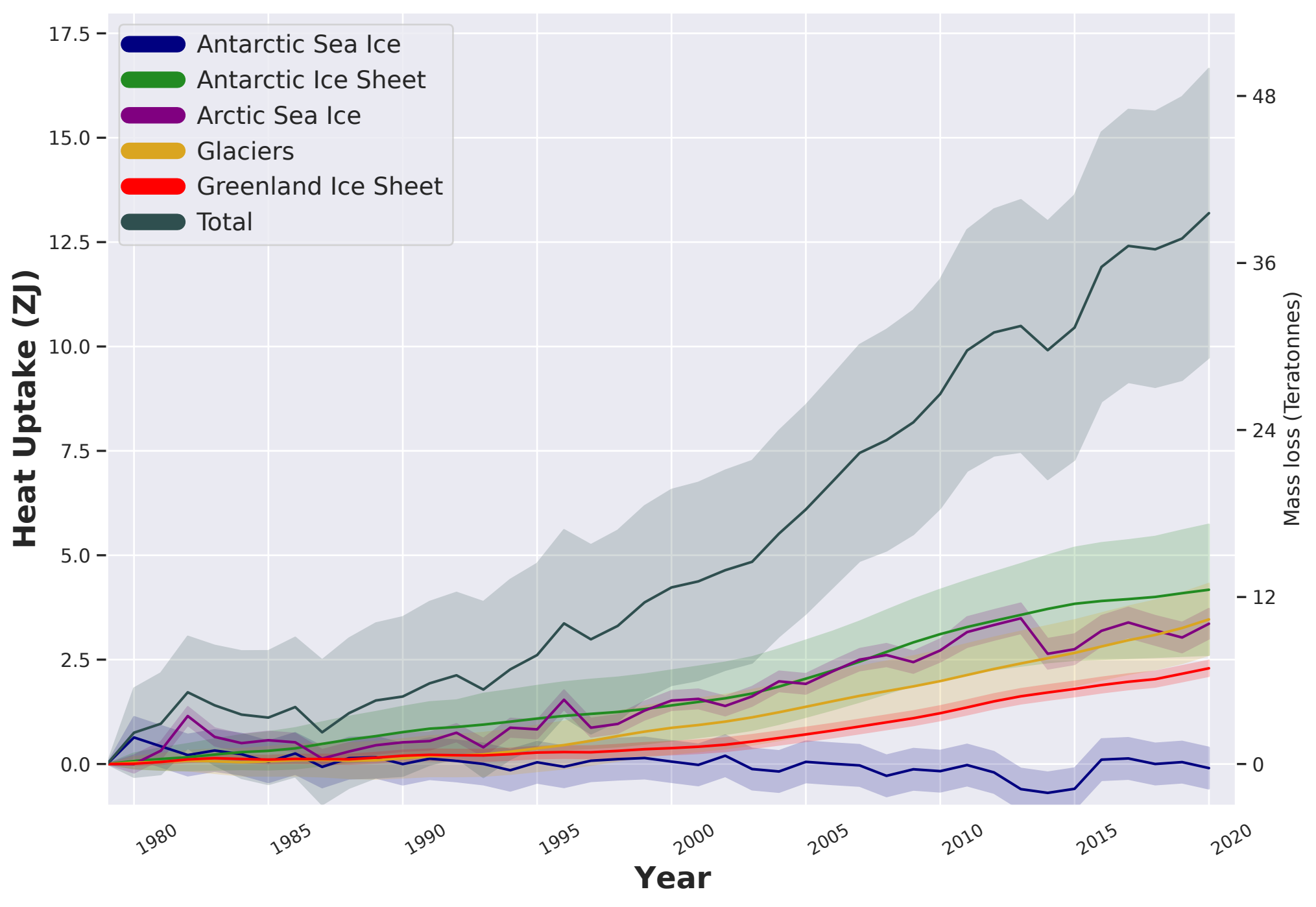
Antarctic Sea Ice
Antarctic Ice Sheet
Arctic Sea Ice
Glaciers
Greenland Ice Sheet
Total
Heat Uptake (ZJ)
Mass loss (Teratonnes)
Year
17.5
15.0
12.5
10.0
7.5
5.0
2.5
0.0
48
36
24
12
0
1980
1985
1990
1995
2000
2005
2010
2015
2020