

# What's on your plate?

232 g/day  
811 kcal/day



31 g/day  
120 kcal/day



250 g/day  
153 kcal/day

200 g/day  
126 kcal/day

300 g/day  
78 kcal/day



50 g/day  
39 kcal/day

51 g/day  
450 kcal/day



209 g/day  
726 kcal/day





#feast2030







Infographic by  
B. Braun with icons  
from the EAT Lancet



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## HEALTHY DIET

with possible ranges for an  
intake of 2500 kcal/day

	<b>Whole grains</b> (Rice, wheat, corn and other)	232 g/day
	<b>Fruits</b>	100–300 g/day
	<b>Vegetables</b>	200–600 g/day
	<b>Diary foods</b> (Whole milk or equivalents)	0–500 g/day
	<b>Sugar</b>	0–31 g/day
	<b>Add Fat</b>	
	Palm oil	0–6.8 g/day
	Unsaturated oils	20–80 g/day
	Lard or tallow	0–5 g/day

Resource



	<b>Tubers or starchy vegetables</b> (Potatoes and cassava)	0–100 g/day
	<b>Protein sources</b>	
	Beef, lamb and pork	0–14 g/day
	Pork	0–14 g/day
	Chicken and other poultry	0–58 g/day
	Eggs	0–25 g/day
	Fish	0–100 g/day
	Legumes	
	Dry beans, lentils, and peas	0–100 g/day
	Soy foods	0–50 g/day
	Peanuts	0–75 g/day
	Nuts	25 g/day