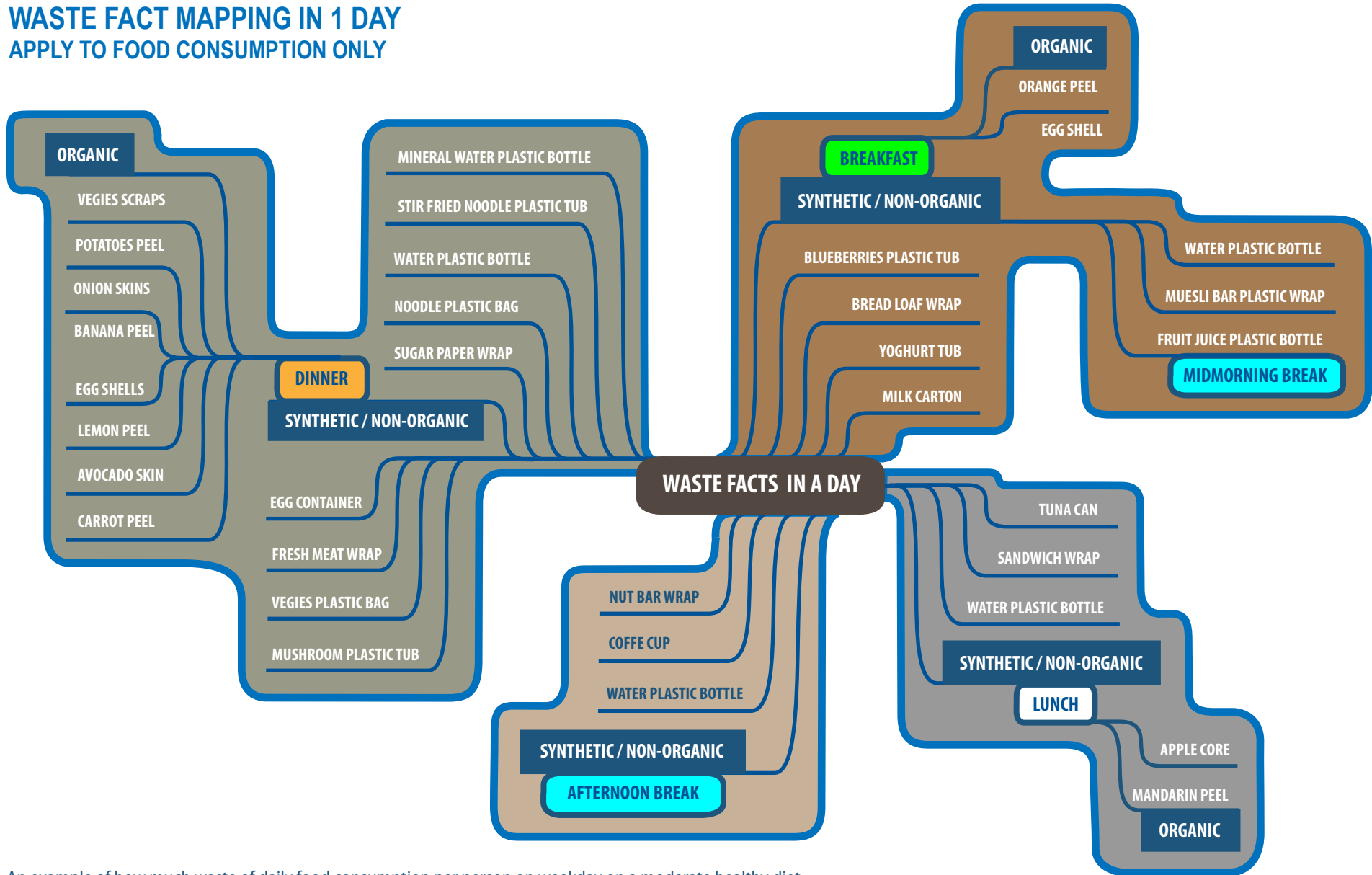


WASTE FACT MAPPING IN 1 DAY

APPLY TO FOOD CONSUMPTION ONLY



An example of how much waste of daily food consumption per person on weekday on a moderate healthy diet
 Breakfast with fresh orange juice, toast with omelette, 250 gram yogurt and blueberries, 250ml glass of milk
 Morning break: 250ml water bottle, 1 muesli bar, 250ml fruit juice
 Lunch: 1 home made sandwich with 100gr tuna, 500ml water, 1 apple and 1 mandarin
 Afternoon break: 1 nut bar, 1 coffee, 250ml water
 Dinner: main meal with fried noodle with meat, mushrooms, onions, carrot and egg - boiled potato with green lettuce, avocado, onions and lemon juice/ olive oil dressing - desert with 1 banana - 500ml water and 500ml mineral water are for drink