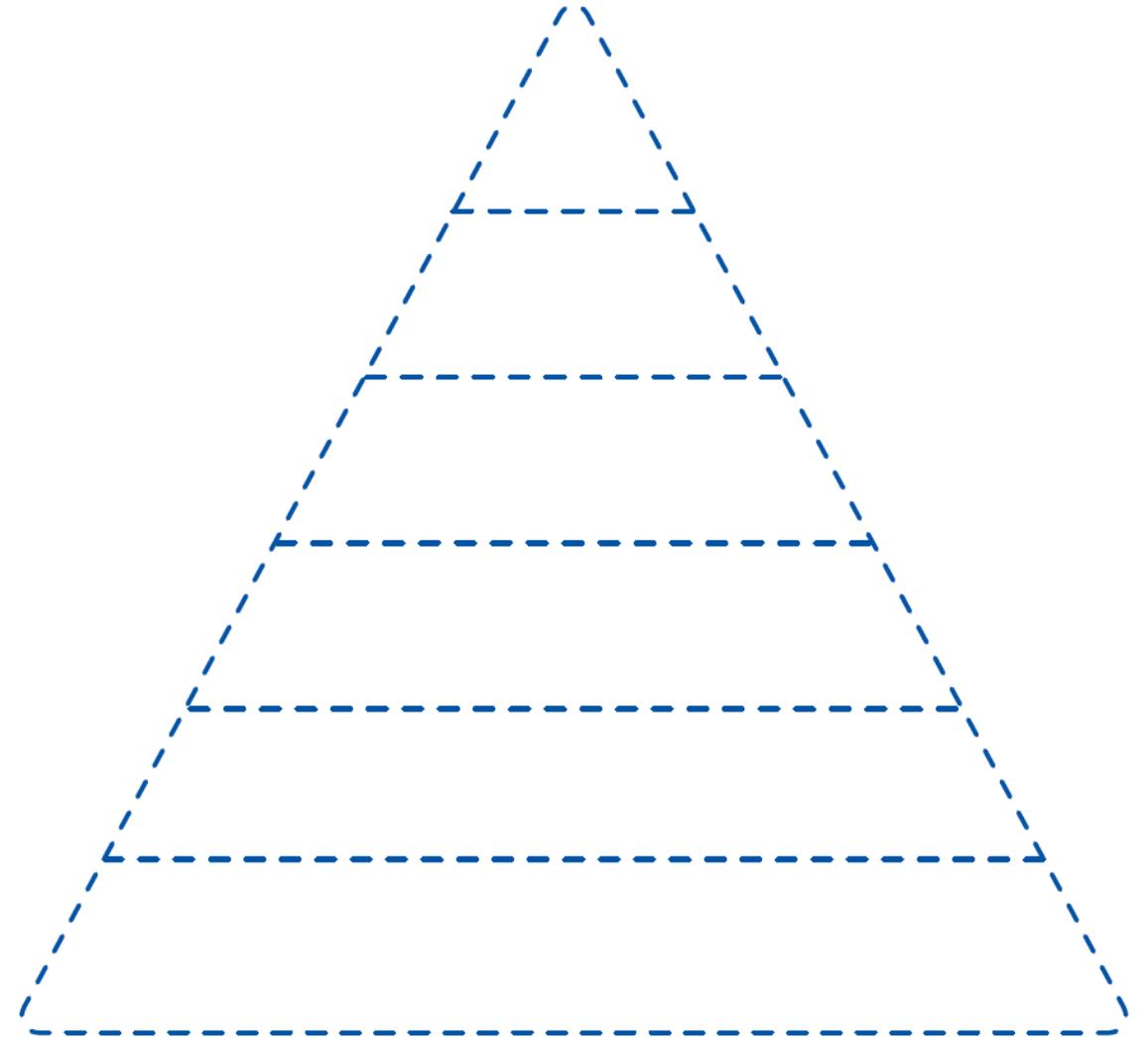




## Table for weekly food

Food type	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Sum
Sweets, Beef	B L D	B L D	B L D	B L D	B L D	B L D	B L D	
Cheese, Eggs, White Meat, Fish, Bisquits	B L D	B L D	B L D	B L D	B L D	B L D	B L D	
Milk, Yoghurt	B L D	B L D	B L D	B L D	B L D	B L D	B L D	
Oil, Dried Fruit	B L D	B L D	B L D	B L D	B L D	B L D	B L D	
Bread, Pasta, Potatos, Rice	B L D	B L D	B L D	B L D	B L D	B L D	B L D	
Fruit, Vegetables	B L D	B L D	B L D	B L D	B L D	B L D	B L D	

B = Breakfast, L= Lunch, D= Dinner



# Double Pyramid

Through observing both the Food pyramid and Environmental pyramid it is clear that Total Produce markets the most nutritious food, with the lowest environmental impact. Fruit and vegetables is the most recommended food for consumption, yet has the smallest impact on the environment. Double Pyramid 2016 – A More Sustainable Future Depends on Us. [www.barillacfn.com](http://www.barillacfn.com)

