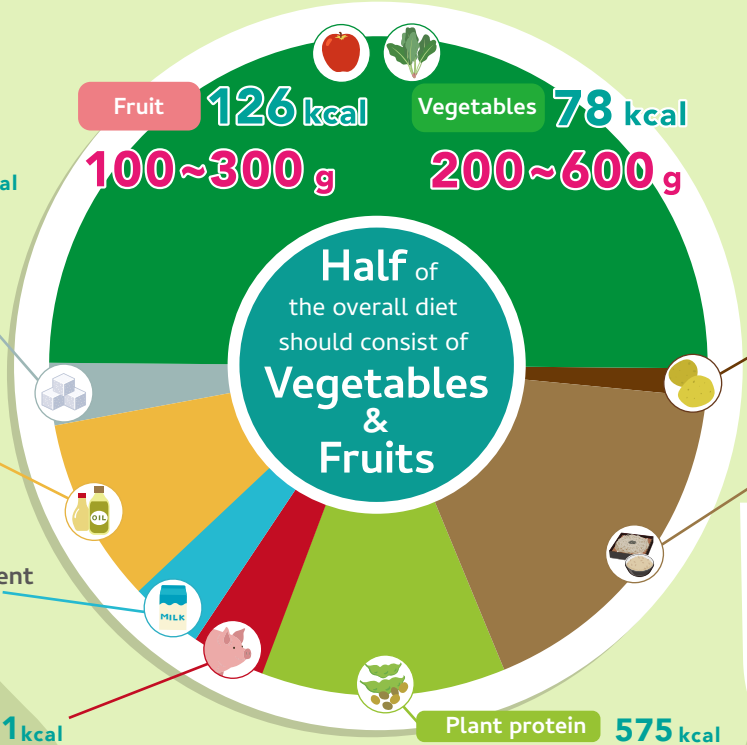
A balanced plate for people and the planet



kcal (daily energy intake)
g (daily intake of major nutrients)

Fruit 126 kcal
100~300 g

Vegetables 78 kcal
200~600 g

Added Sugars 120 kcal
Total Sugars
0~31 g

Fat 450 kcal
Unsaturated Fat
20~80 g
Saturated Fat
0~11.8 g

Dairy 153 kcal
Whole Milk or Equivalent
0~500 g

Animal Protein 151 kcal
Red Meat 0~28 g
Poultry 0~58 g
Eggs 0~25 g
Fish 0~100 g

Plant protein 575 kcal
Legumes 0~100 g
Nuts 0~75 g

Starchy Vegetables 39 kcal
Potatoes and Cassava
0~100 g

Whole Grains ★ 811 kcal
Rice, Wheat, Corn and other
232 g

Choose more **whole grains ★** and **plant-based** proteins

★Whole-grain foods instead of white rice or refined wheat