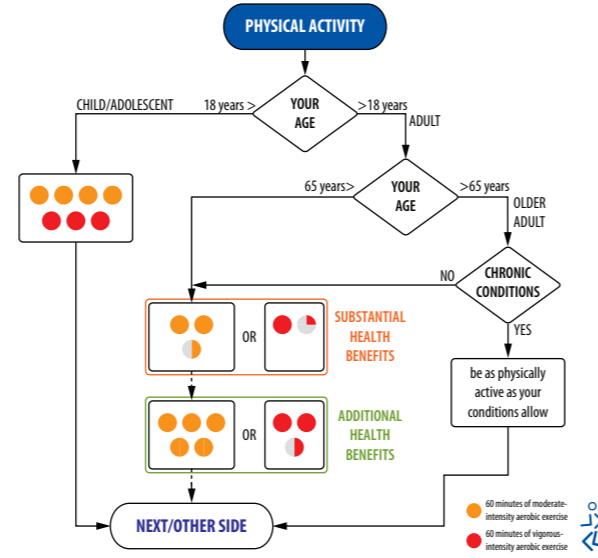


# THE FOOD CUBE

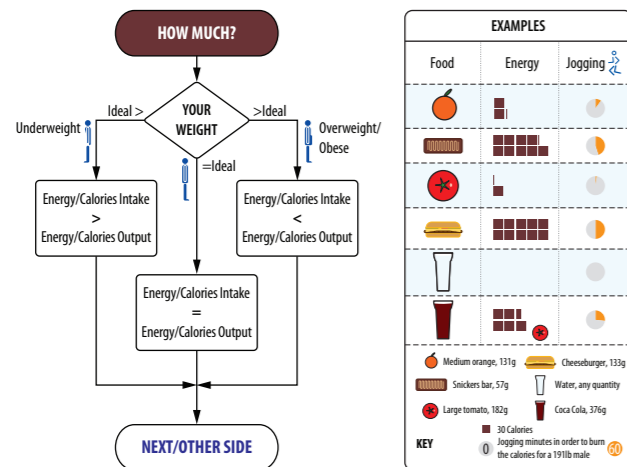
© 2010 - George Primentas / ANIFORMA Design | <http://themissinggraph.wordpress.com>

## PHYSICAL ACTIVITY GUIDELINES (per week)



— Cut  
- - - Fold

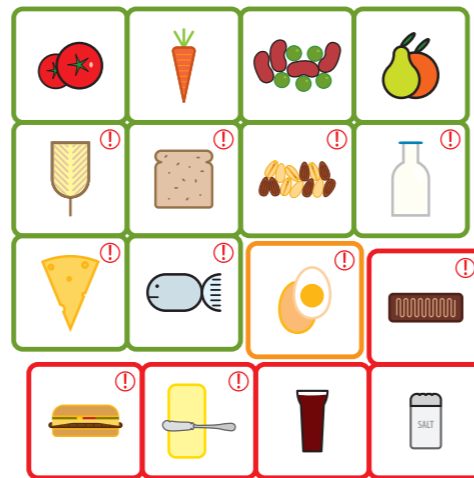
## HOW MUCH TO EAT



Food	Energy	Jogging
Medium orange, 131g	30 Calories	30 minutes
Snickers bar, 57g	30 Calories	30 minutes
Large tomato, 182g	30 Calories	30 minutes
Cheeseburger, 133g	30 Calories	30 minutes
Water, any quantity	0 Calories	0 minutes
Coca Cola, 376g	30 Calories	30 minutes

KEY: 30 Calories, Jogging minutes in order to burn the calories for a 191lb male

## WHAT TO EAT



## HOW TO EAT & HOW TO LIVE!

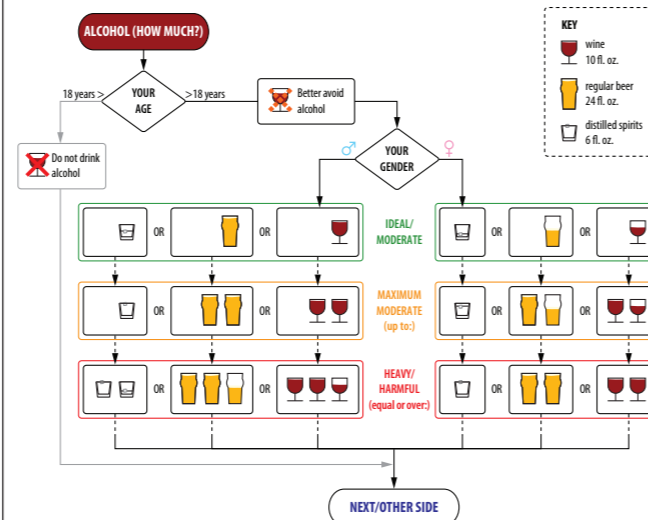
- Try to include breakfast in your daily plan
  - Eat more often but smaller portions
  - Eat slowly and chew your food well
  - Avoid eating out, especially fast food
  - Drink water instead of drinks with added sugars
  - Reduce your solid fat, salt & sugar intake
  - Eat more vegetables & fruits
  - If you insist on eating animals, eat fewer & be choosy
  - Avoid cooking and eating fried
- 
- Watch less TV
  - Reduce sedentary activity
  - Exercise more
  - Walk more instead of using your car or public transport

## ETHICAL/ECOLOGICAL ISSUES

Issue	Prefer	Avoid	Examples
Animals	Vegetarian/Vegan friendly	Meat, fish, eggs, dairy	Suitable for vegans
Production methods	Organic	Non-organic food	check if vegs & fruits are organic or non-organic
Fair Trade	Fair Trade		
Food miles	Local/State produce	International	Compare bananas from Brazil to locally produced potatoes
Packaging	Loose	Non-recyclable packaging	in plastic bag
Conservation	"no fridge" foods		
Cooking	raw to moderate cooking		
Waste	minimum waste	maximum waste	

\*1 need fridge to last longer  
\*2 the skin makes up 1/3 of a banana's weight  
\*3 zero waste if cooked as jacket potatoes

## SUGGESTED ALCOHOL CONSUMPTION (per day)



SOURCES:  
Report of the DGAC on the Dietary Guidelines for Americans, 2010  
U.S. Department of Health and Human Services: Physical Activity Guidelines for Americans Summary, 2008  
[nutritiondata.com](http://nutritiondata.com) | [caloriesperhour.com](http://caloriesperhour.com) | [bk.com](http://bk.com) | [transfairusa.org](http://transfairusa.org) | [ams.usda.gov](http://ams.usda.gov)

