

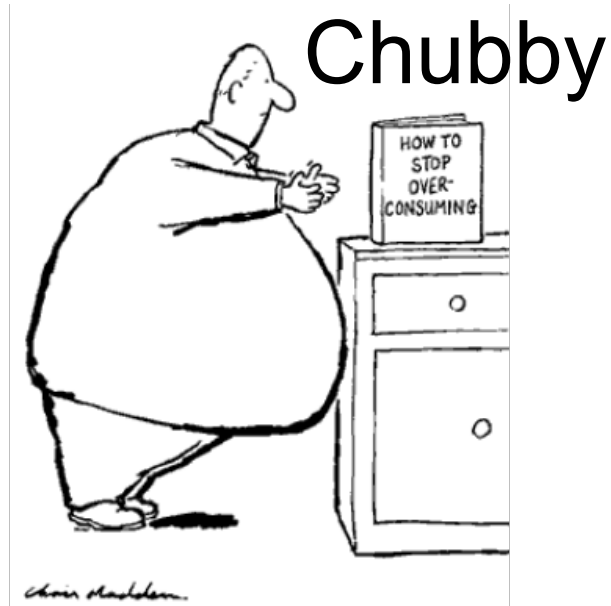
Appropriate Diet





If eat whole pizza
every day.

(eating too much)



Chubby



Sick





If don't eat whole pizza,
but ...

Leftover food



(cook too much)

Garbage



Waste of food
Waste of money

1 out of 7 people can't
eat in the world...



**6,000,000 children lose their lives
every year due to hunger.**

Eat appropriate



OR



If you control your diet ...



Don't exceed this!

Daily maximum calories = 2000

**I CAN BE
HEALTHY**



If you eat more than
you need ...

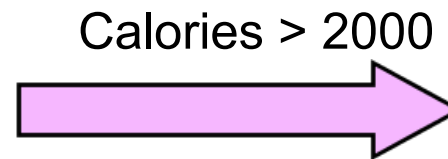
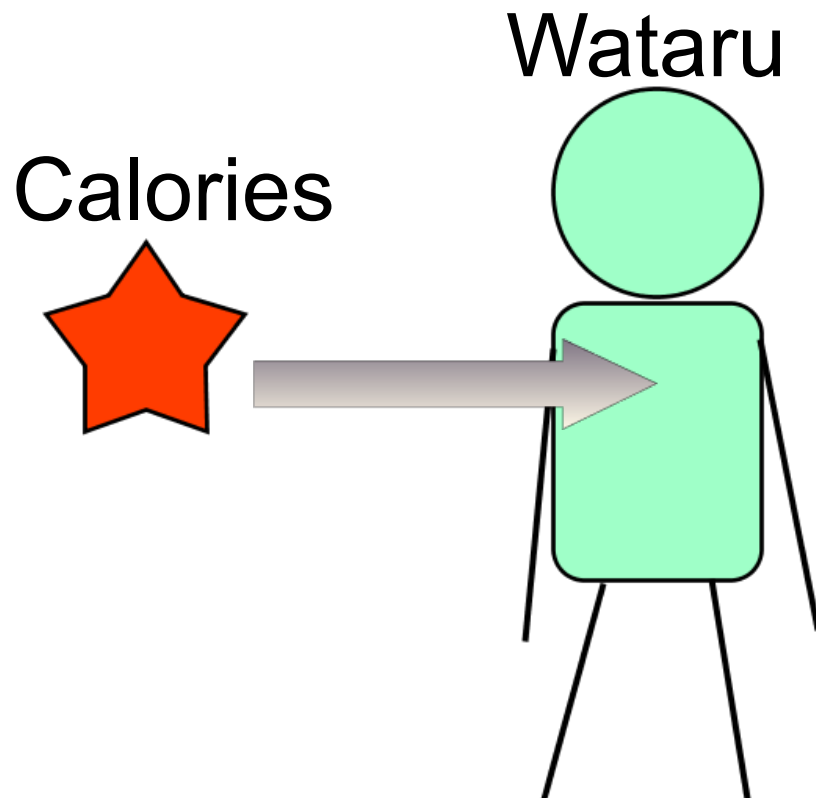


**Chubby &
Sick**



Remember!

Daily maximum calories = 2000



Example

Food	Calories
Pizza (whole)	1500
Soda (350 ml)	150
Noodle Soup	600
Macaroni and Cheese	450
Hash Brown	300
Lasagna, with Meat & Sauce	500
Fried Noodle	600
Rice	250
Ramen	400
Rice Cracker	60
French Fries	550



600



1500



250

Calories for
typical dinner = 2350!

Daily maximum calories = 2000

Model Diet

Breakfast

Hash brown



300

Lunch

Lasagna



500

Dinner

- 1/2 lipton soup
- slice pizza
- Rice

Total = 950



300



400



250

Total calorie = $300 + 500 + 950 = 1750$

If you eat a big meal for breakfast or lunch, adjust your dinner!

More examples

Restaurant 1

1170

110 x2



400



500

Restaurant 2

960

110 x2



300



Grilled cheese



440