Under consumption

Dietary intake relative to healthy and sustainable levels

- Dairy: 40%
- Meat: 15%
- Oil and fat: 10%
- Cereal and starch: 45%
- Vegetables: 40%

Over consumption

- Dairy: 45%
- Meat: 30%
- Oil and fat: 15%
- Cereal and starch: 10%
- Vegetables: 30%