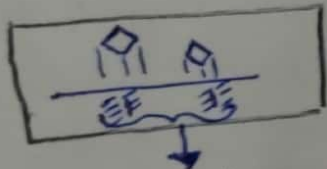


# DEAR DATA CARD: 08

Different food eaten

How to Read:



every line color below the horizontal line says the meal of day (lunch, dinner...)

- Each pattern piece depicts the food I ate in proportion and when.
- The height level: HIGHER = more hierarchy = more eaten

• Noticed I eat a lot. I had a variation of 9 different meals. Some of these are Indian dishes name.

chips

chocolate

each color represents a dish.

the more lines, the more of that meal

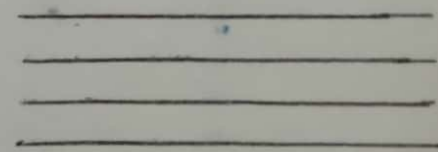
These colors below the horizontal line depicts the meal of day (time)

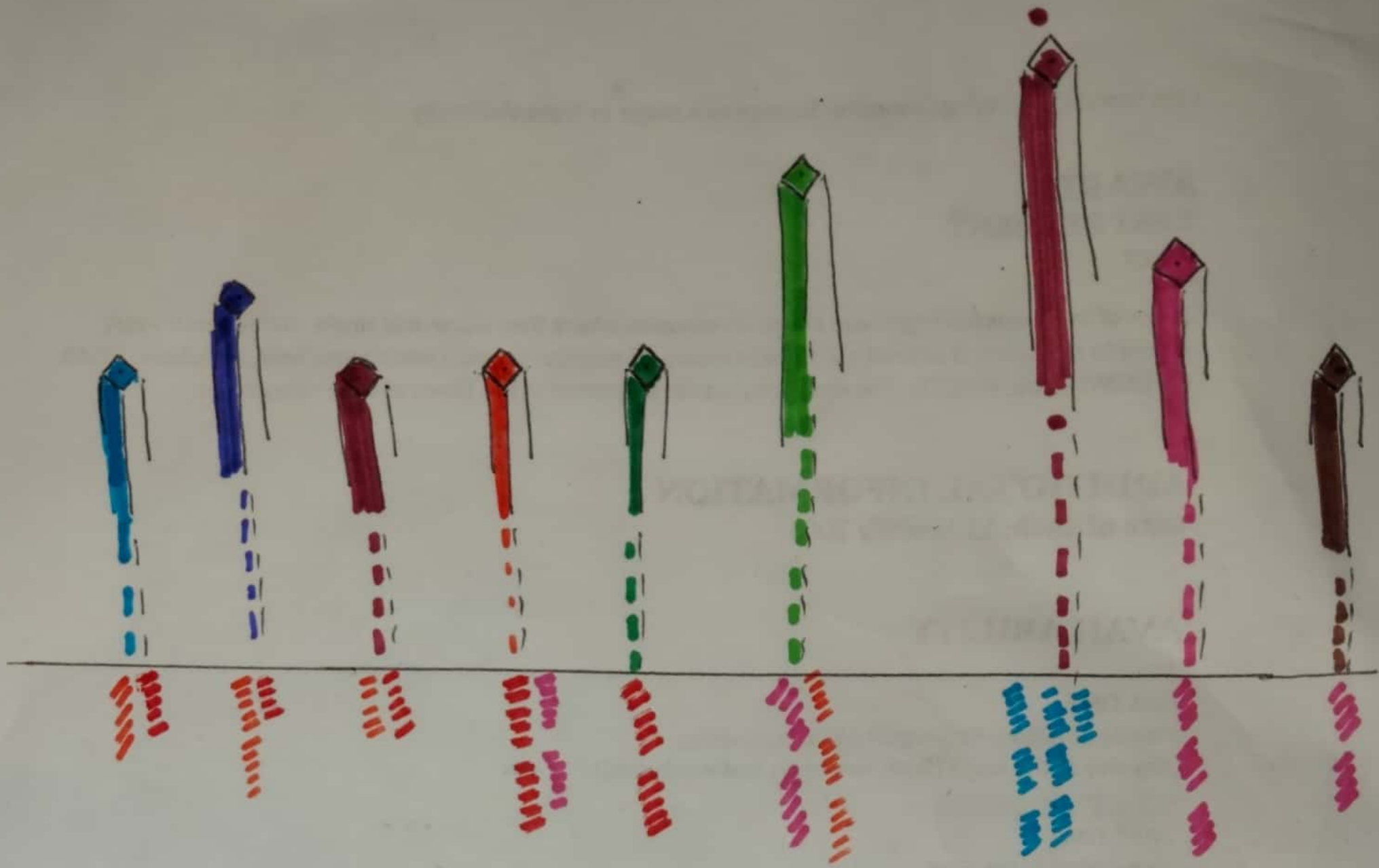
breakfast

lunch

snack (evening)

dinner





Monday

7 days

1 br.  
1 lun.  
1 snack  
1 dinner

2 mataar paneer

~~daal chawal~~

3 aloo lauki

2 spaghetti

2 beans potato

3 sabje beans

2 roti

paratha poori

2 pasta

5 subway

7 pancake  
banana

3 chips

2 chocolate

] lunch x 1  
dinner x 1

] lunch x 2  
dinner x 1

] lunch x 1  
dinner x 1

] dinner x 2  
snack x 2

] lunch x 1  
dinner x 1

] lunch x 2  
dinner x 1

] lunch x 1  
dinner x 1

] dinner x 2  
snack x 2

] lunch x 3

] breakfast x 7

] snack x 3

] snack x 2

① 7 breakfast

2 7 lunch

7 snack

7 dinner  
8 5 4 2

28 meals