

# ARCHETYPAL WESTERN DIET

$$E_{\text{day}} \approx 2000 \text{ kcal} \cdot \text{day}^{-1}$$

poultry  $\approx 5\%$



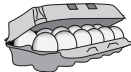
pork  $\approx 5\%$



beef  $\approx 10\%$



eggs  $\approx 1\%$



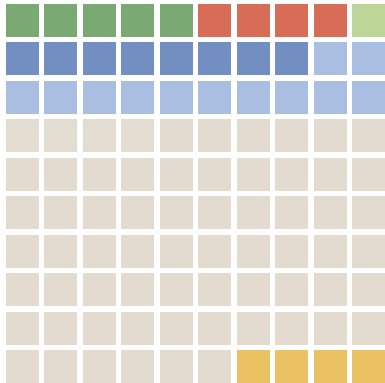
non-animal  
 $\approx 60\%$



dairy  $\approx 10\%$



other  $\approx 4\%$



20 kcal