

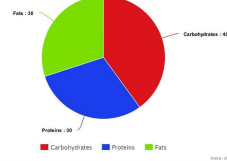
NUTRITION

INFOGRAPHIC
TIPS | FACTS

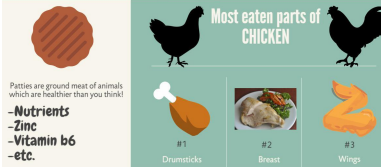
Created by:
Aaron Ang, Hu Yi, Dylan Kwang, Ng Zi Xuan

Did you know?

A balanced meal
<http://www.eatwell.org/controlling-cholesterol-how-to-eat-balanced-meal-for-cholesterol-protein-per-day/>



TRIVIA



DID YOU KNOW?

An average person eats **1996** pounds of food a year
Peanuts are used in the manufacturing of **dynamite**
The first bread made originated from **30,000** years ago
Green-tipped bananas are better for your health than over-ripe bananas
Zucchini tastes best when it is less than **6** inches long



FUN FACTS ABOUT COFFEE

Most expensive coffee in the world???

Kopi Luwak
USD
\$35 - \$100
PER CUP

Coffee beans are consumed byivet cats where the coffee beans would not be digested and passed out, the faeces would be cleaned and processed into a coffee with a special aroma...



Close to **2 250 000 000** are consumed **Daily**
=
1562 500 Per minute

Most traded commodities:

1. Crude Oil
2. Coffee
3. Natural Gas

That's right! - Coffee is ranked 2nd for being the most traded commodity, whereby 50% of its production is from developing countries (Brazil, Vietnam etc.)



Some of the world's weirdest delicacies

Disclaimer: May include disturbing pictures



Through this infographic poster, we hope that you will be able to be mindful when selecting what to eat by making informed decisions. We hope that this would trigger your interest for food, appreciate it and also give you some insight about the food we normally or rarely see!

How much coffee is consumed in the world everyday Retrieved on 22/6/2016 from <https://coffeeonlineonakabellforlovers.wordpress.com/2012/11/14/how-much-coffee-is-consumed-in-the-world-everyday/>
The most expensive coffee in the world Retrieved on 22/6/2016 from <https://www.craftbeveragejobs.com/the-worlds-most-expensive-coffee-kopi-luwak/>
Image of Kopi Luwak Retrieved on 22/6/2016 from <http://www.themostexpensivecoffee.com/tag/kopi-luwak/>
Top 10 most traded Commodities Retrieved on 22/6/2016 from <http://www.ngerstamyo.com/index.php/know-top-ten-traded-commodities/>
Economics of coffee Retrieved on 22/6/2016 from https://en.wikipedia.org/wiki/Economics_of_coffee
Image of coffee commodity Retrieved on 22/6/2016 from <http://www.moneycrashers.com/invest-trade-commodities/>
Century Egg Retrieved on 22/6/2016 from https://en.wikipedia.org/wiki/Century_egg
Image of Century Egg Retrieved on 22/6/2016 from <http://www.welt.de/reise/nah/article147949389/Eier-in-Luxushotels-sind-nicht-fuer-Bio-Helden.html>
Pig Blood Curd Retrieved on 22/6/2016 from https://en.wikipedia.org/wiki/Pig_Blood_curd
Image of Blood tofu Retrieved on 22/6/2016 from <http://kotika.com/Travel/2014/08/13/very-16791/article.shtml>
Image of hakarl Retrieved on 22/6/2016 from <http://madamnetwork.com/around/16-bizarre-foreign-foods-try-anyway/>
Casu Marzu Retrieved on 22/6/2016 from https://en.wikipedia.org/wiki/Casu_marzu
Image of Casu Marzu Retrieved on 22/6/2016 from <http://culturecheesemag.com/blog/cultures-believe-not-casu-marzu>