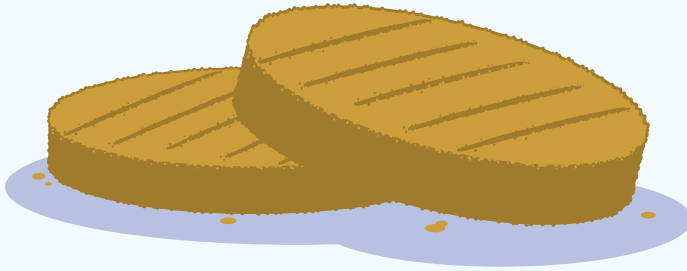


3000L

per beef patty (200g)

BEEF PATTIES



BEEF PATTIES

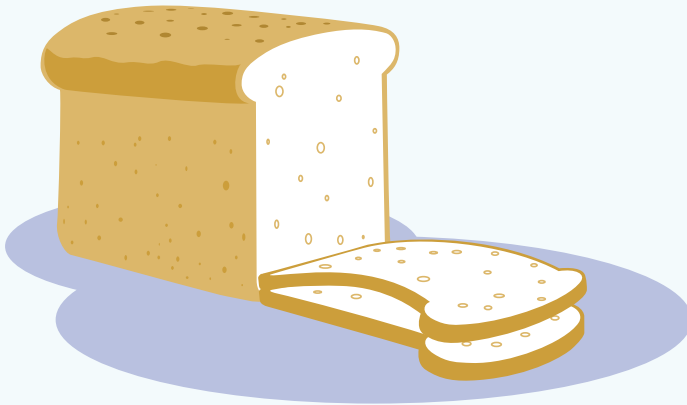
per beef patty (200g)

3000L

64L

per slice (40g)

BREAD



BREAD

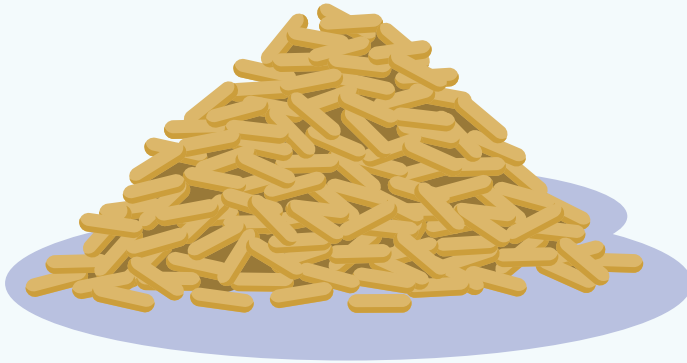
per slice (40g)

64L

152L

per serve (70g)

BROWN RICE



BROWN RICE

per serve (70g)

152L

13.6L

per serve (70g)

CARROT



CARROT

per serve (70g)

13.6L

132L

per cup (250ml)

BLACK COFFEE



BLACK COFFEE

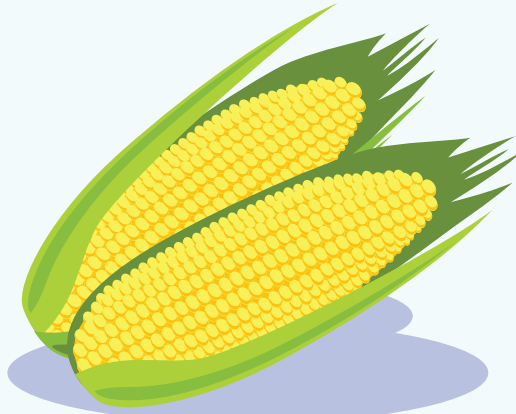
per cup (250ml)

132L

122L

per cob (100gm serving size)

CORN



CORN

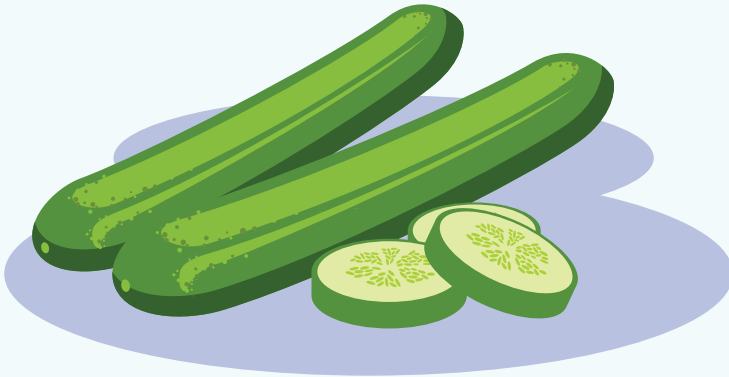
per cob (100gm serving size)

122L

24.5L

per serve (70g)

CUCUMBER



CUCUMBER

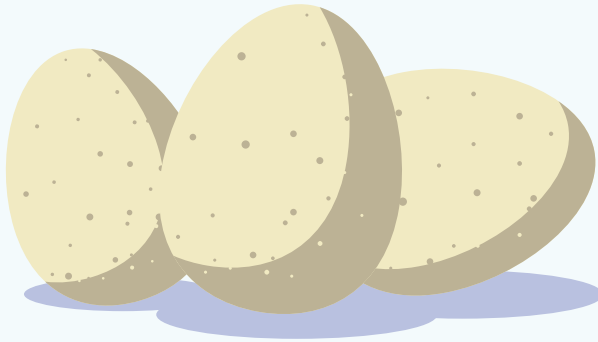
per serve (70g)

24.5L

197L

per egg

EGGS



EGGS

per egg

197L

255L

per glass (250ml)

MILK



MILK

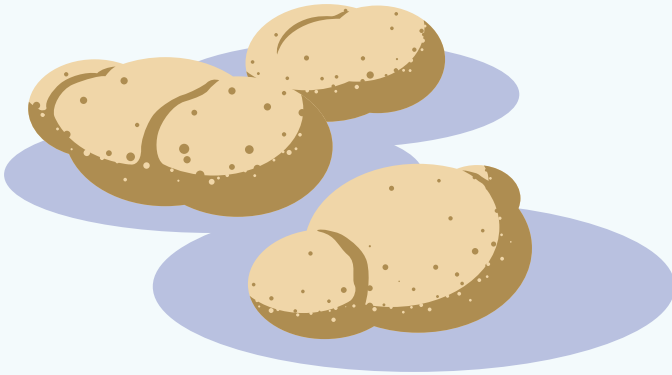
per glass (250ml)

255L

20L

per serve (70g)

POTATOES



POTATOES

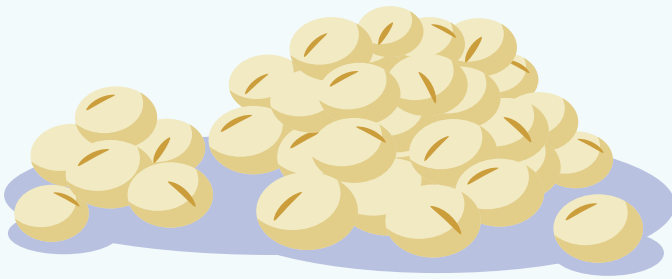
per serve (70g)

20L

150L

per serve (70g)

SOYBEANS



SOYBEANS

per serve (70g)

150L

15L

per serve (70g)

TOMATO



TOMATO

per serve (70g)

15L