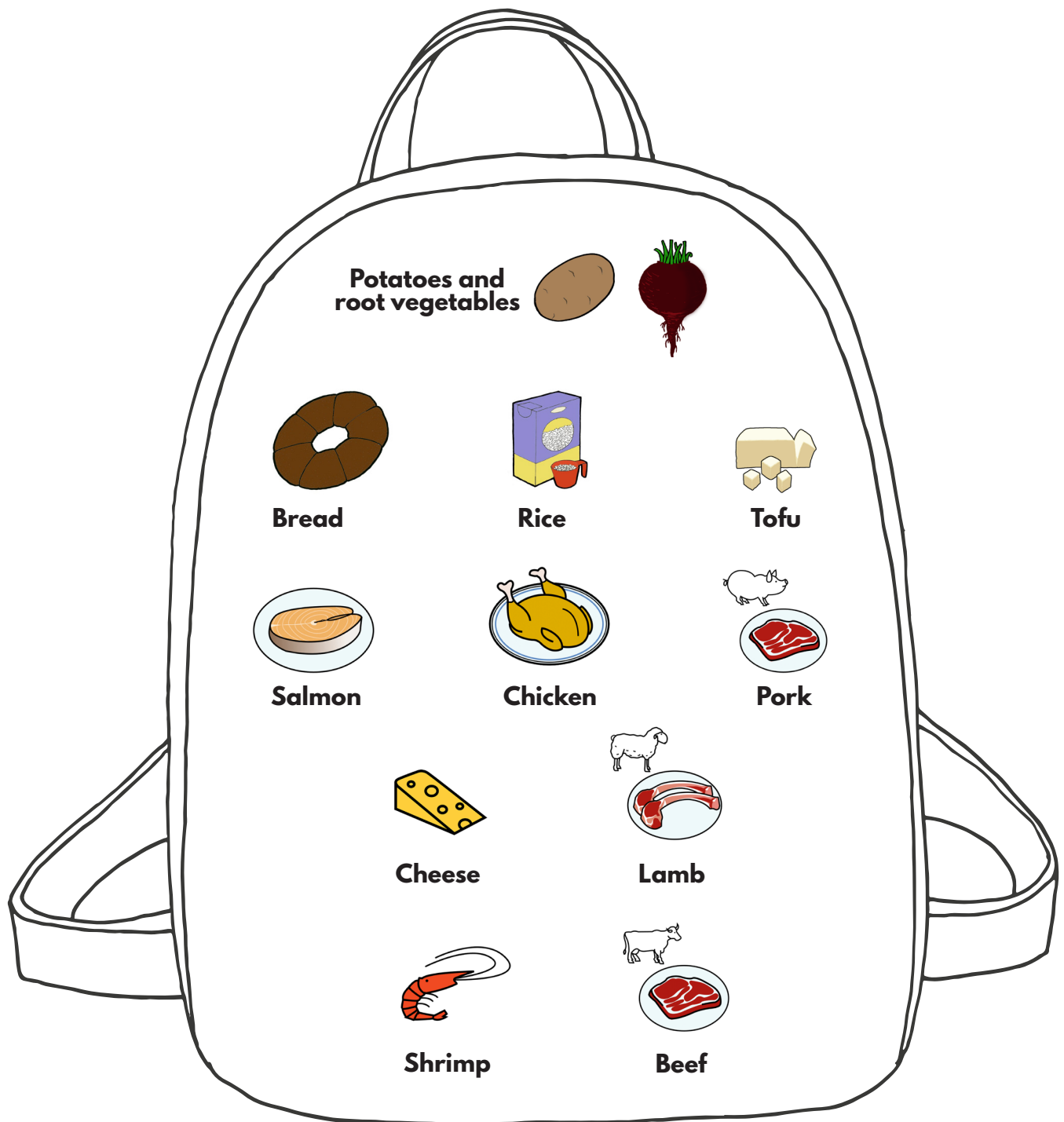
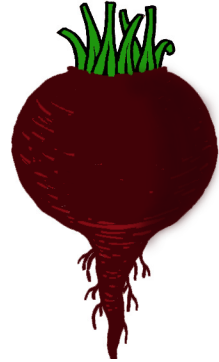
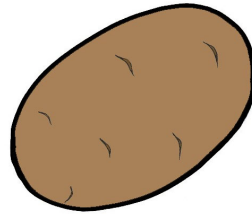


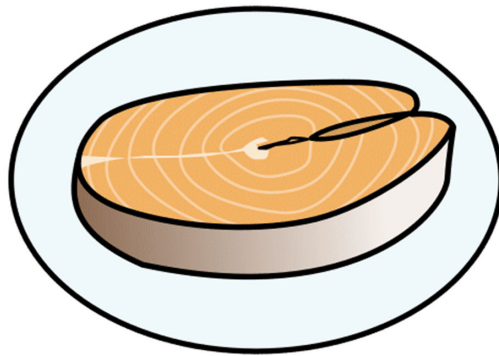
# ECOLOGICAL RUCKSACK OF FOODS



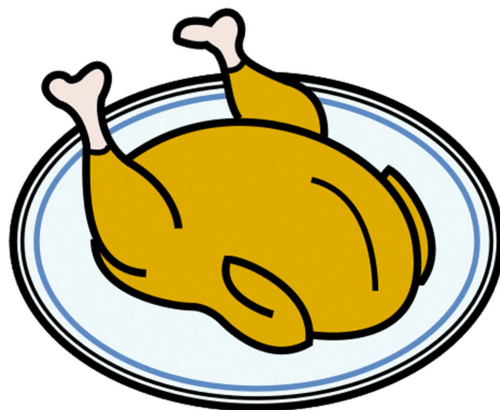
**Potatoes and  
root vegetables**



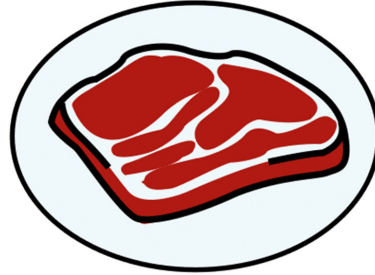
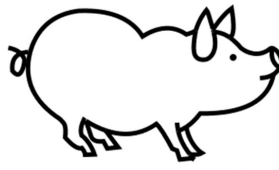
**Salmon**



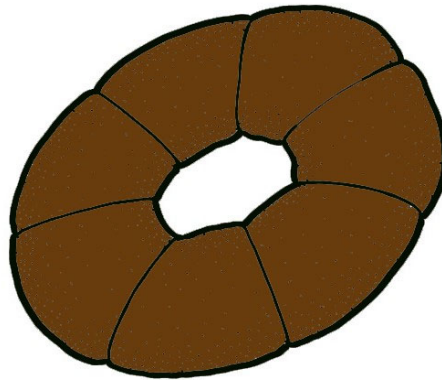
**Chicken**



**Pork**



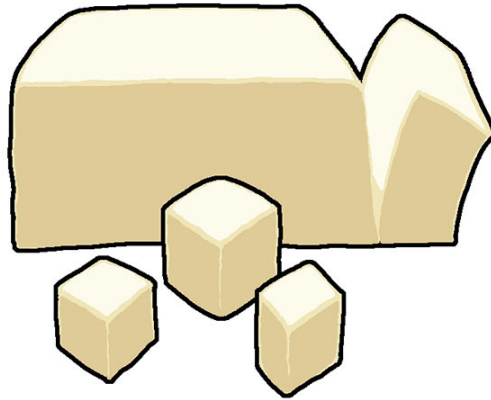
**Bread**



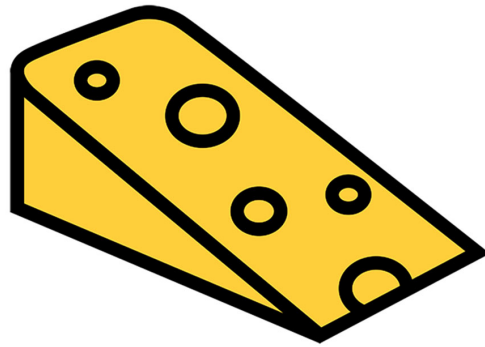
**Rice**



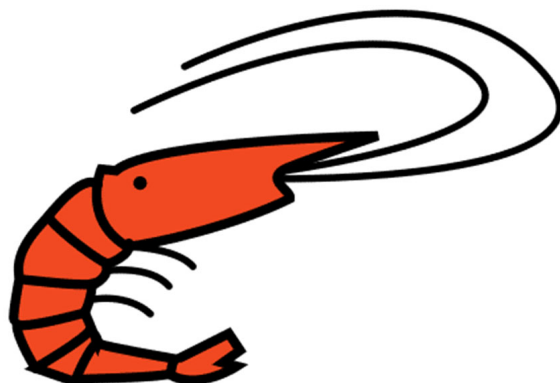
**Tofu**



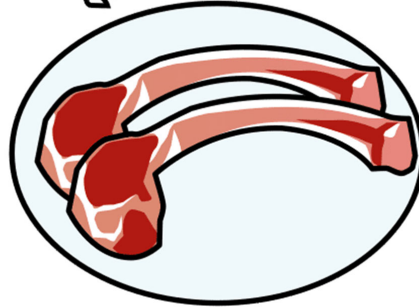
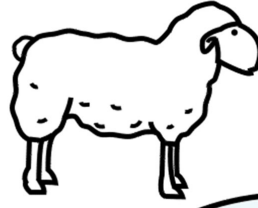
**Cheese**



**Shrimp**



**Lamb**



**Beef**

