

BANGLADESH: SHAHNAZ BEGUM MICROLOAN MILKER

WHAT I EAT

Around the World in 80 Diets

2000 Calories

One Day's Food

PROFILE

GENERAL AND FOOD-RELATED STATISTICS FOR BANGLADESH

Map: Bangladesh

CANADA: COCO SIMONE FINKEN GREEN TEEN

WHAT I EAT

Around the World in 80 Diets

1900 Calories

One Day's Food

PROFILE

GENERAL AND FOOD-RELATED STATISTICS FOR CANADA

Map: Canada

CHINA: CHEN ZHEN COLLEGE STUDENT

WHAT I EAT

Around the World in 80 Diets

2600 Calories

One Day's Food

PROFILE

GENERAL AND FOOD-RELATED STATISTICS FOR CHINA

Map: China

ISRAEL: OFER SABATH BETT-HALACHMI 44400

WHAT I EAT

Around the World in 80 Diets

3100 Calories

One Day's Food

PROFILE

GENERAL AND FOOD-RELATED STATISTICS FOR ISRAEL

Map: Israel

JAPAN: MIYABIYAMA SUMO WRESTLER

WHAT I EAT

Around the World in 80 Diets

3500 Calories

One Day's Food

PROFILE

GENERAL AND FOOD-RELATED STATISTICS FOR JAPAN

Map: Japan

KENYA: NOOLKISARUNI TARAKUAI HAKASI HERDER

WHAT I EAT

Around the World in 80 Diets

800 Calories

One Day's Food

PROFILE

GENERAL AND FOOD-RELATED STATISTICS FOR KENYA

Map: Kenya

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YEMEN: SAADA HAIDAR HOMEMAKER

WHAT
I EAT

Around the World in 90 Days

Yemen In a small village, the 50-year-old Saada Haidar, a homemaker, prepares a traditional Yemeni meal of rice and meat for her family.

Yemen A woman sits at a table in a restaurant in Sana'a, the capital of Yemen, and enjoys a meal of rice and meat.

One Day's Food

1,400 kcal

Breakfast 100 kcal: 100g of white rice, 100g of lentils, 100g of chickpeas, 100g of green beans, 100g of tomatoes, 100g of onions, 100g of garlic, 100g of ginger, 100g of turmeric, 100g of cumin, 100g of coriander, 100g of dill, 100g of parsley, 100g of mint, 100g of lemon juice, 100g of olive oil, 100g of butter, 100g of sugar, 100g of salt, 100g of pepper, 100g of cinnamon, 100g of cardamom, 100g of saffron, 100g of rose water, 100g of orange blossom water, 100g of almond extract, 100g of vanilla extract, 100g of lemon zest, 100g of orange zest, 100g of lime zest, 100g of grapefruit zest, 100g of kiwi fruit, 100g of mango, 100g of pineapple, 100g of papaya, 100g of guava, 100g of passion fruit, 100g of dragon fruit, 100g of jackfruit, 100g of breadfruit, 100g of cassava, 100g of yam, 100g of sweet potato, 100g of taro, 100g of arrowroot, 100g of tapioca, 100g of cornstarch, 100g of potato starch, 100g of rice starch, 100g of wheat starch, 100g of pea starch, 100g of lentil starch, 100g of chickpea starch, 100g of green bean starch, 100g of tomato starch, 100g of onion starch, 100g of garlic starch, 100g of ginger starch, 100g of turmeric starch, 100g of cumin starch, 100g of coriander starch, 100g of dill starch, 100g of parsley starch, 100g of mint starch, 100g of lemon juice starch, 100g of olive oil starch, 100g of butter starch, 100g of sugar starch, 100g of salt starch, 100g of pepper starch, 100g of cinnamon starch, 100g of cardamom starch, 100g of saffron starch, 100g of rose water starch, 100g of orange blossom water starch, 100g of almond extract starch, 100g of vanilla extract starch, 100g of lemon zest starch, 100g of orange zest starch, 100g of lime zest starch, 100g of grapefruit zest starch, 100g of kiwi fruit starch, 100g of mango starch, 100g of pineapple starch, 100g of papaya starch, 100g of guava starch, 100g of passion fruit starch, 100g of dragon fruit starch, 100g of jackfruit starch, 100g of breadfruit starch, 100g of cassava starch, 100g of yam starch, 100g of sweet potato starch, 100g of taro starch, 100g of arrowroot starch, 100g of tapioca starch, 100g of cornstarch starch, 100g of potato starch starch, 100g of rice starch starch, 100g of wheat starch starch, 100g of pea starch starch, 100g of lentil starch starch, 100g of chickpea starch starch, 100g of green bean starch starch, 100g of tomato starch starch, 100g of onion starch starch, 100g of garlic starch starch, 100g of ginger starch starch, 100g of turmeric starch starch, 100g of cumin starch starch, 100g of coriander starch starch, 100g of dill starch starch, 100g of parsley starch starch, 100g of mint starch starch, 100g of lemon juice starch starch, 100g of olive oil starch starch, 100g of butter starch starch, 100g of sugar starch starch, 100g of salt starch starch, 100g of pepper starch starch, 100g of cinnamon starch starch, 100g of cardamom starch starch, 100g of saffron starch starch, 100g of rose water starch starch, 100g of orange blossom water 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