4. What would we need to do to have a healthy food supply?

Some researchers say the food supply should be decreased by **500 calories** per person per day to reduce obesity, but simply removing empty calories is not sufficient.

To achieve a healthy balance...

Whole grains would need to *triple*, but **refined grains** would need to be *cut in half*.

DAIRY

The supply of **fruit** would need to *more than double*.

GRAINS

The **milk** supply would need to *increase by about 70%* — almost all from **low-fat** and **fat-free** milk or substitutes.

FRUITS

VEGETABLES

The total supply of **protein** foods would be more than adequate, but more would need to come from **fish and plant** sources.

The supply of **vegetables** would need to *increase by almost 50%* — especially from **dark green and orange vegetables** and **beans and peas**.
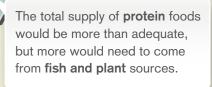
PROTEIN

Calories from **unhealthy fats** and **added sugars** would need to *decrease by about 40%*, and **added sodium** would need to *decrease by more than 50%*.

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