

Fig. 1

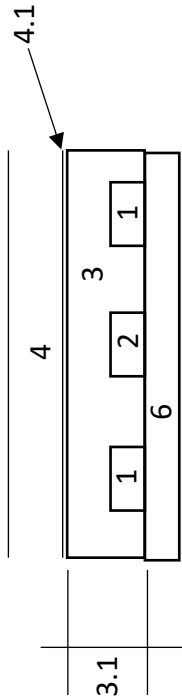


Fig. 1a

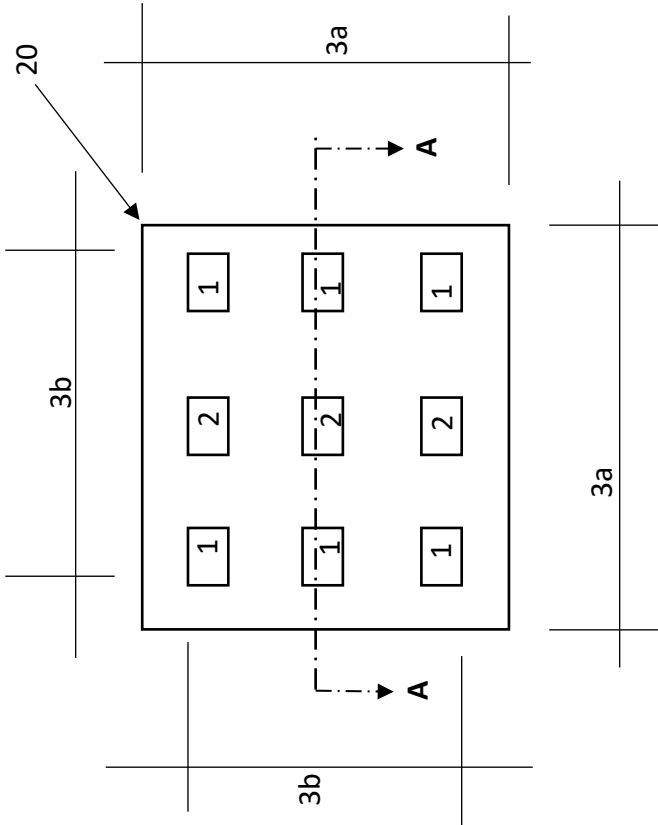


Fig. 2

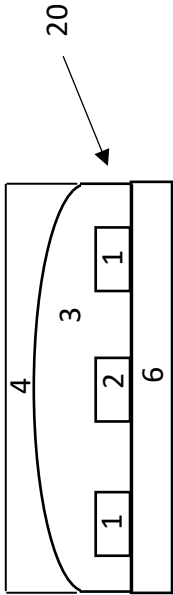


Fig. 2a

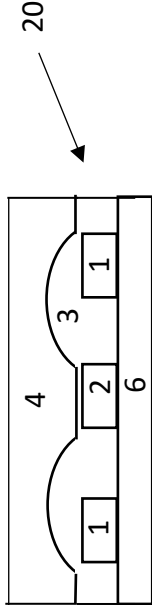


Fig. 3

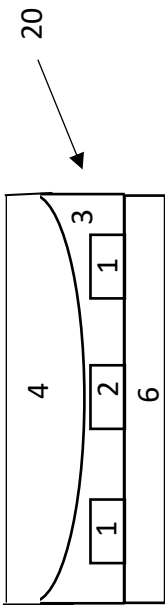


Fig. 3a

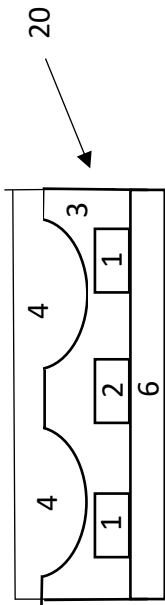


Fig. 6

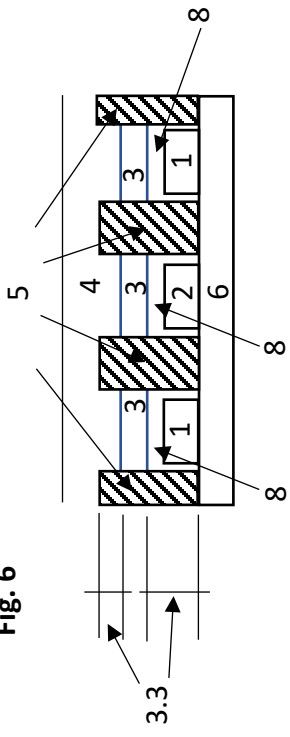


Fig. 6b

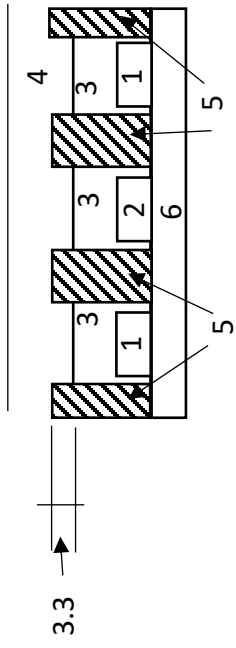


Fig. 6a

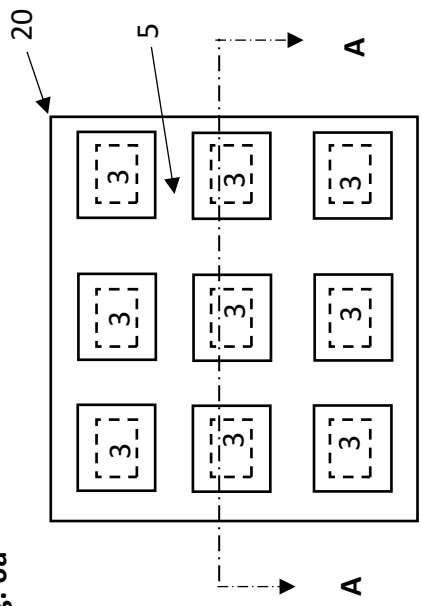


Fig. 7

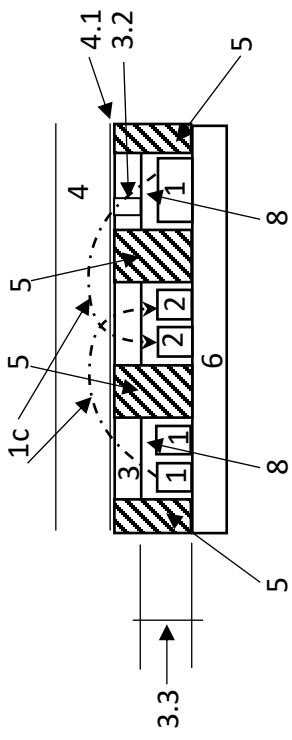


Fig. 7a

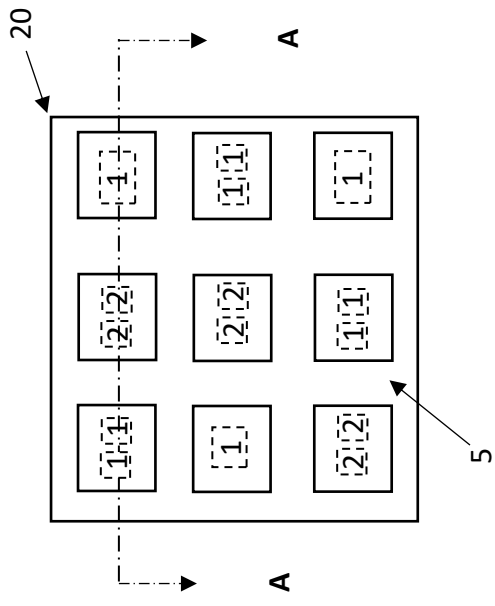


Fig. 8

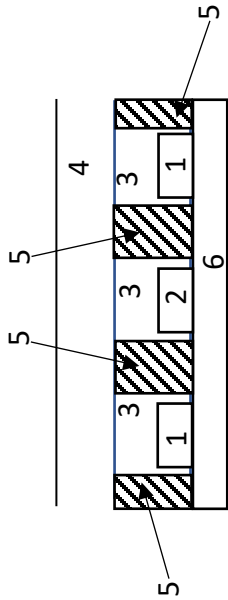


Fig. 9

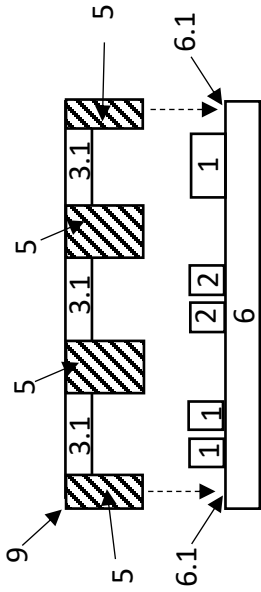


Fig. 8a

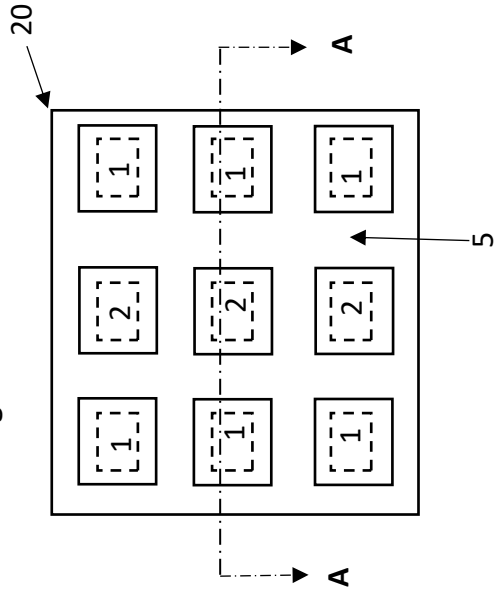


Fig. 9a

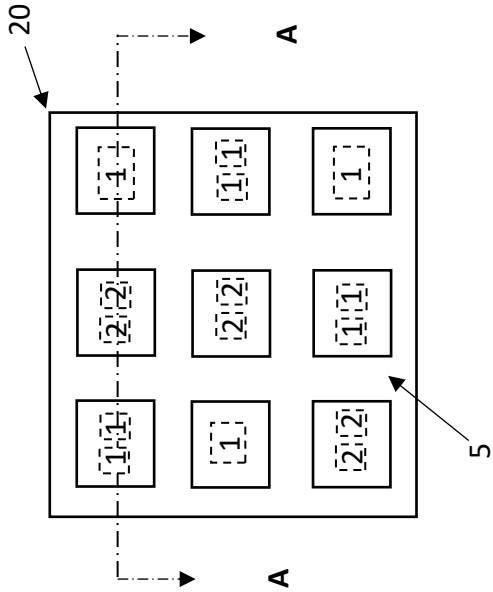


Fig. 12

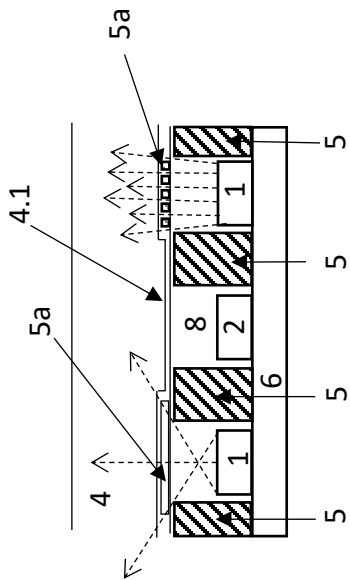


Fig. 12b

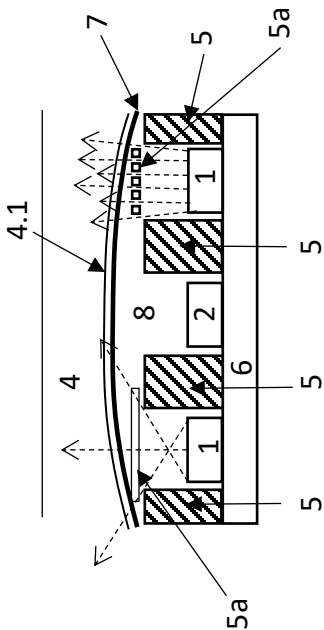


Fig. 12b1

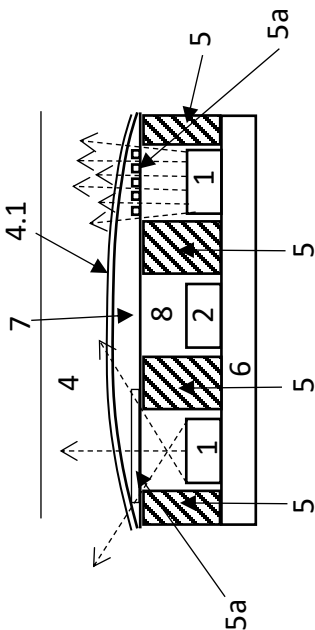


Fig. 12b3

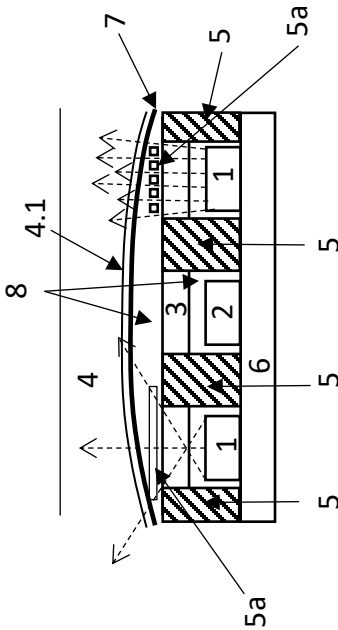


Fig. 12b2

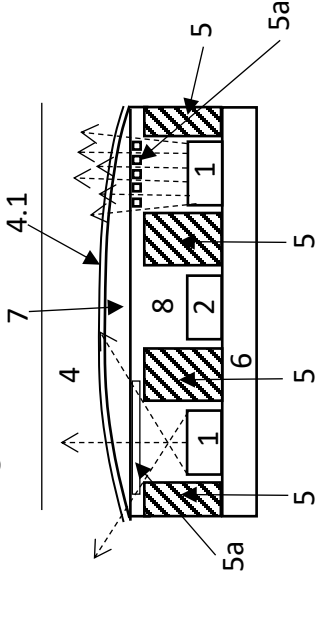


Fig. 12b4

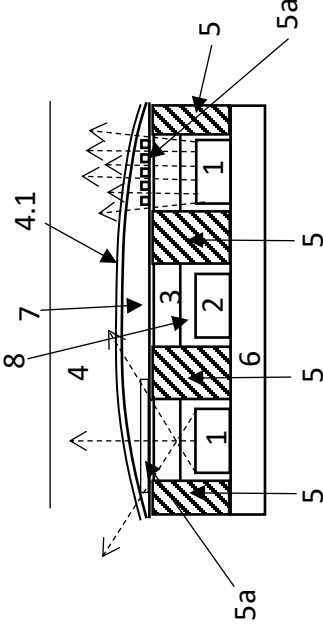


Fig. 12b5

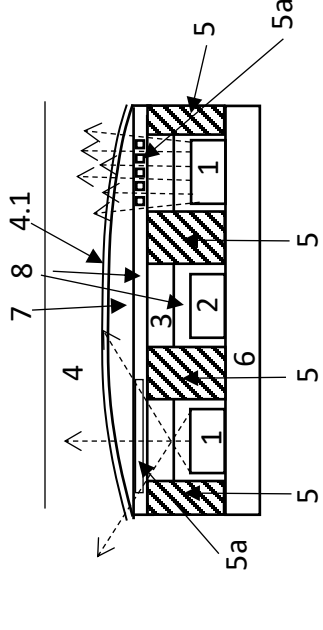


Fig. 12a

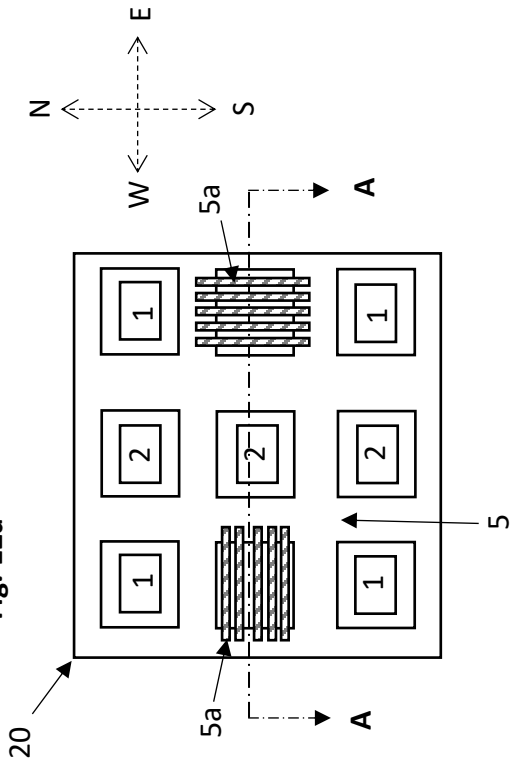


Fig. 12c

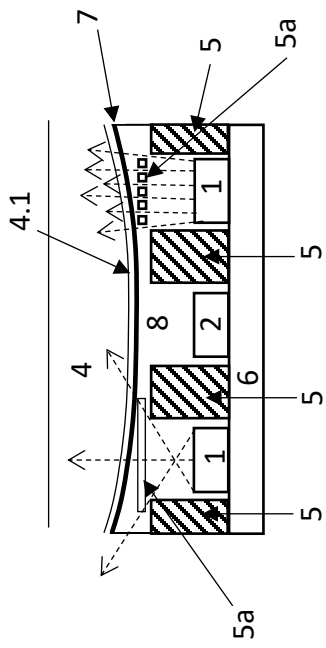


Fig. 12c1

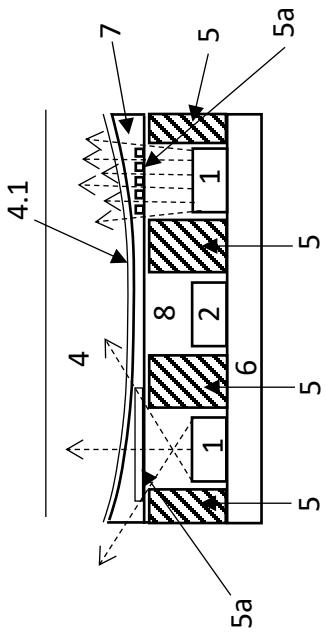


Fig. 12c2

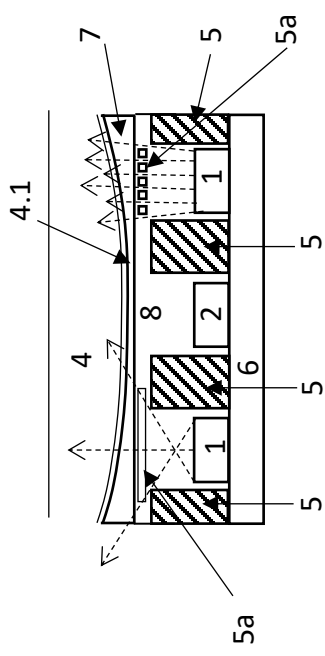


Fig. 12c3

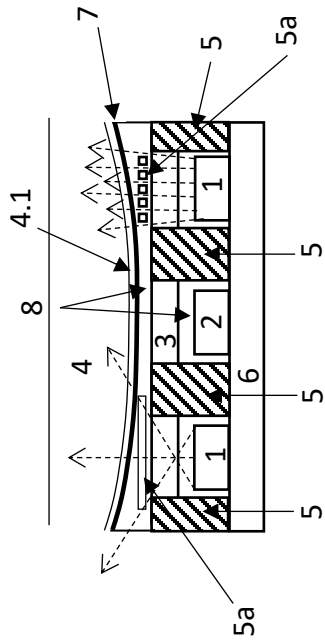


Fig. 12c4

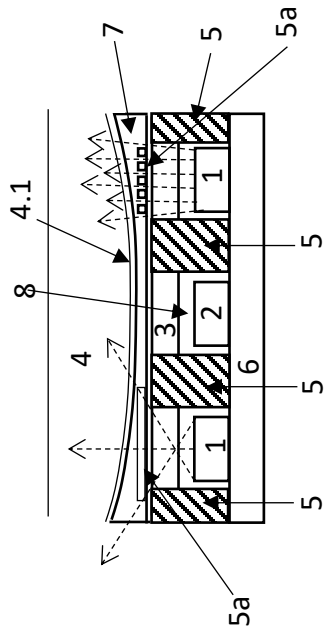


Fig. 12c5

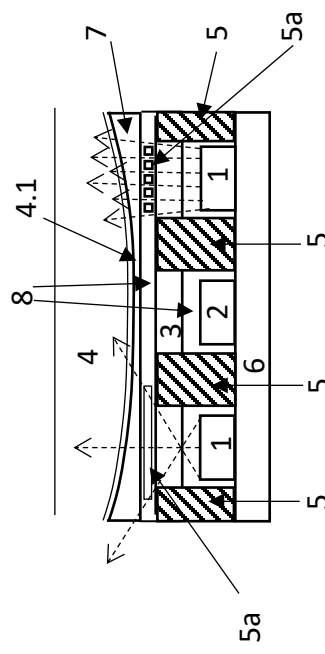


Fig. 12d

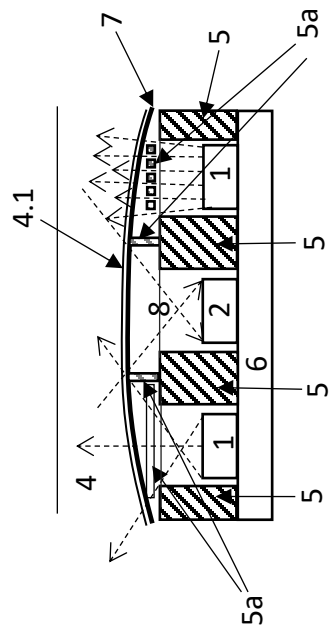


Fig. 12d1

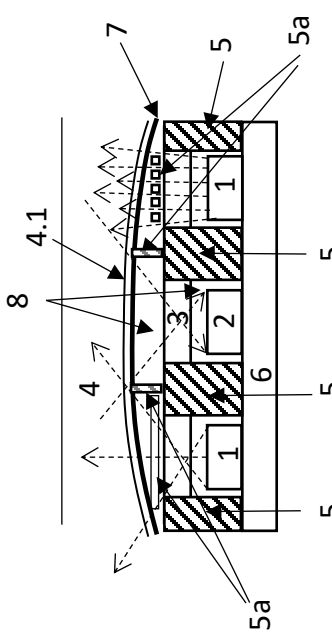


Fig. 12d2

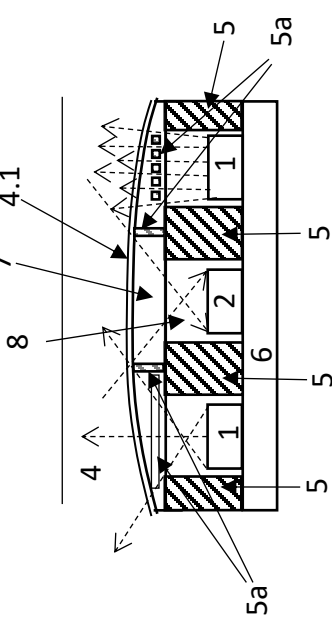


Fig. 12d3

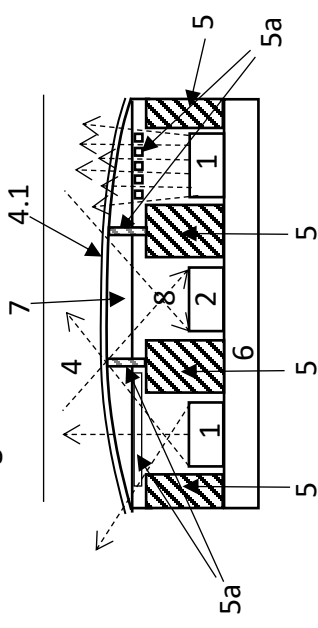


Fig. 12d4

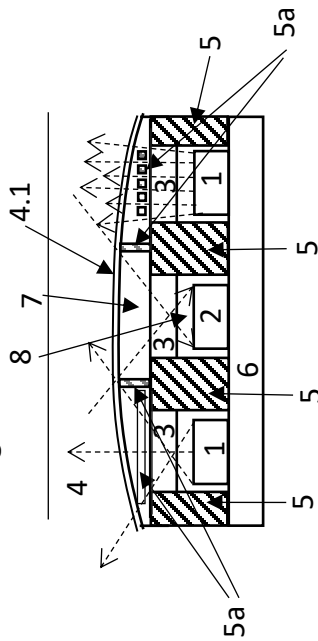


Fig. 12d5

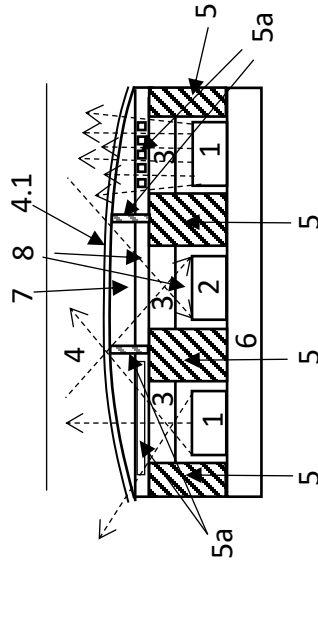


Fig. 12e

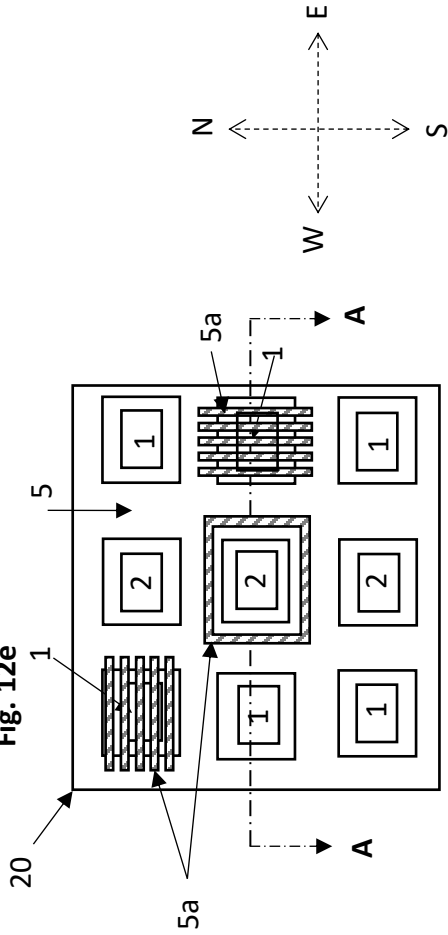


Fig. 13

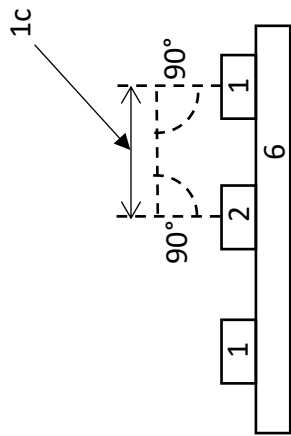


Fig. 13a

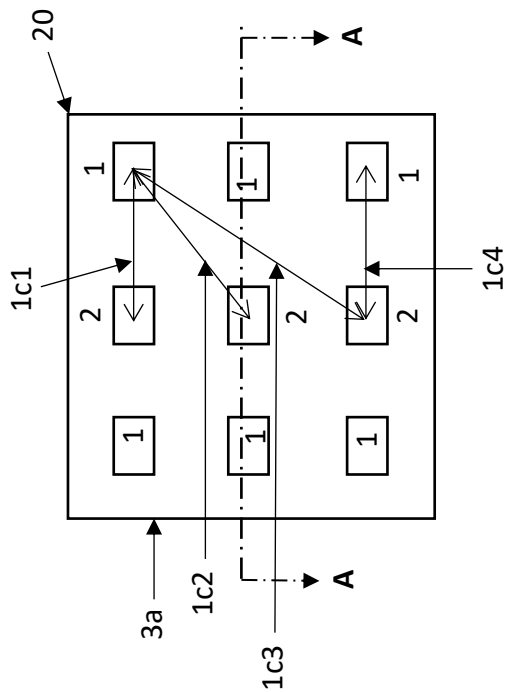


Fig 14.

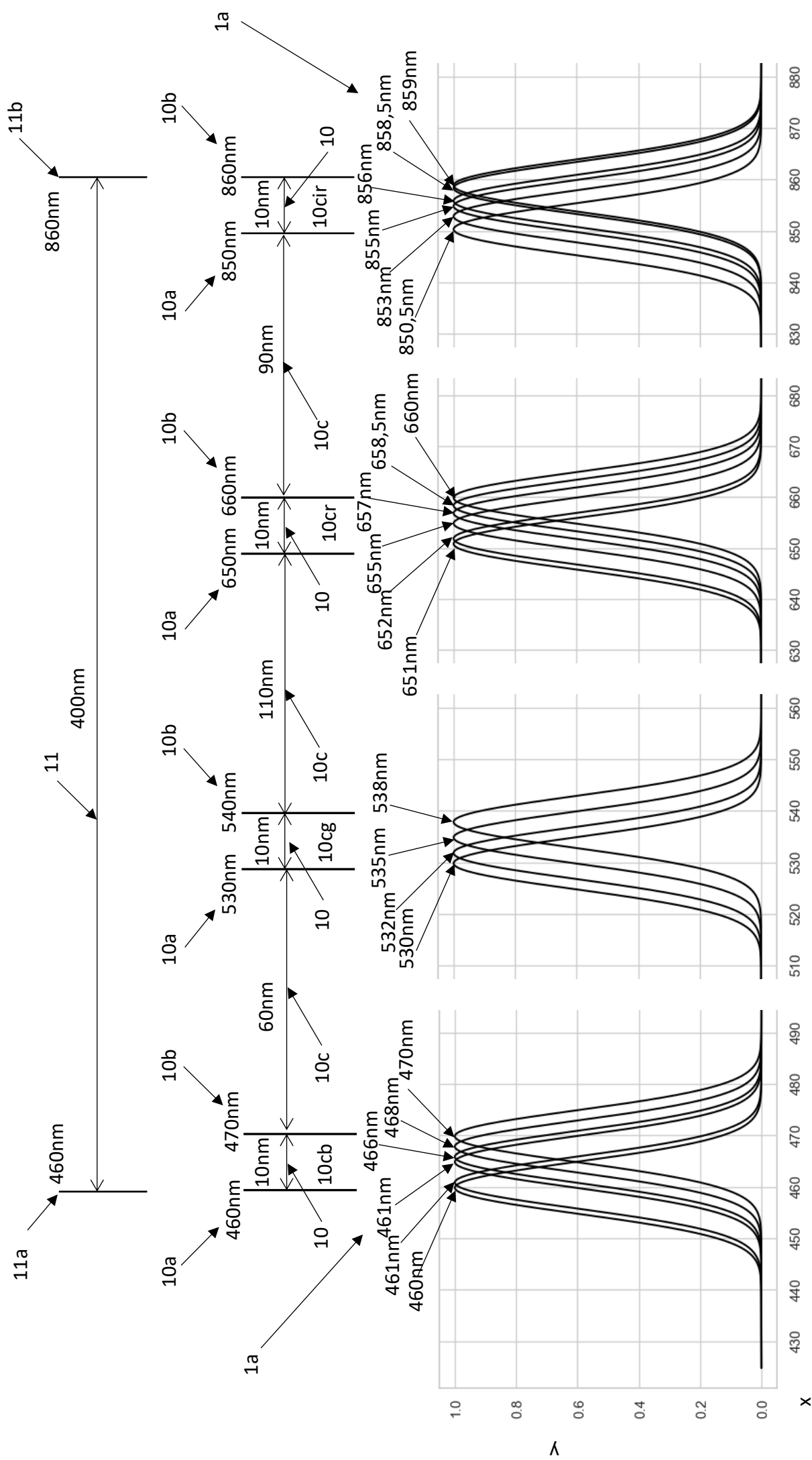


Fig. 14a

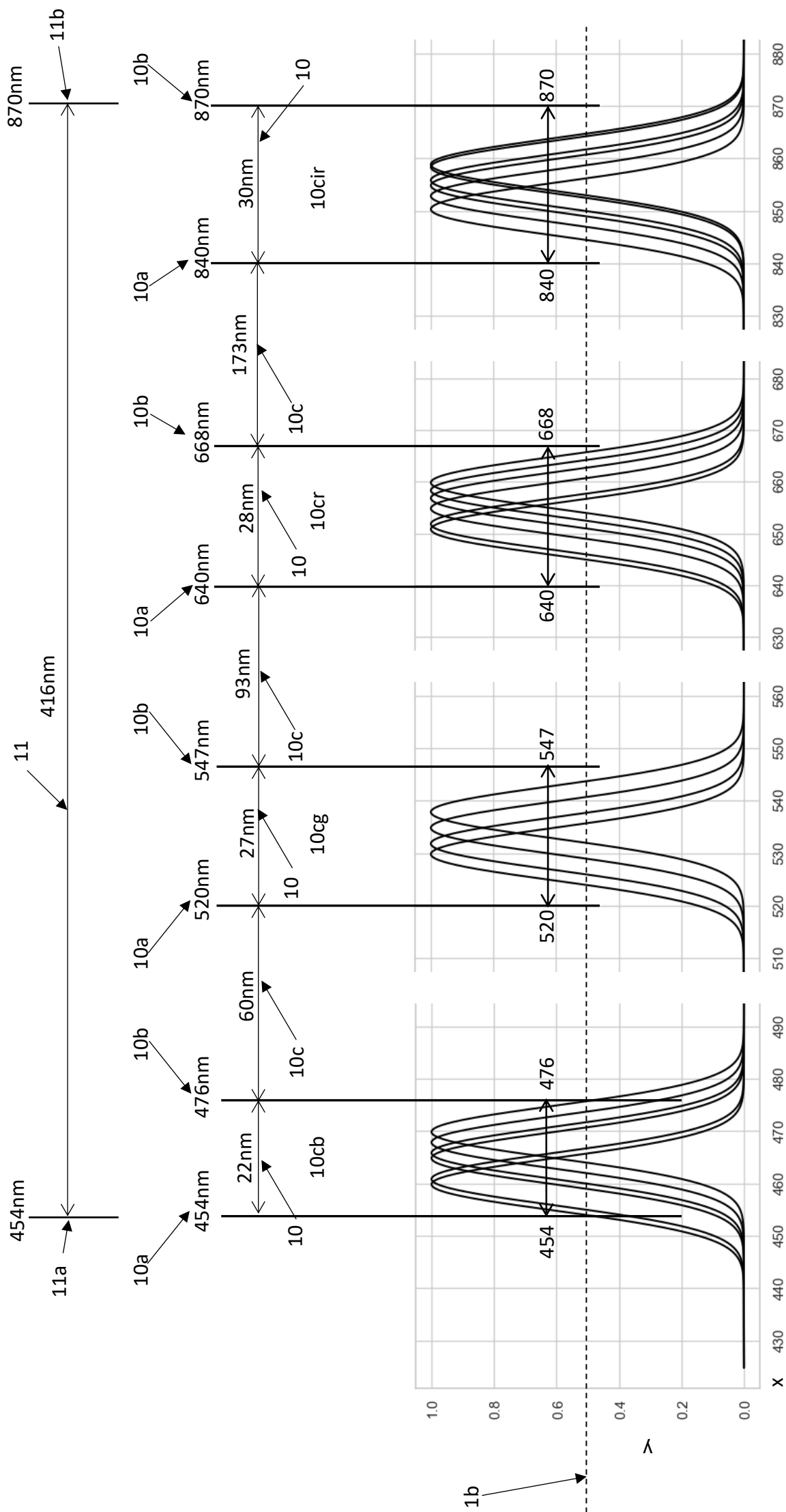
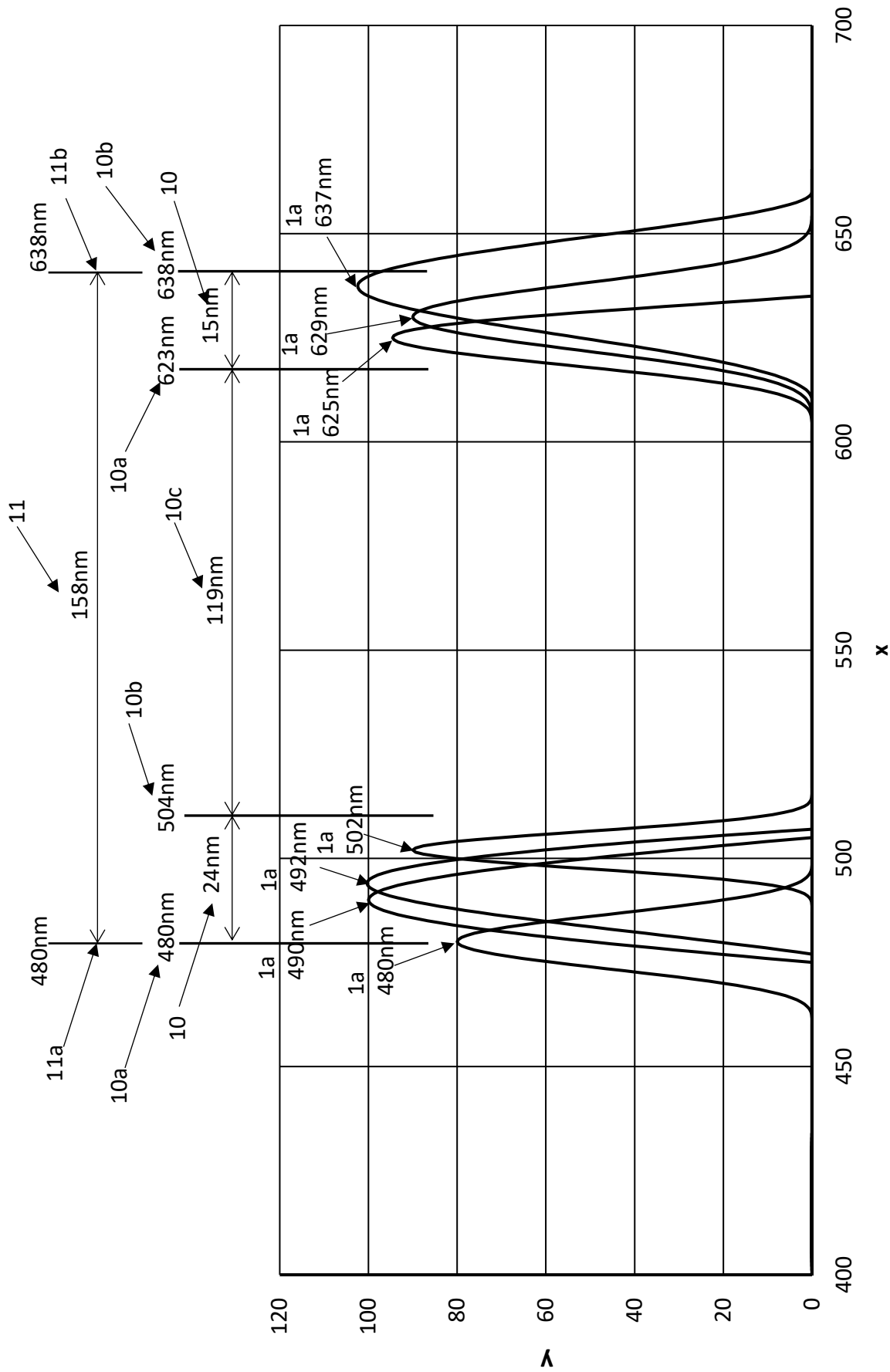


Fig. 14b



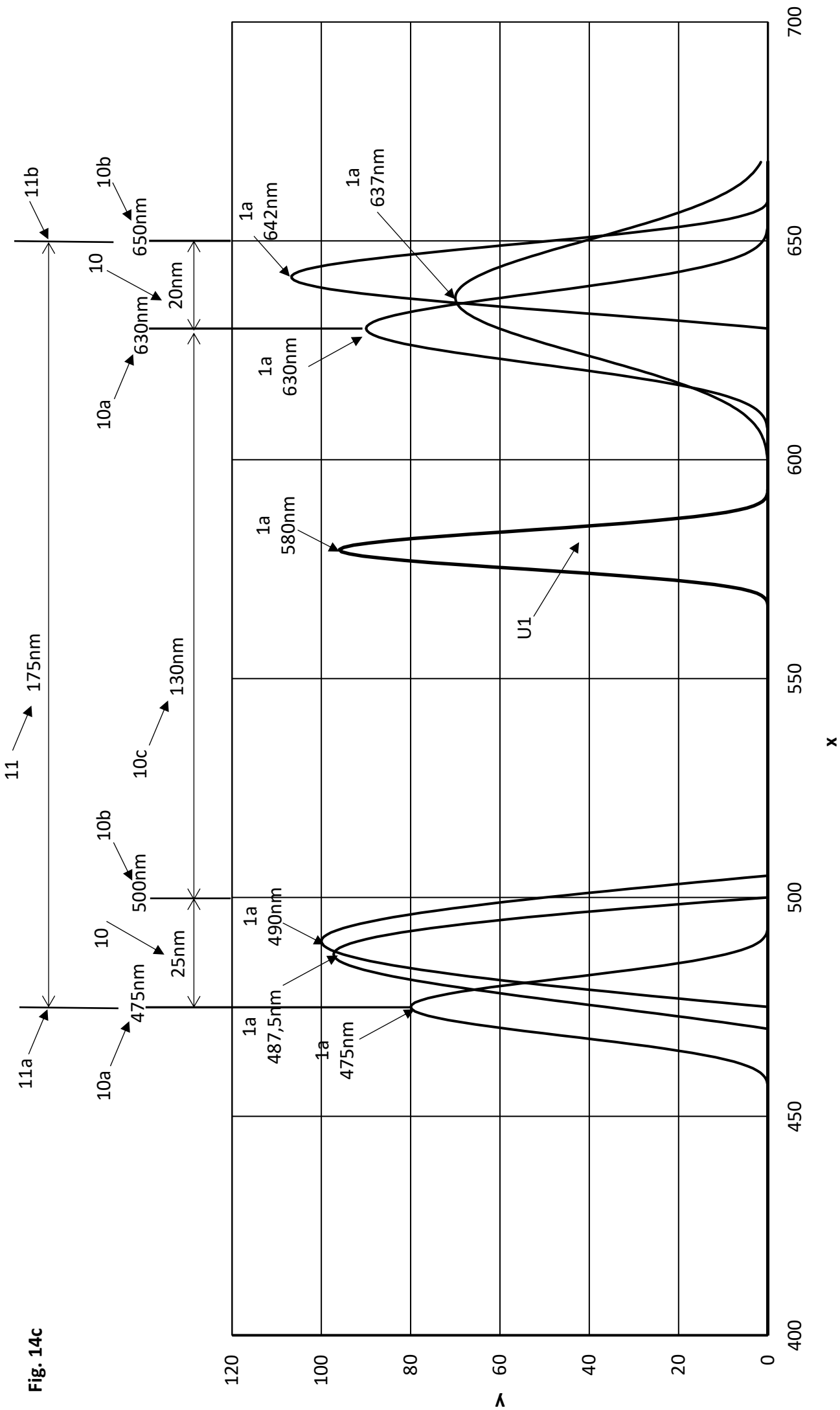


Fig. 14d

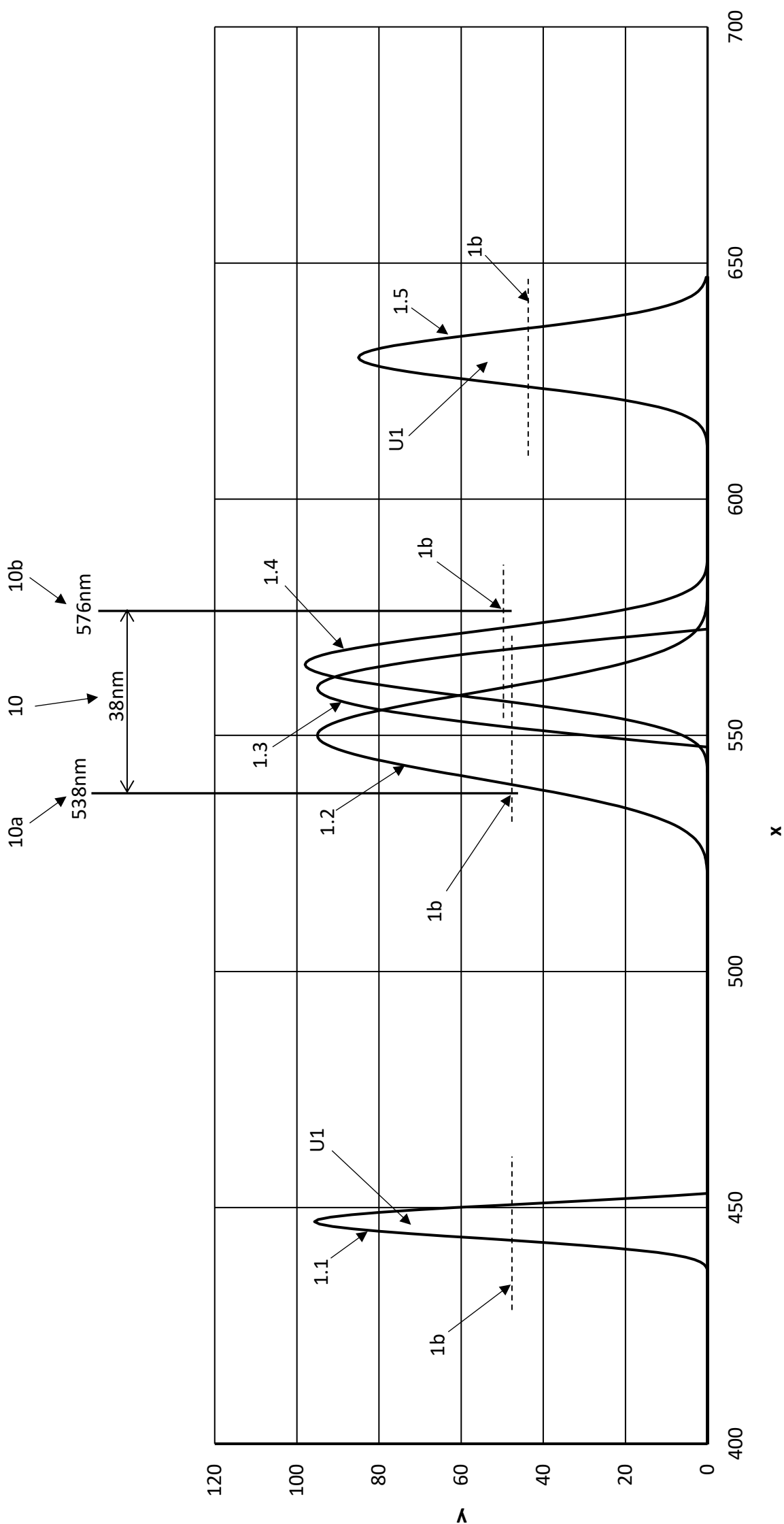


Fig. 14e

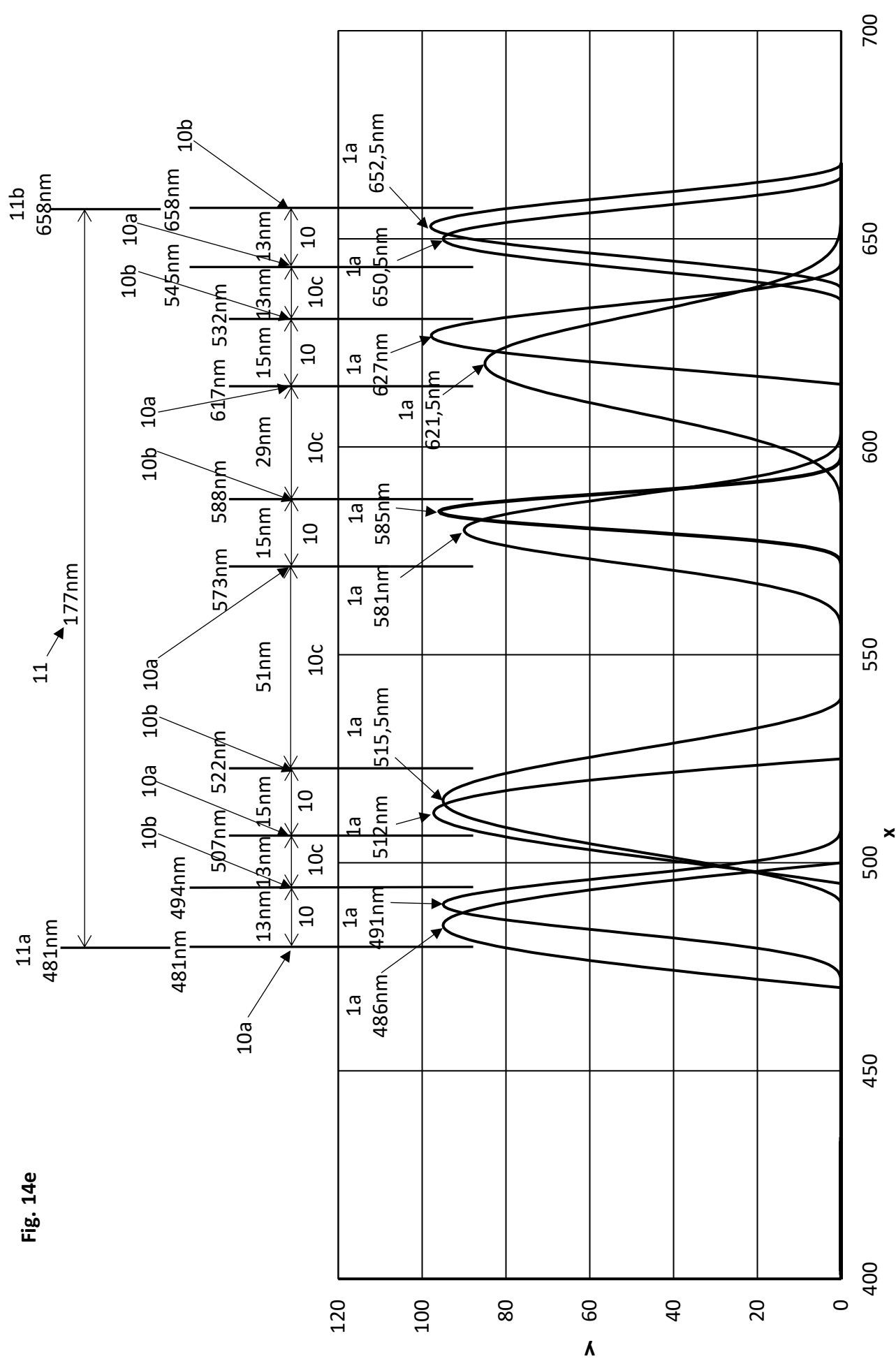


Fig. 15

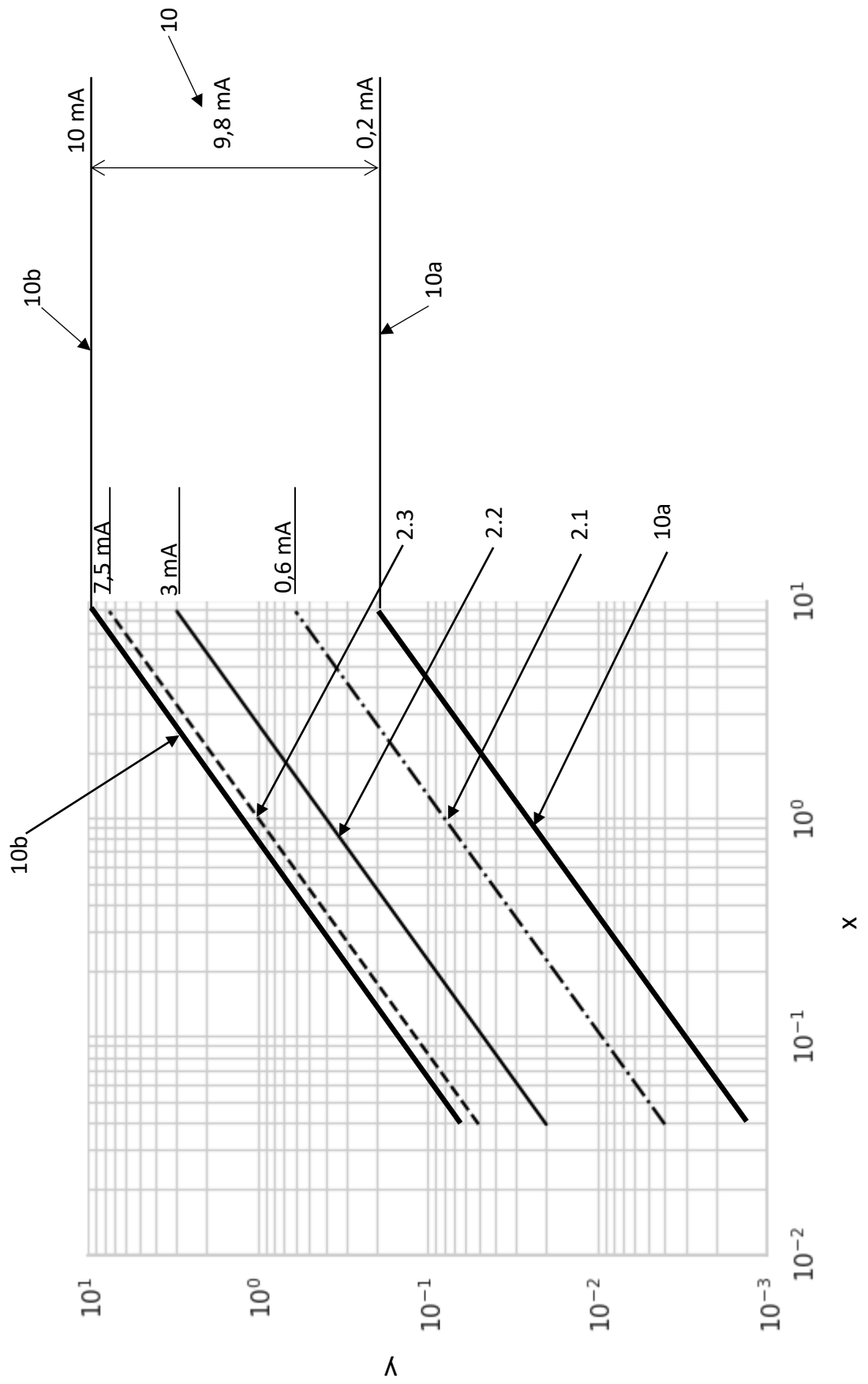


Fig. 15a

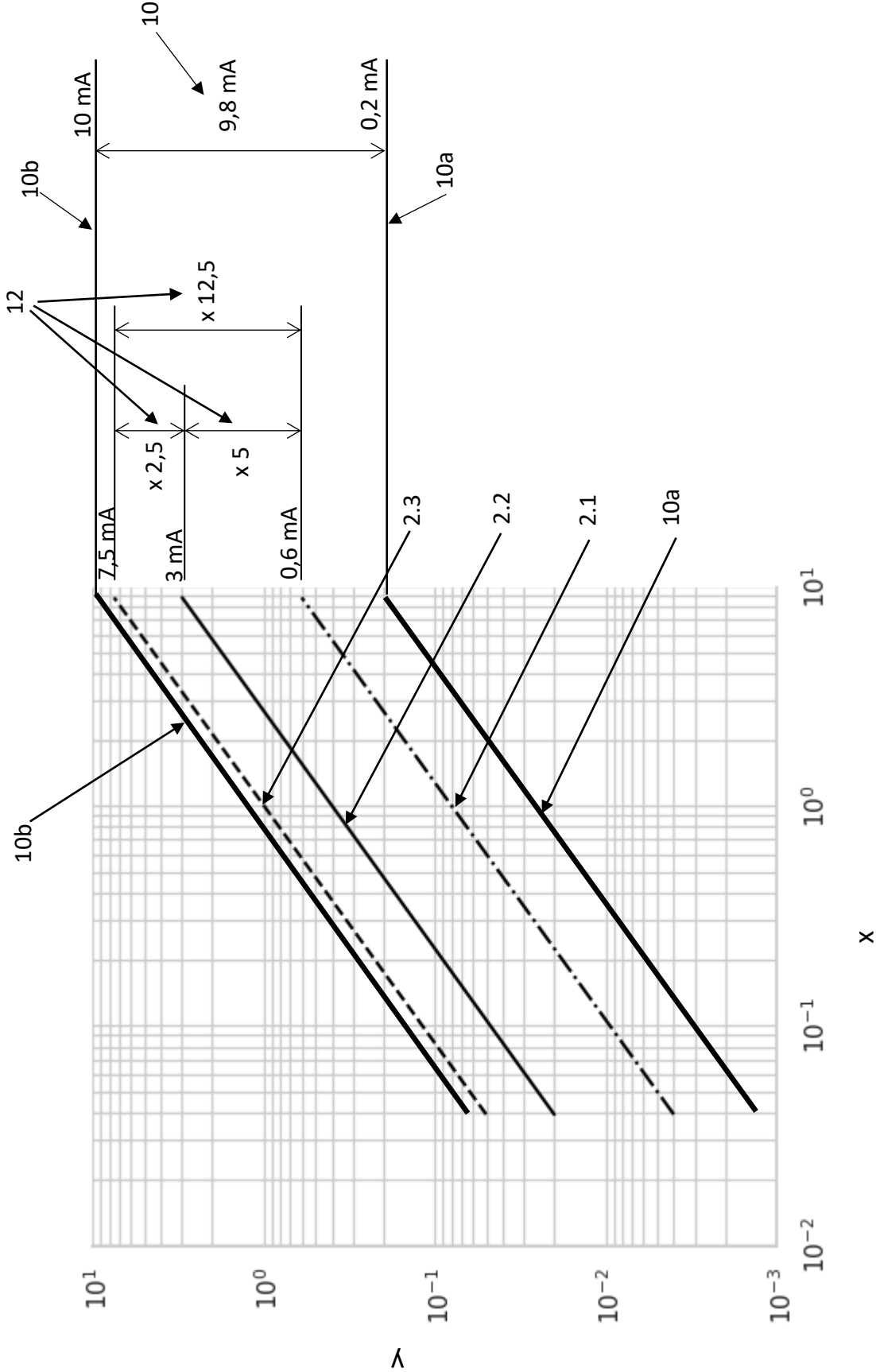


Fig. 16

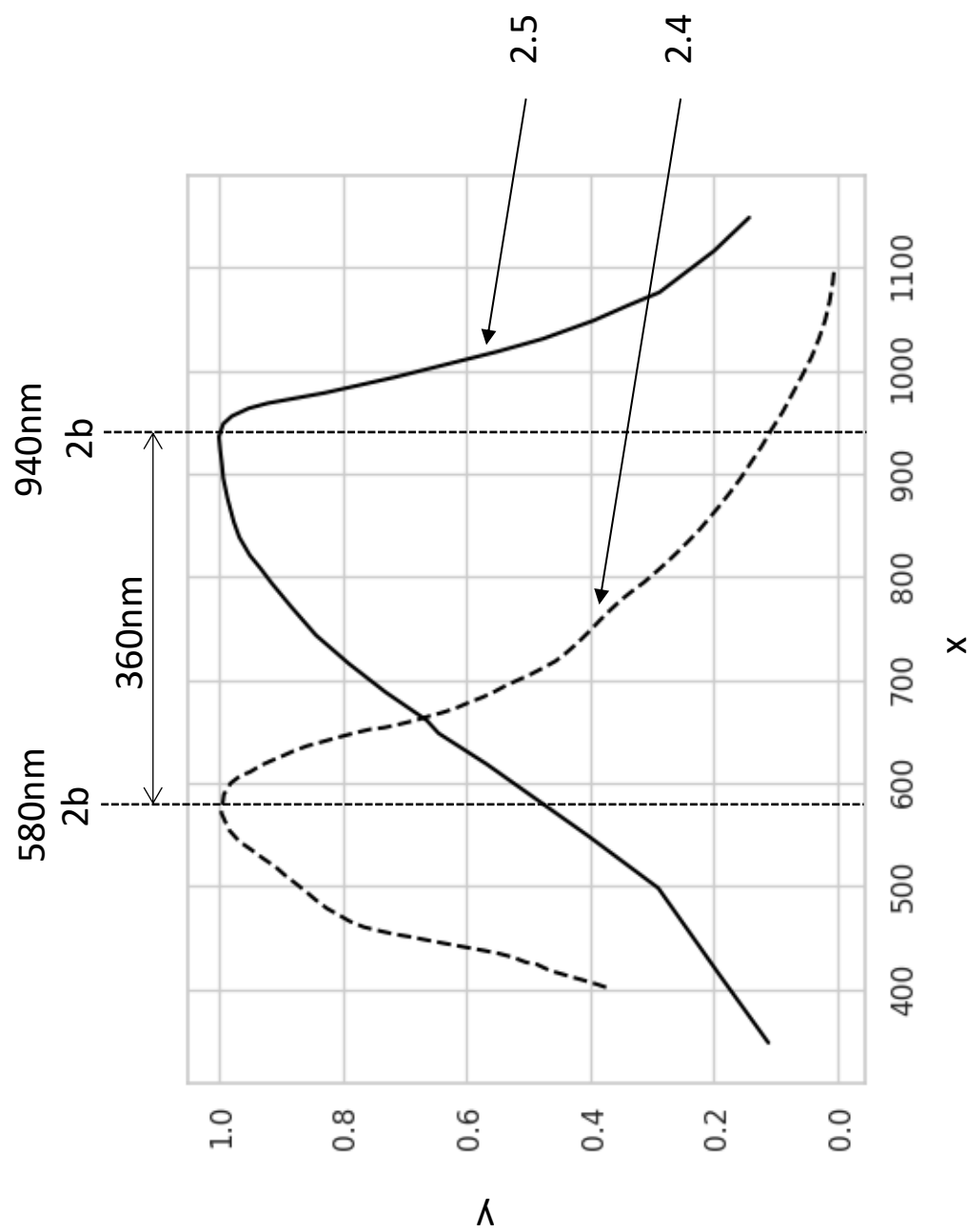


Fig. 16a

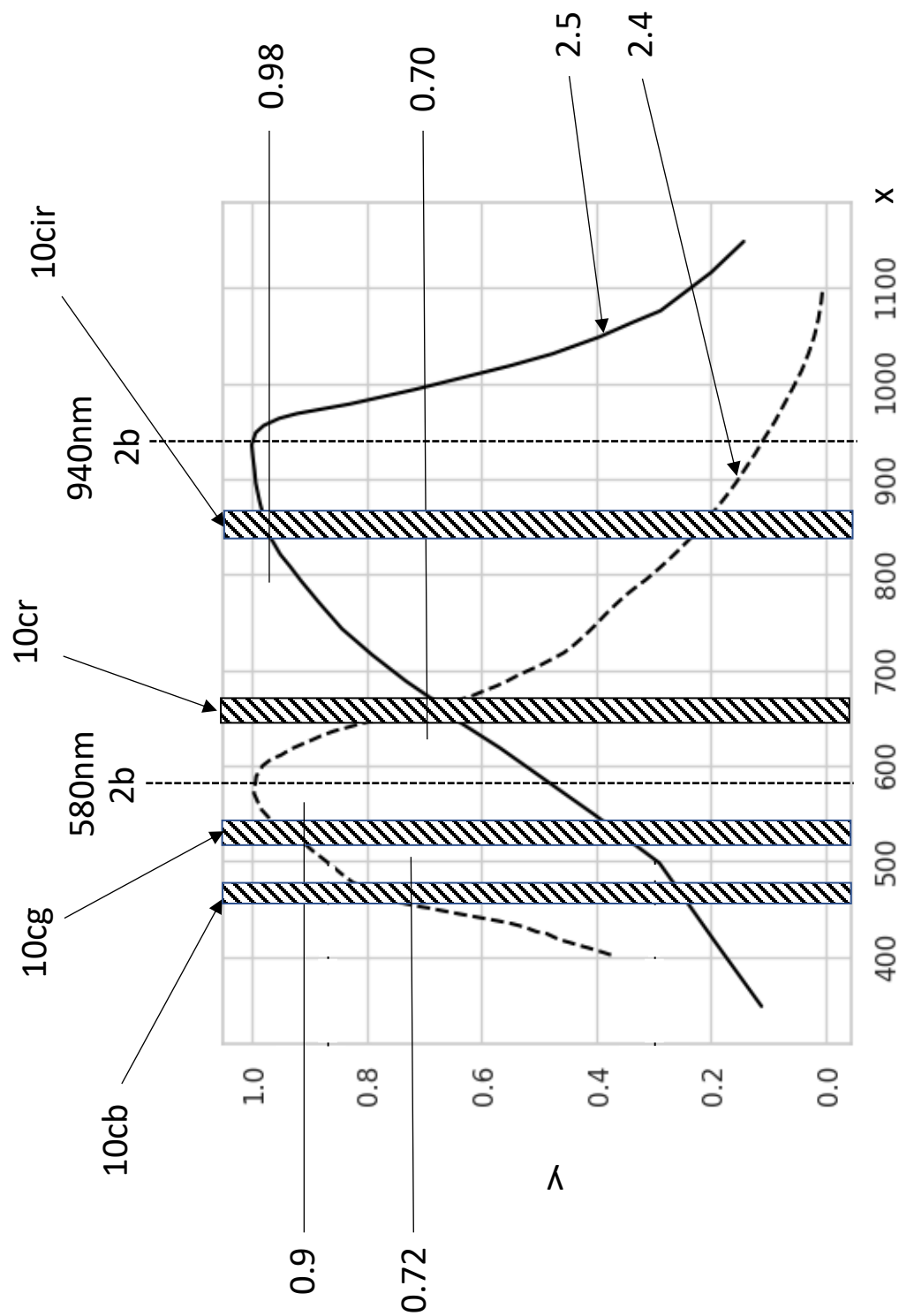


Fig. 17

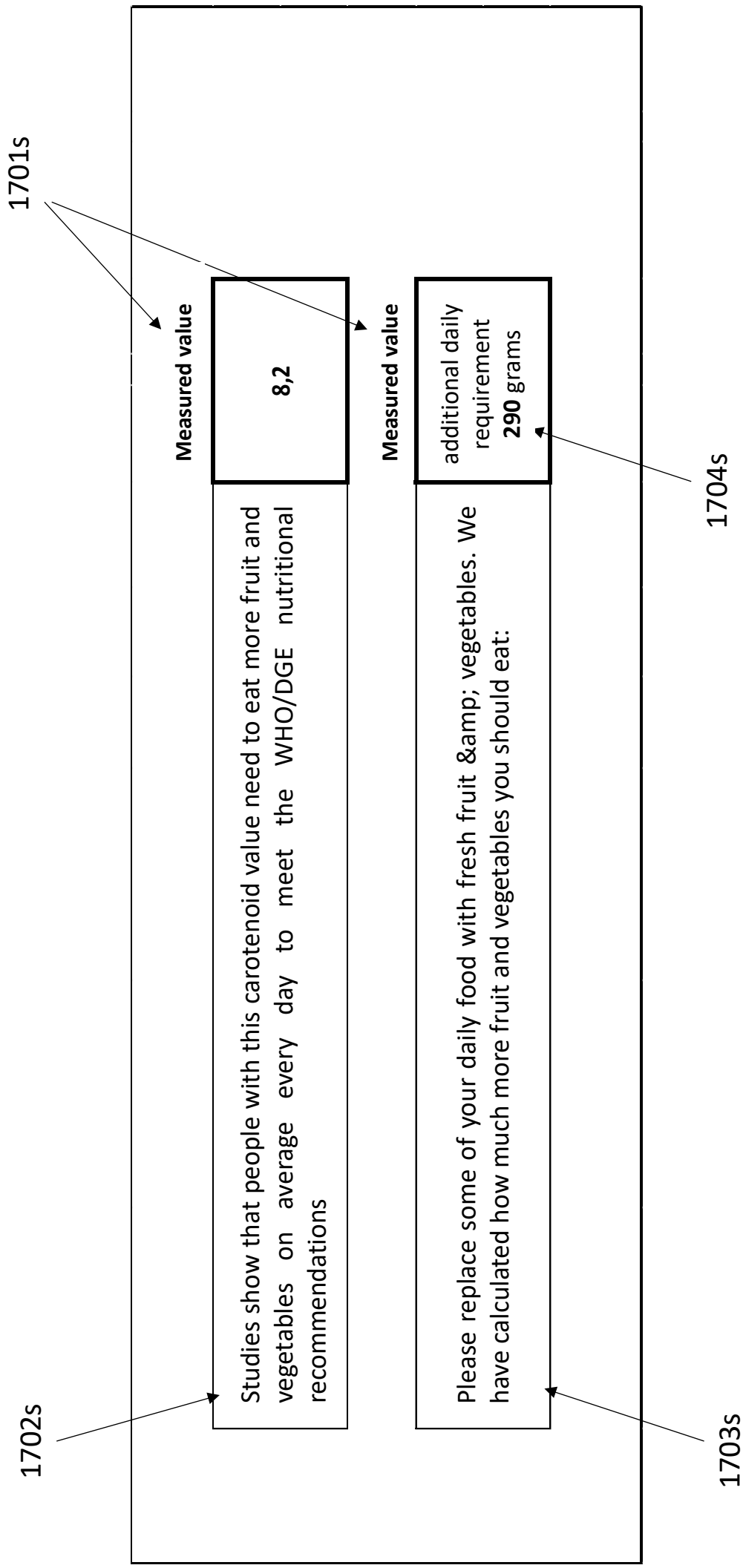


Fig. 17a

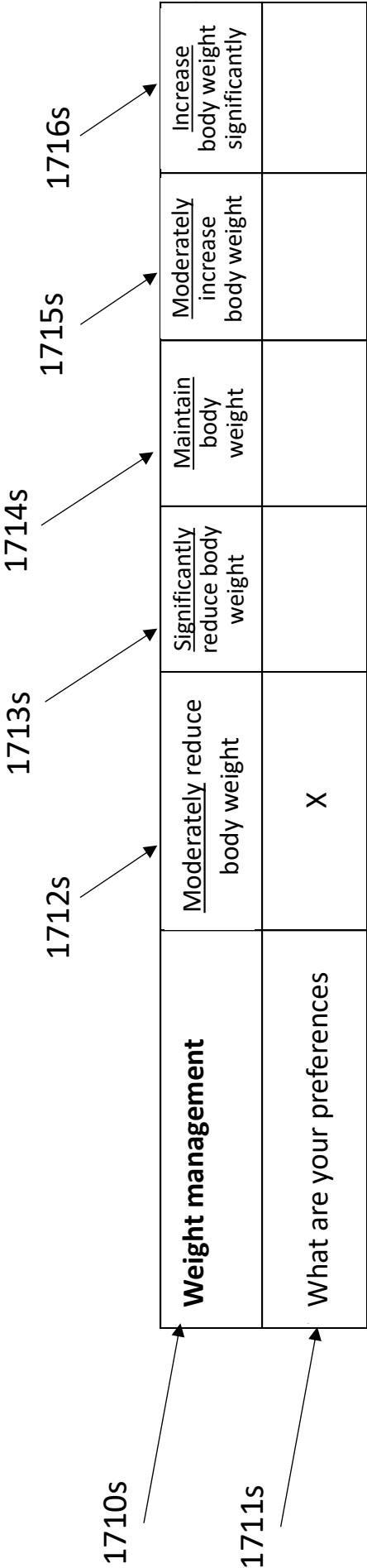


Fig. 17b

1720s 1723s Target daily intake	1724s Recommended target value e.g., German Nutrition Society		1725s Own target value	
	Fruit 250 gram	Vegetables 250 gram	Fruit	Vegetables
1721s Total	650 gram			
1722s Selected preference	X		1726s	

Fig. 17c

1730s	1731s	1732s	1733s	1734s	1735s
	Nutritional quality	Slow improvement increasing target value	Moderate improvement target value measured requirement	Rapid improvement 2x measured requirement for fruit + vegetables	User-defined target valuegrams of fruit + vegetables
	How quickly would you like to improve your nutritional quality?		X		

Fig. 18

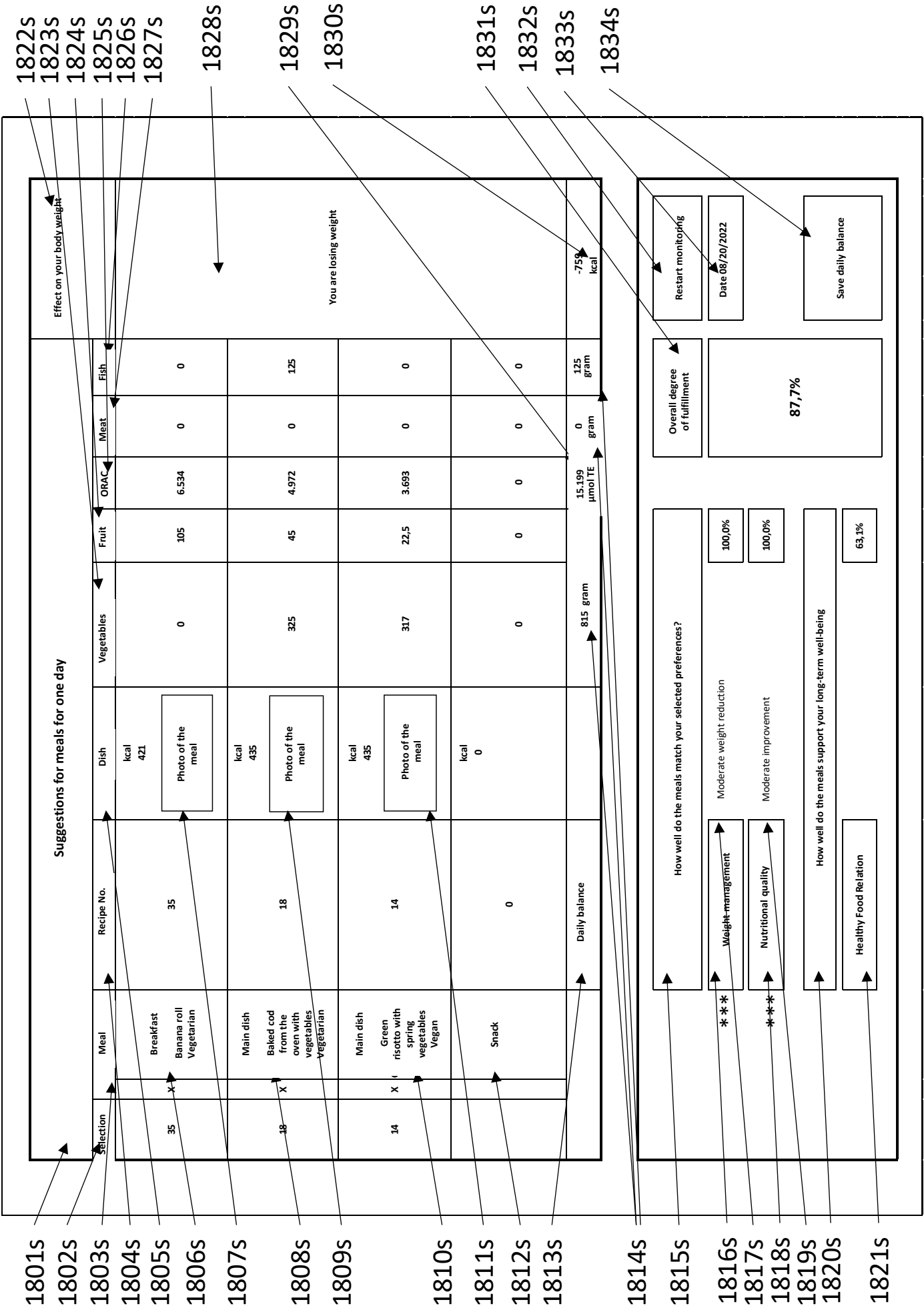


Fig. 19

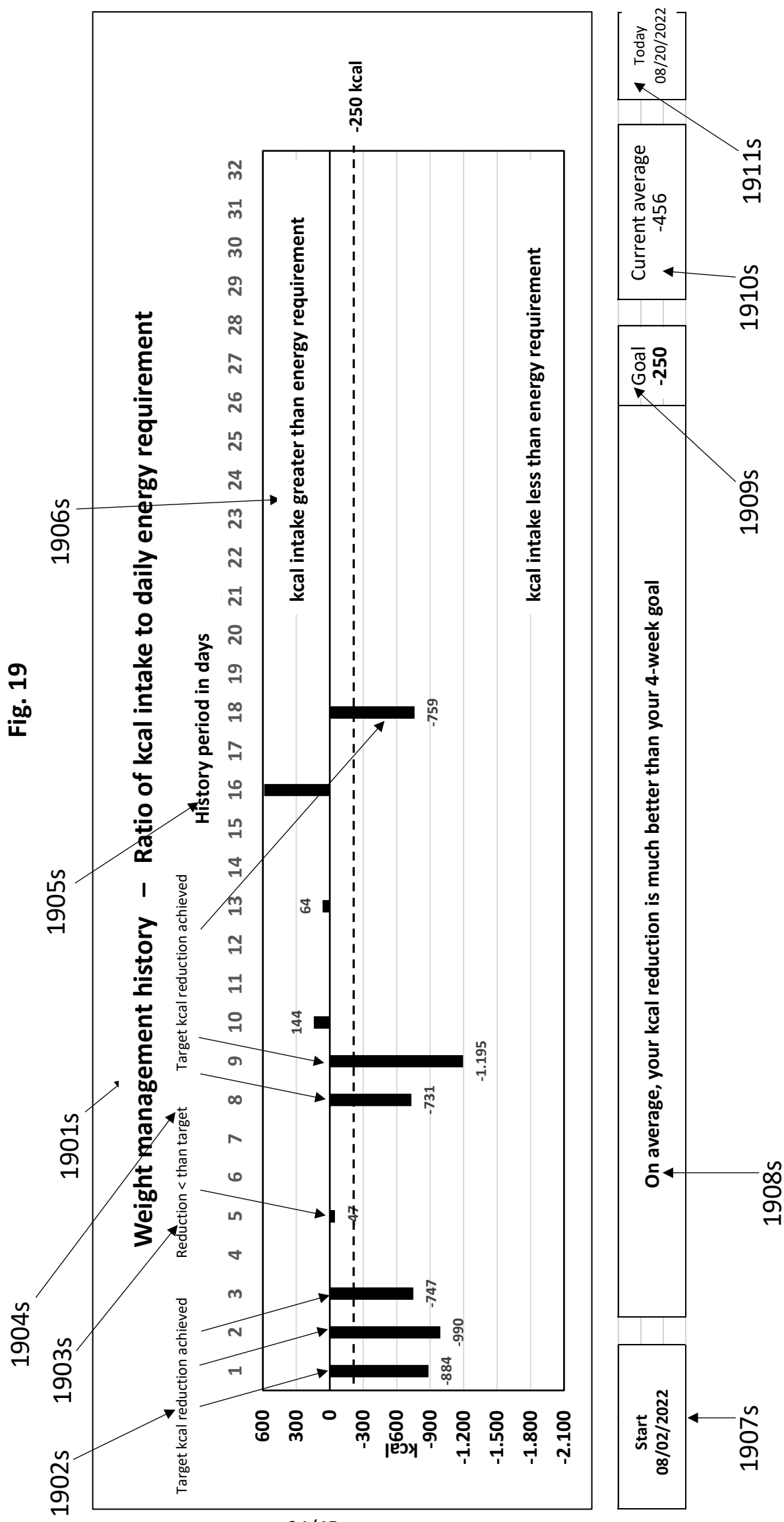


Fig. 19a

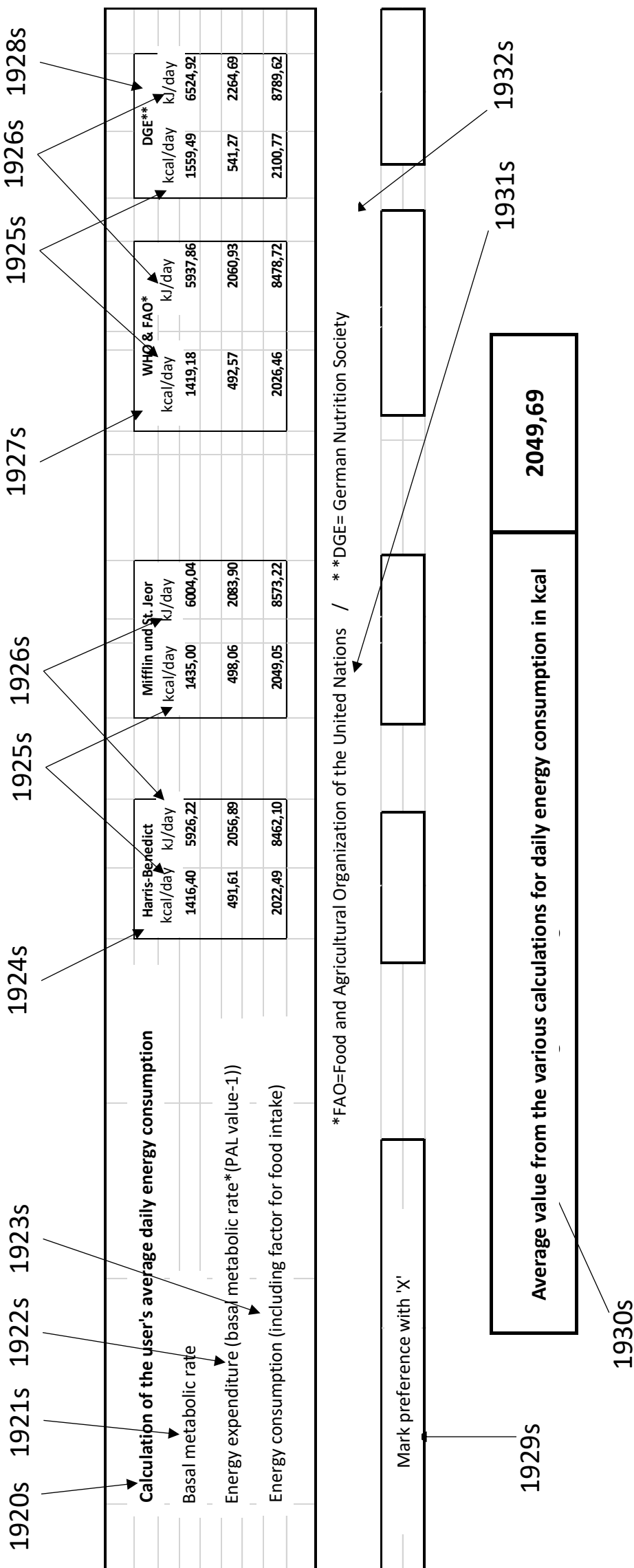
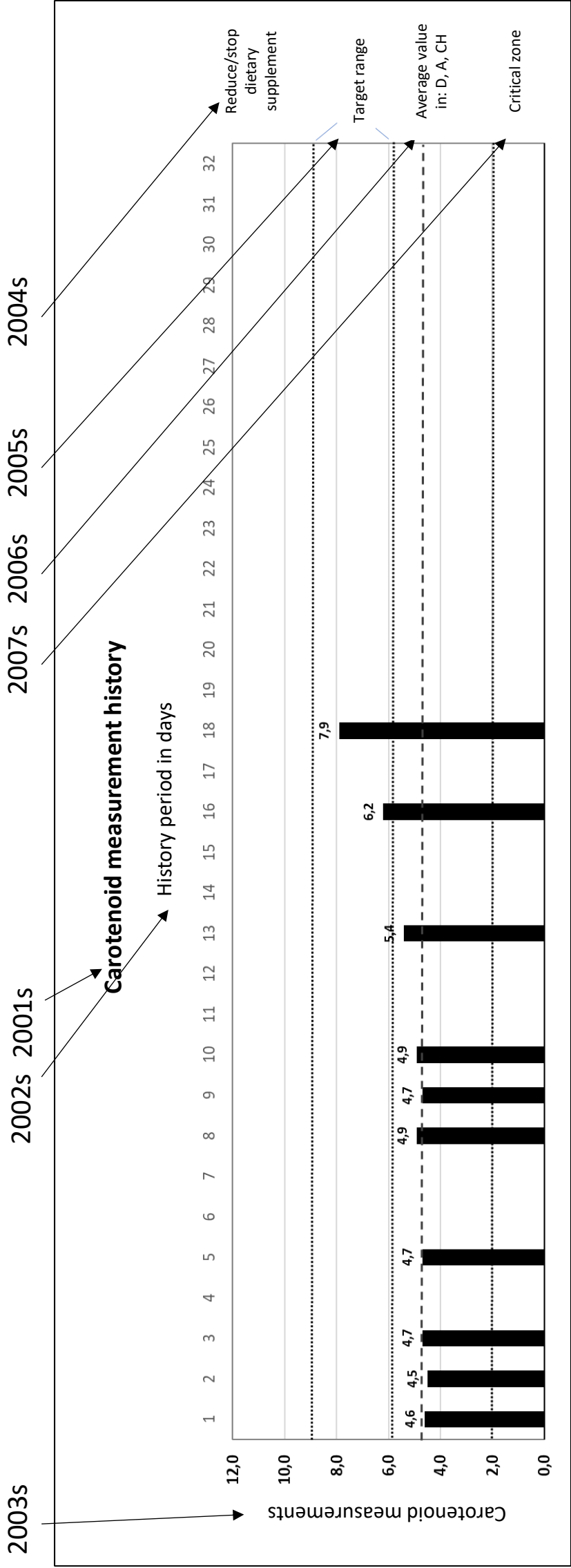


Fig. 20



Start 02.08.2022	Your average carotenoid value is only slightly above the average value for – but the values show an upward trend		5,25	Today 02.08.2022
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2010s

2009s

2008s

Fig. 21

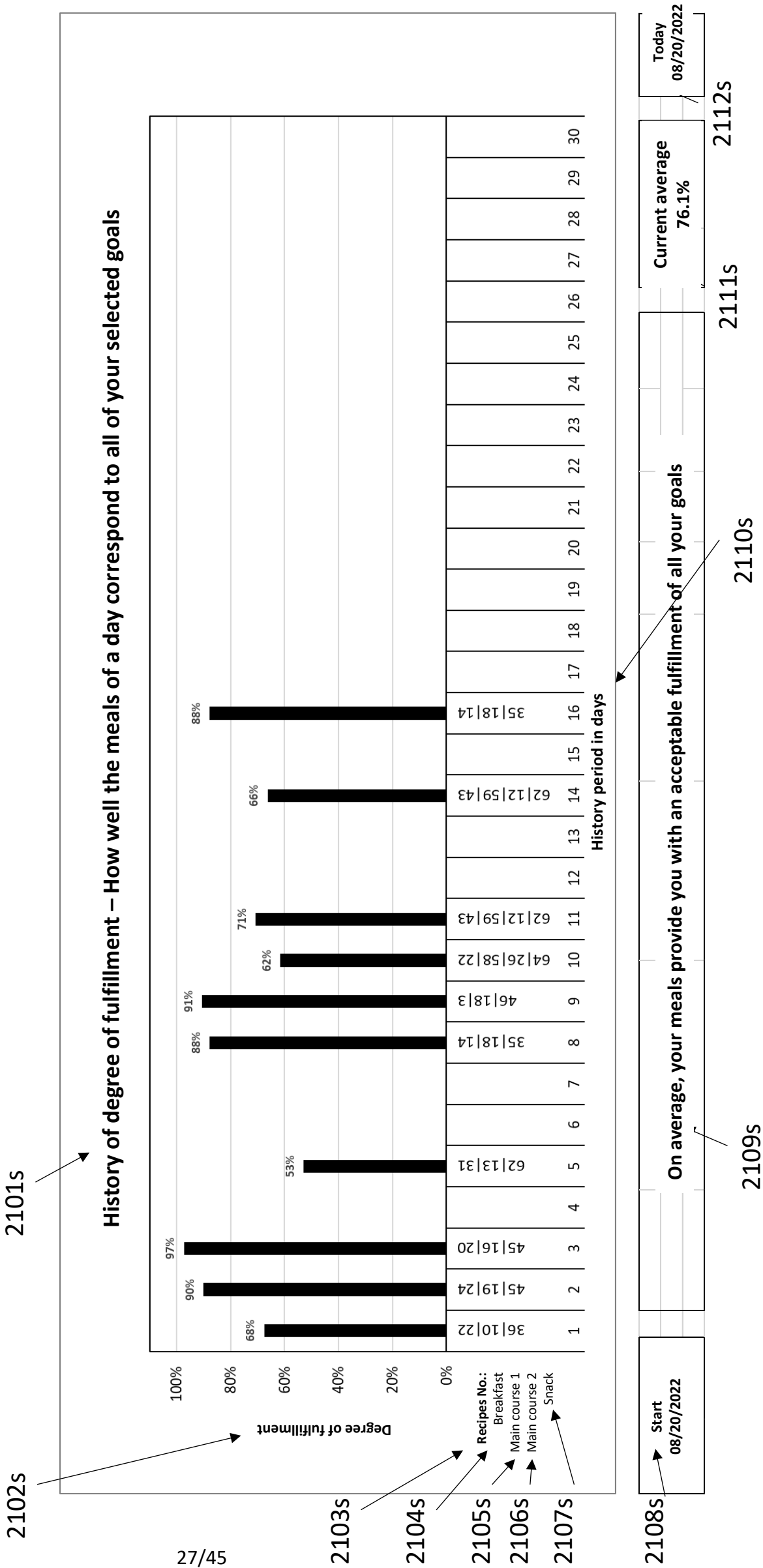


Fig. 22

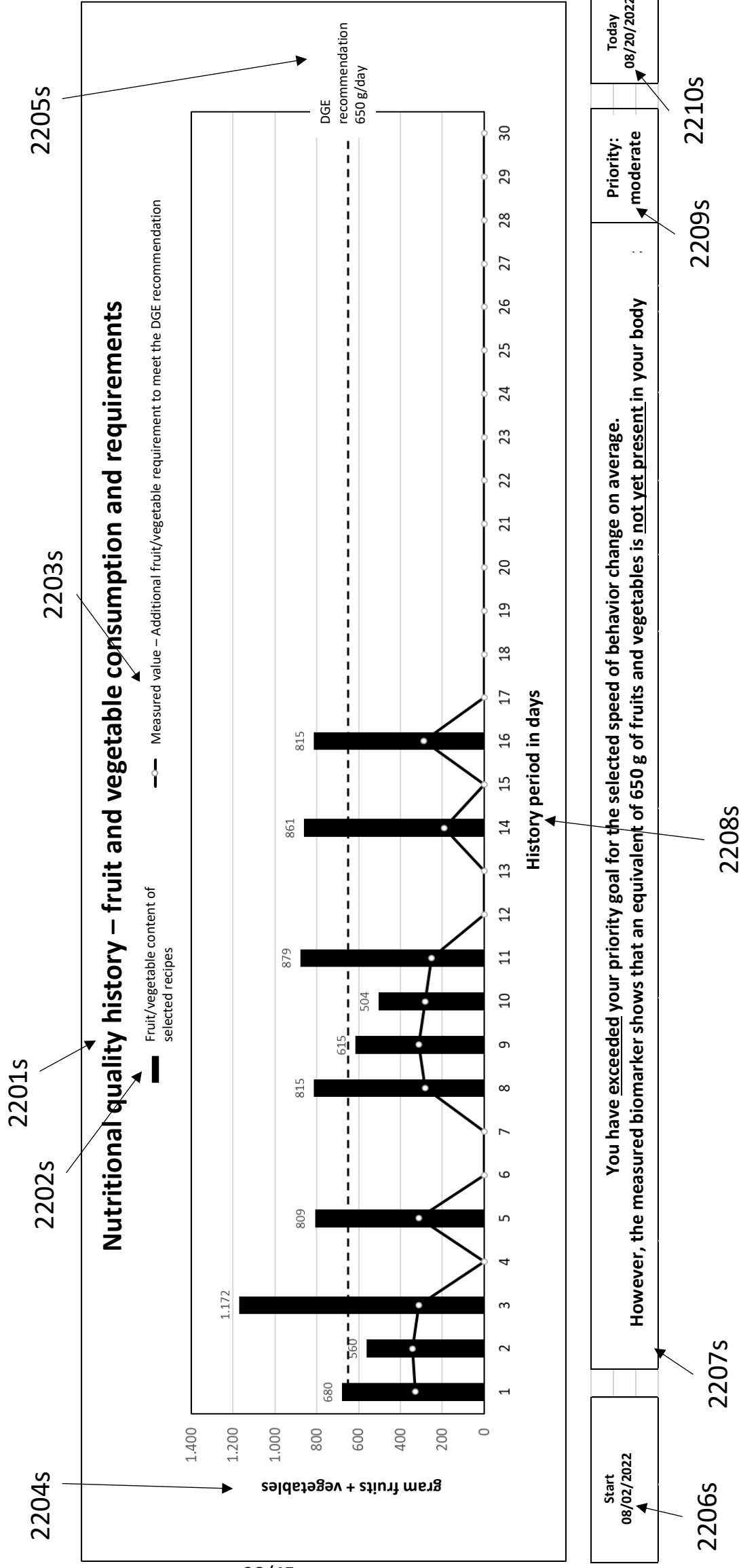


Fig. 23

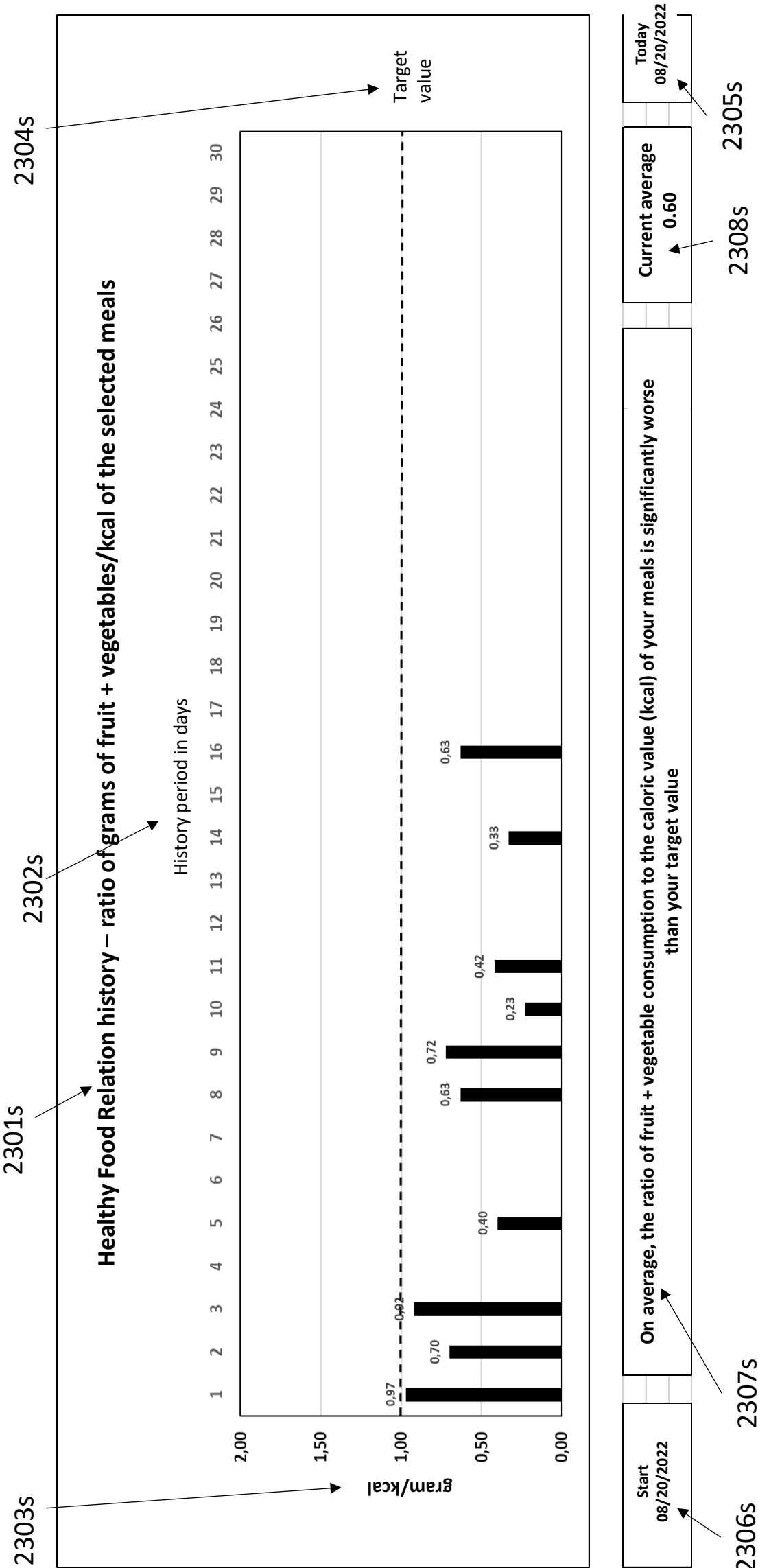


Fig. 24

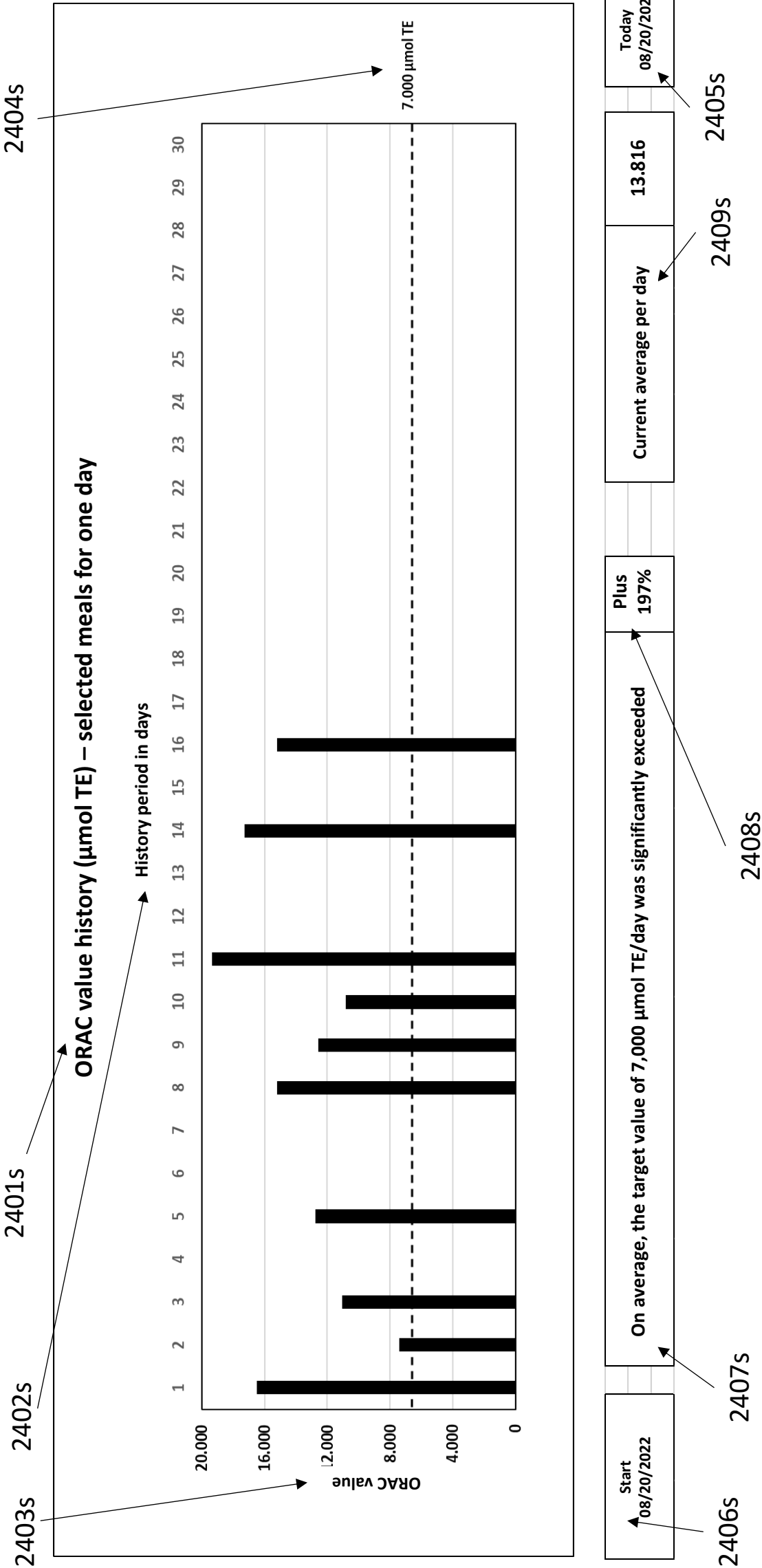


Fig. 25

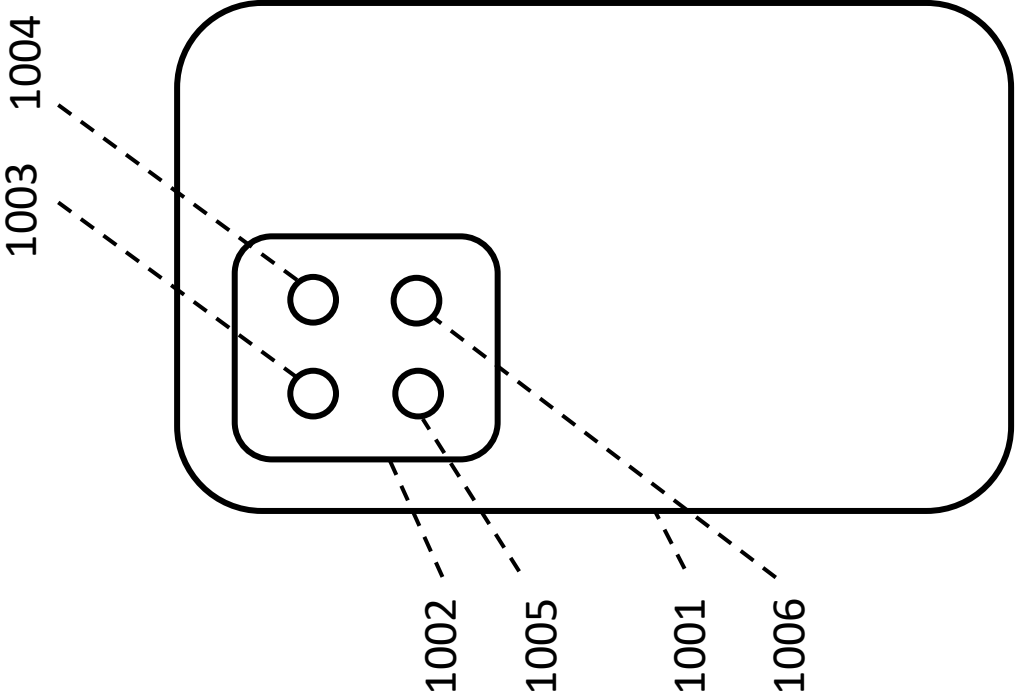


Fig. 26

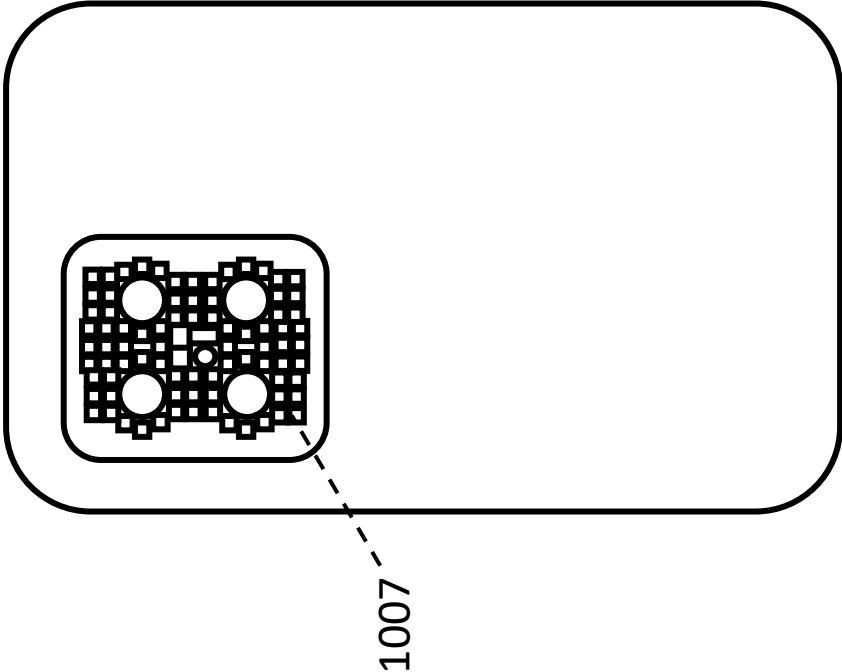


Fig. 27

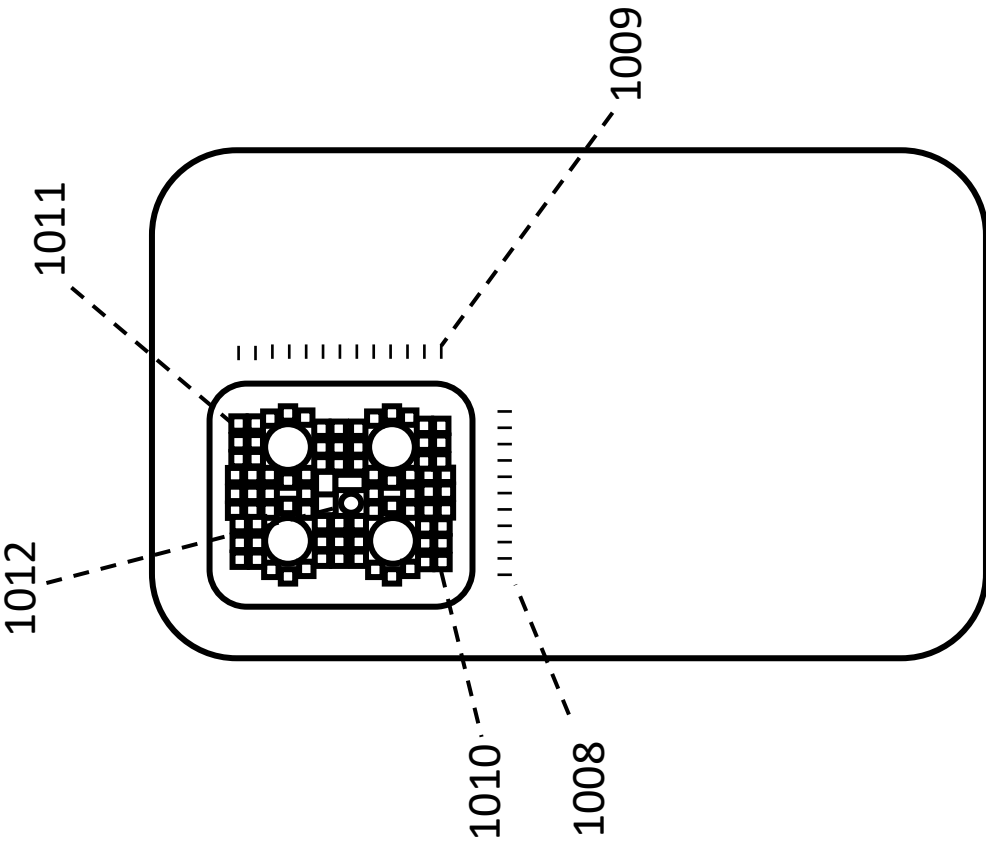


Fig. 28

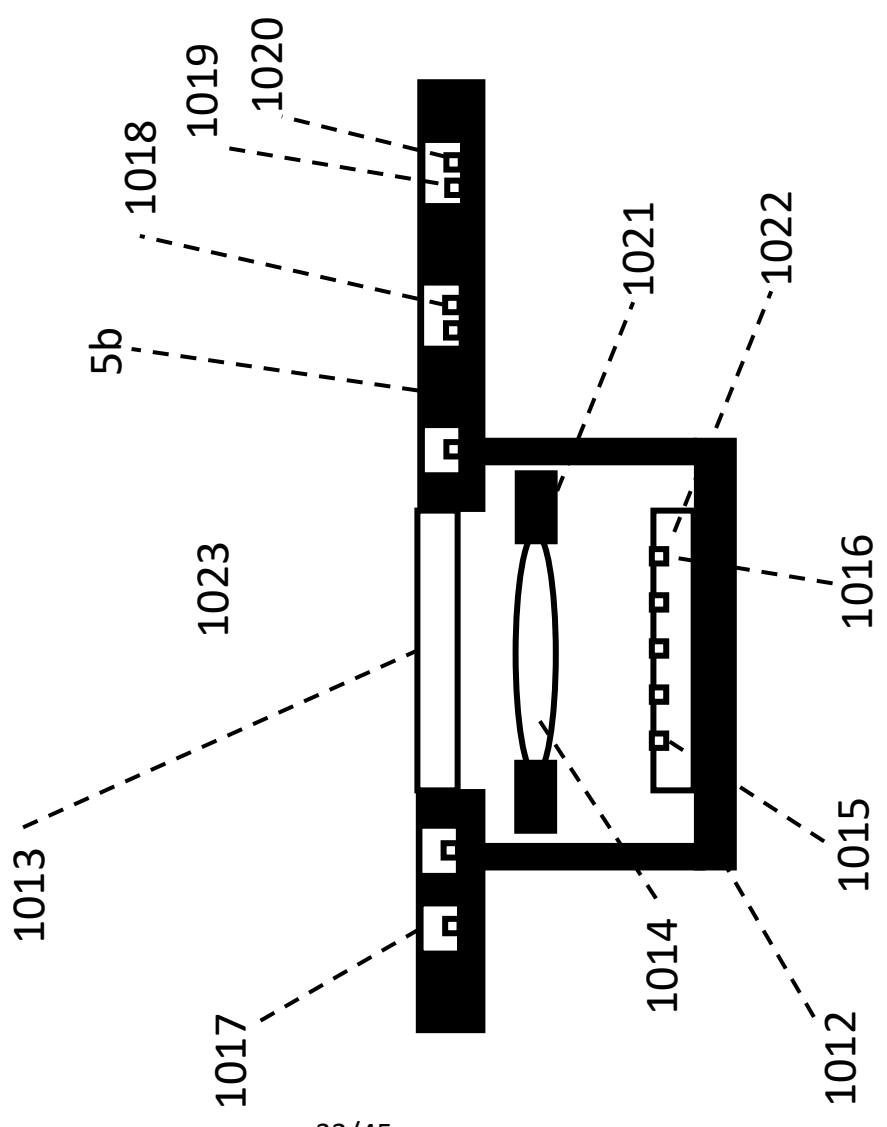


Fig. 29

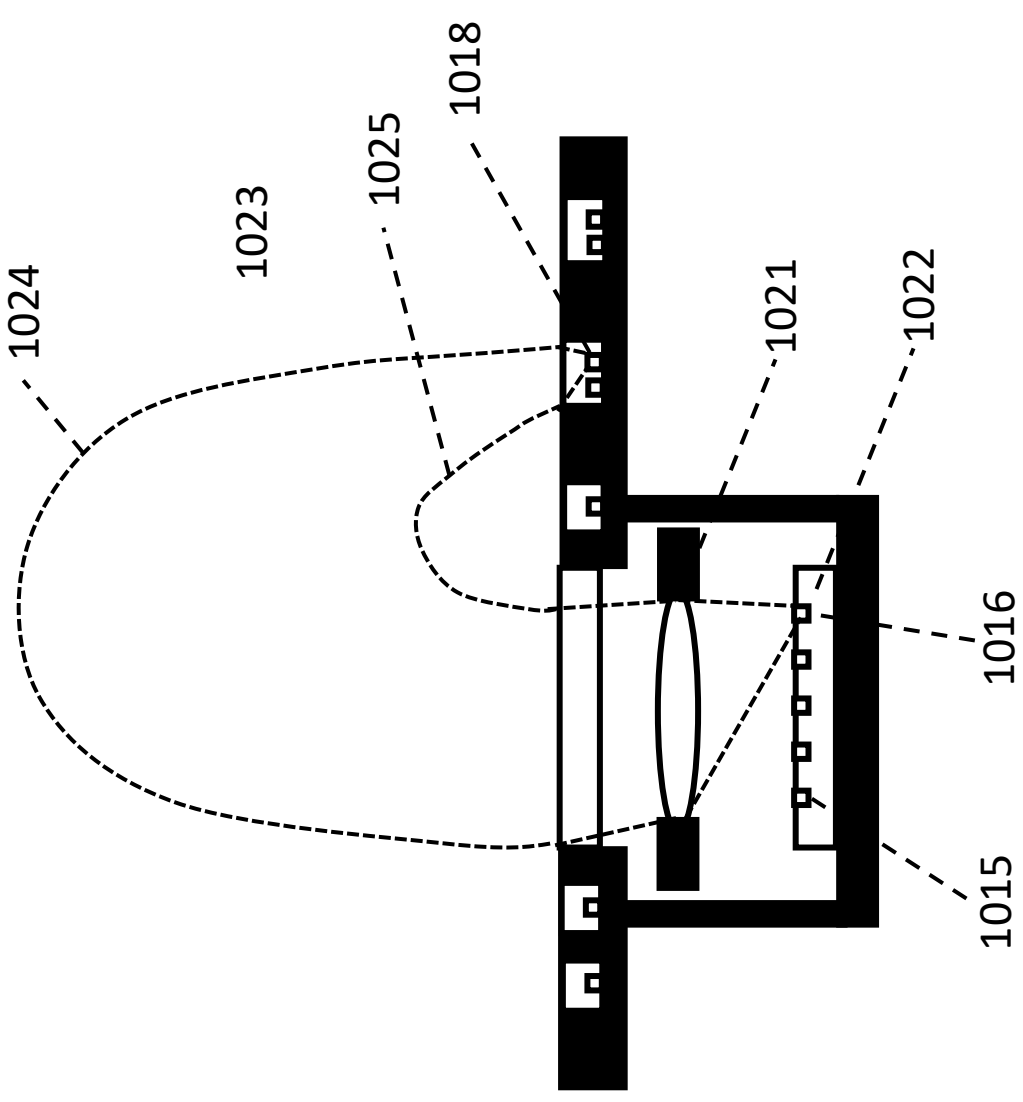


Fig. 30

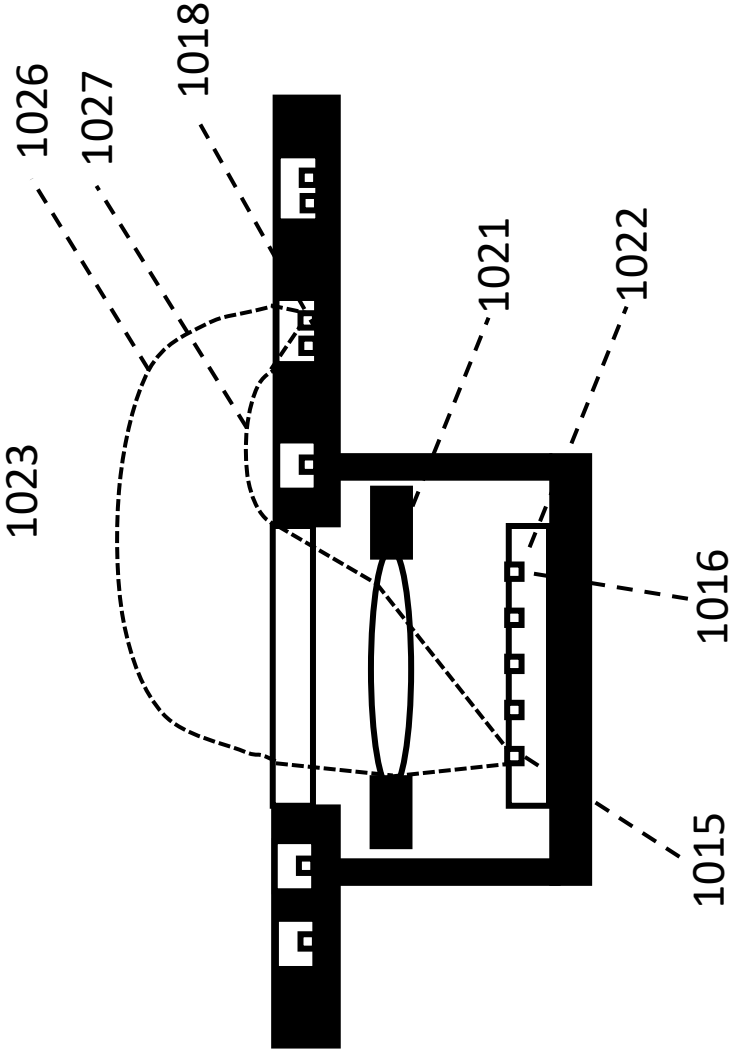


Fig. 31

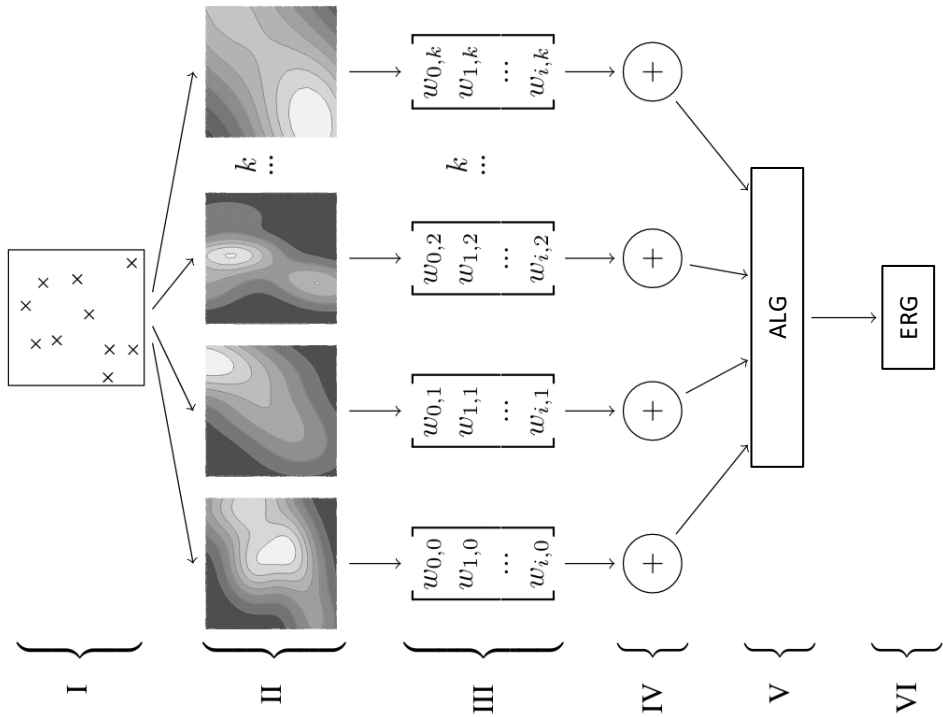


Fig. 32

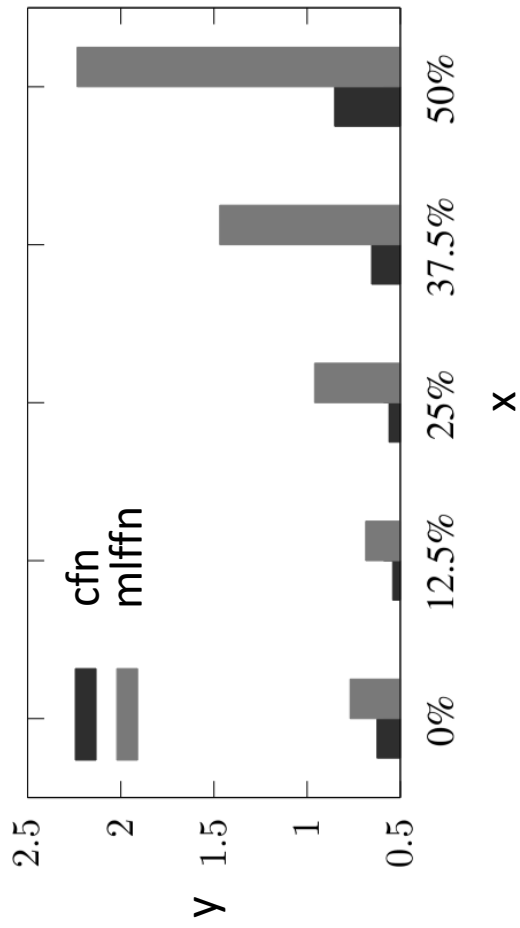


Fig. 33

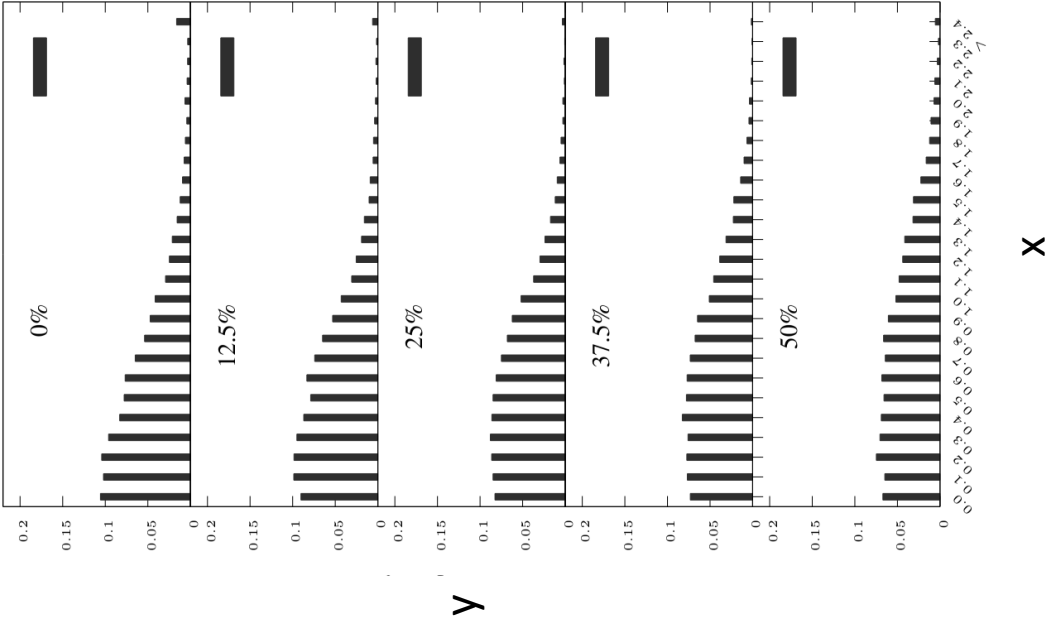


Fig. 34

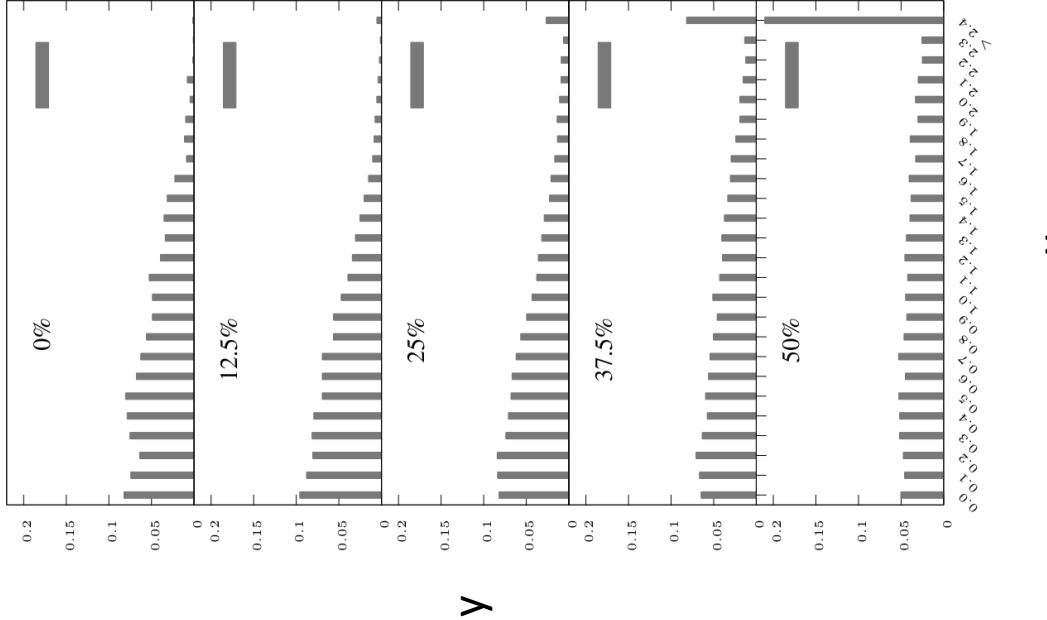


Fig. 35

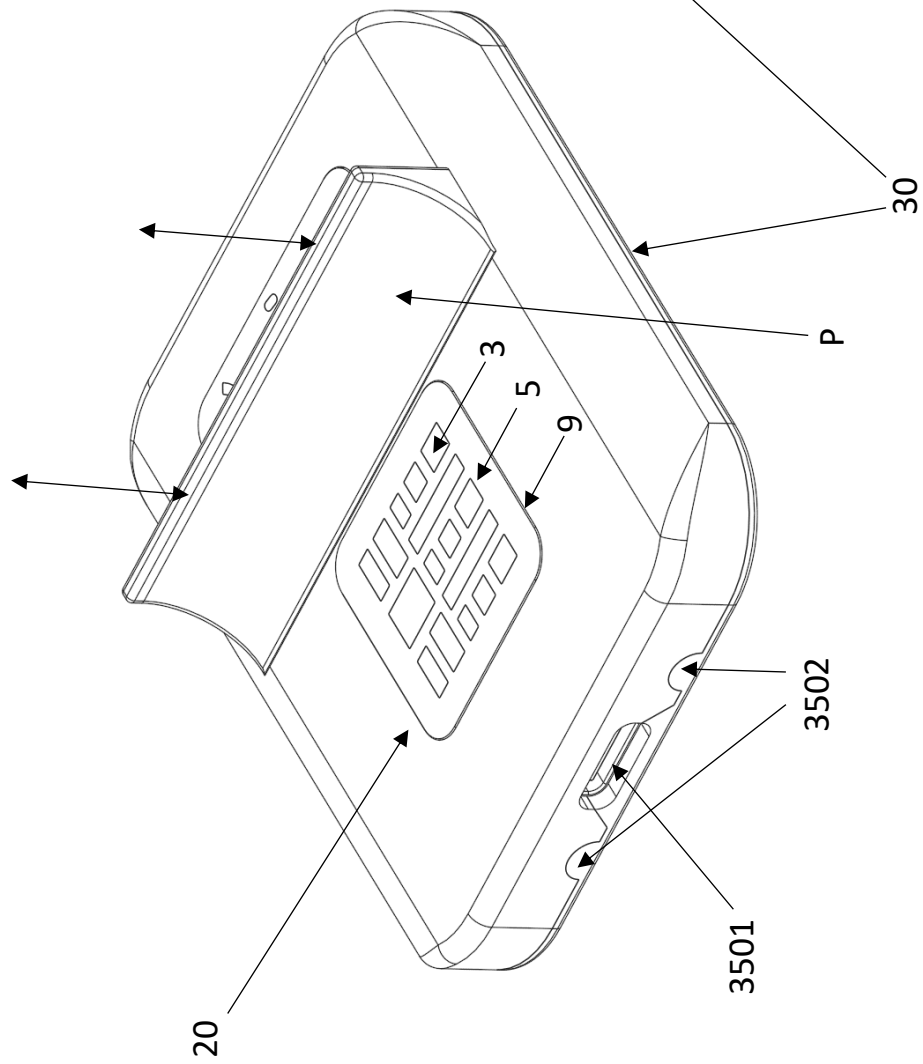


Fig. 35a

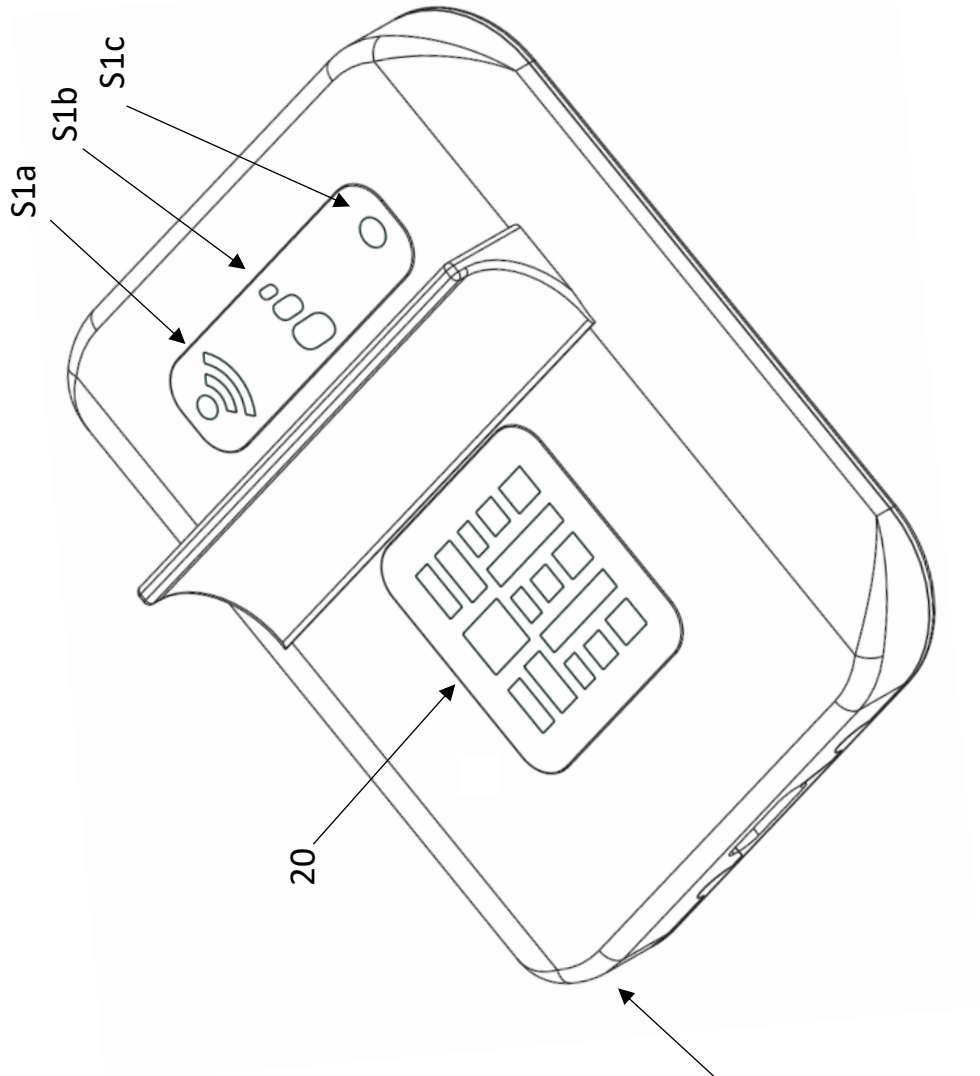


Fig. 36b

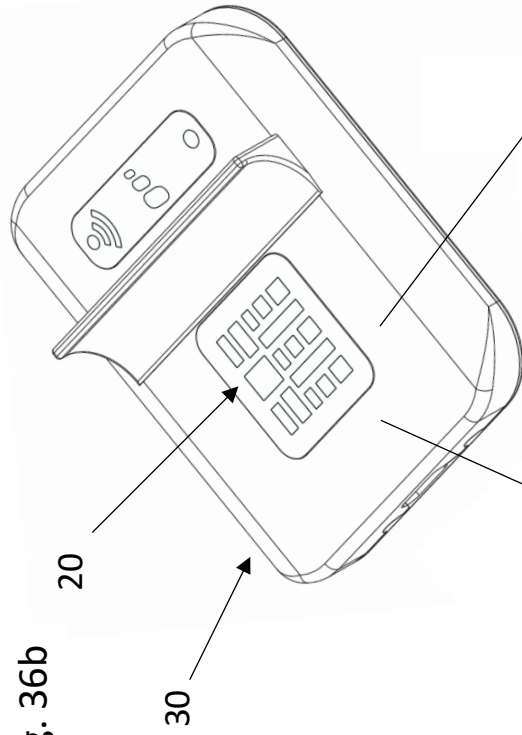


Fig. 36

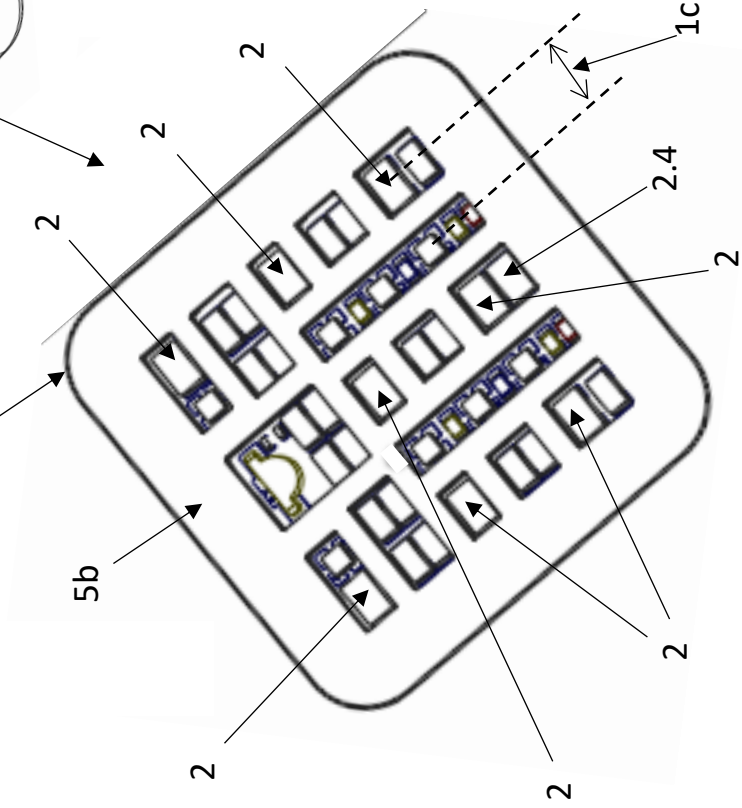


Fig. 36a

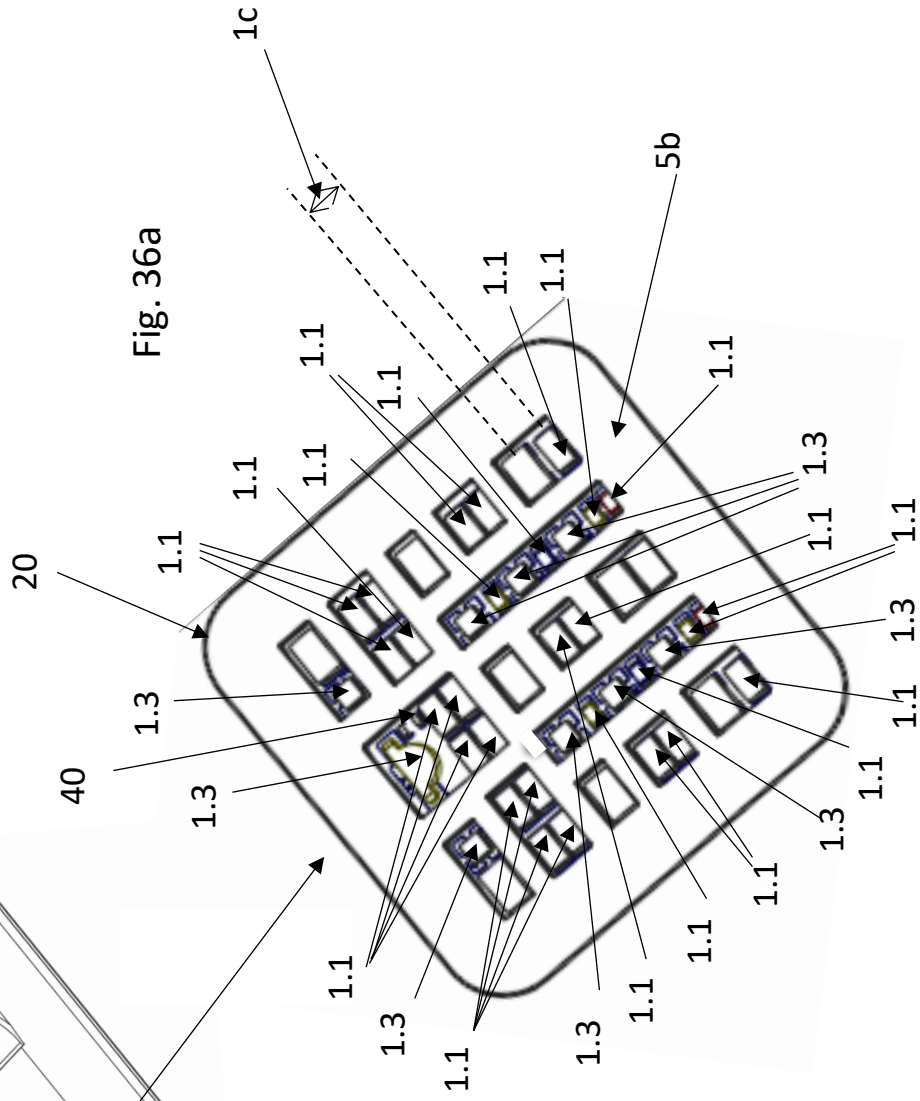


Fig. 37

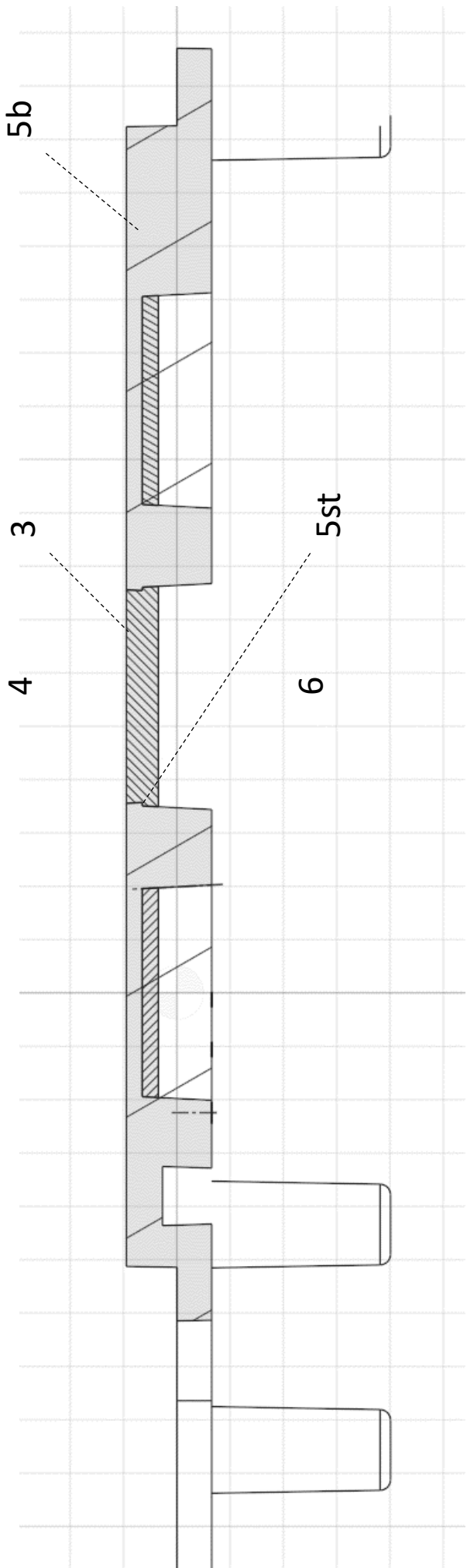


Fig. 38

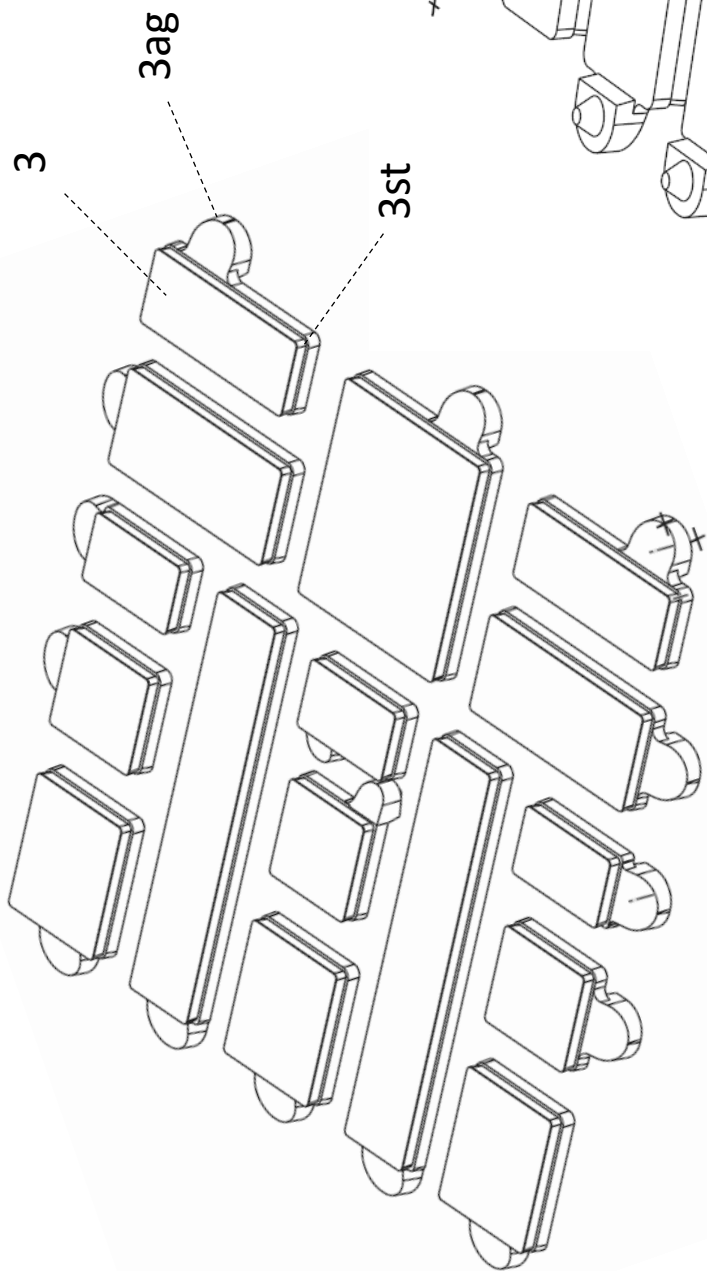


Fig. 39

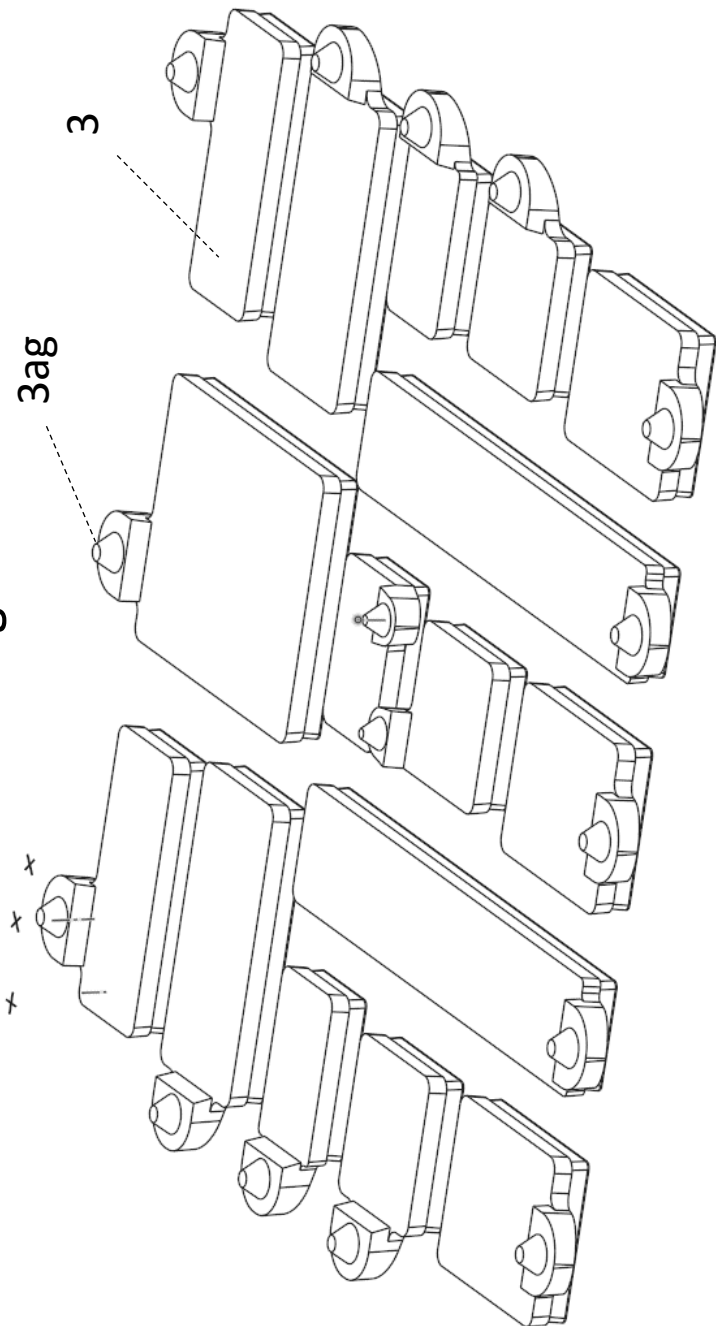


Fig. 40

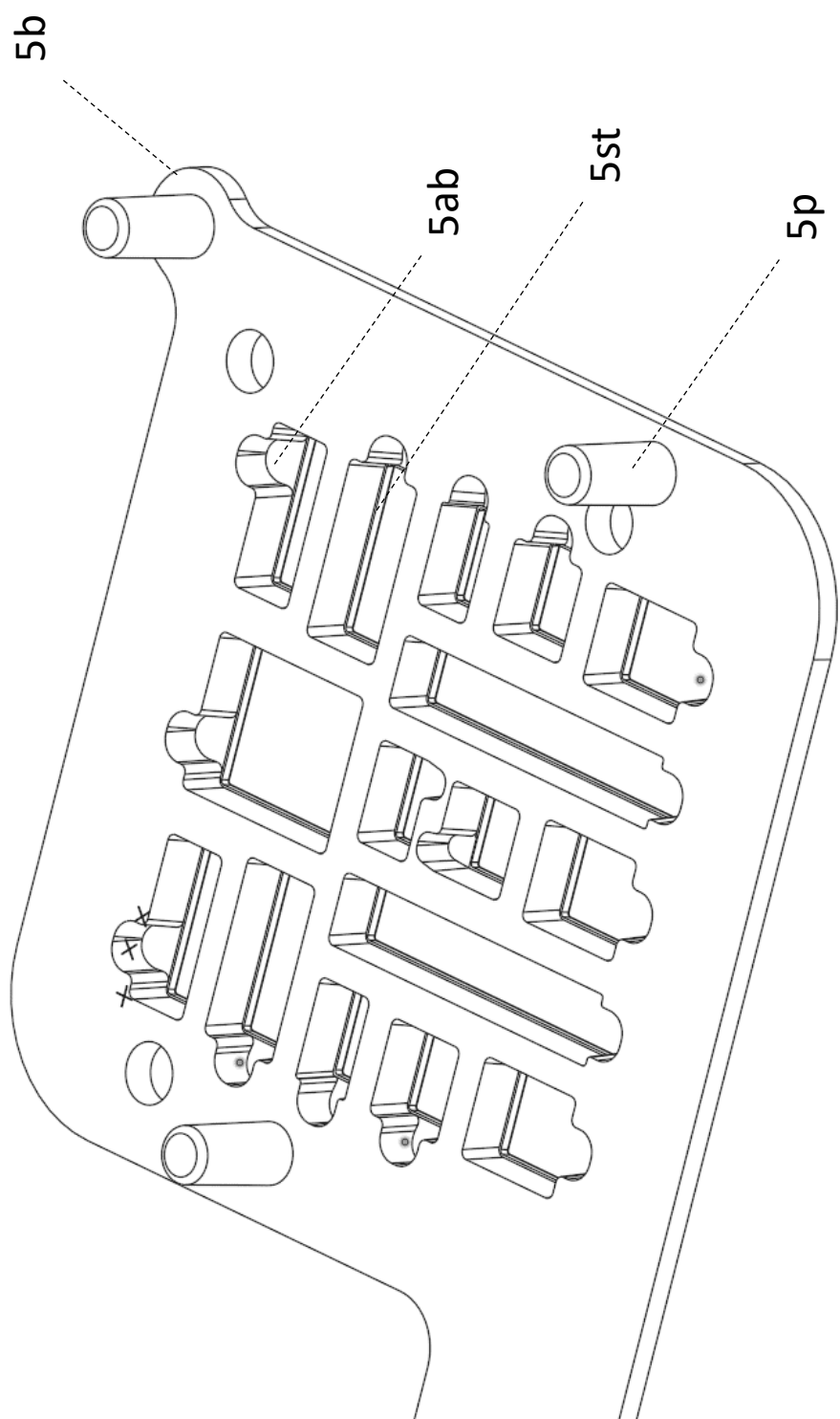


Fig. 41

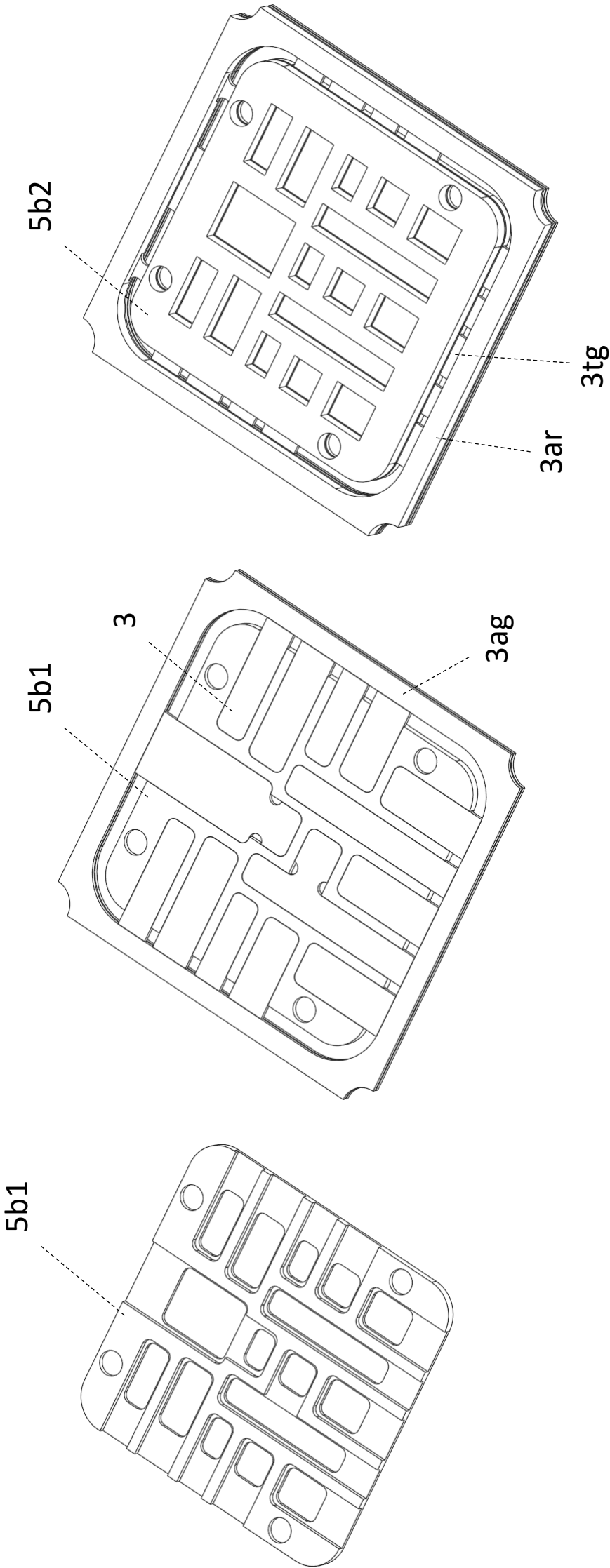


Fig. 42

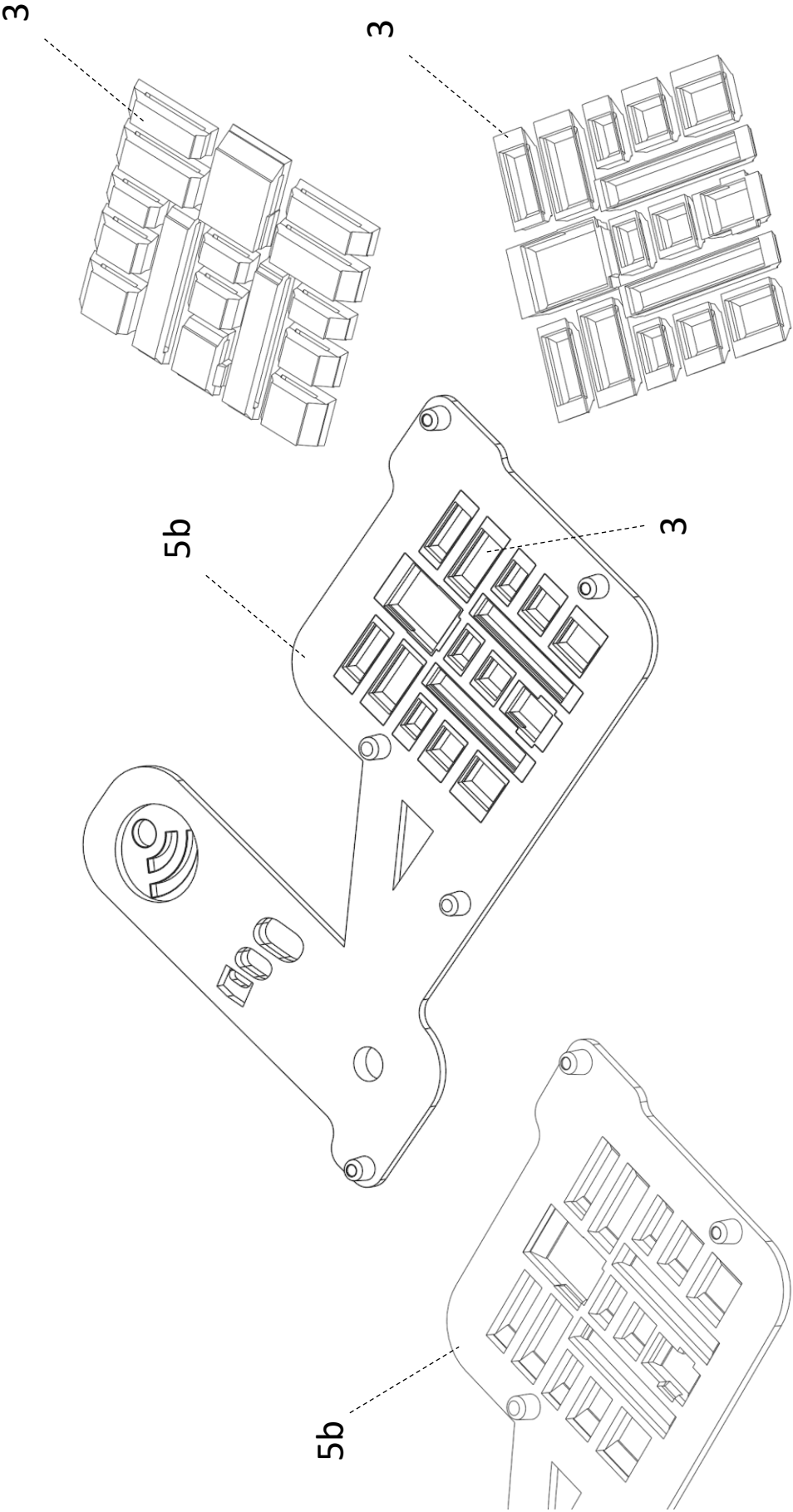


Fig. 43

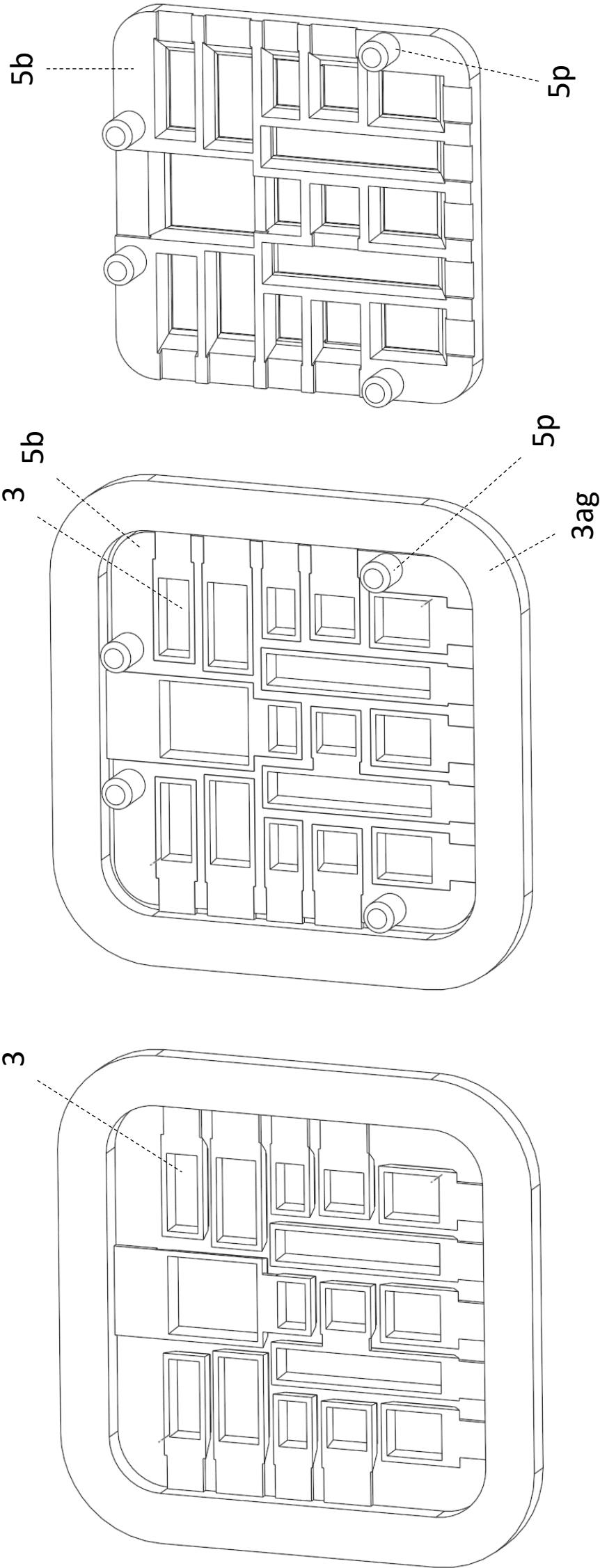


Fig. 44

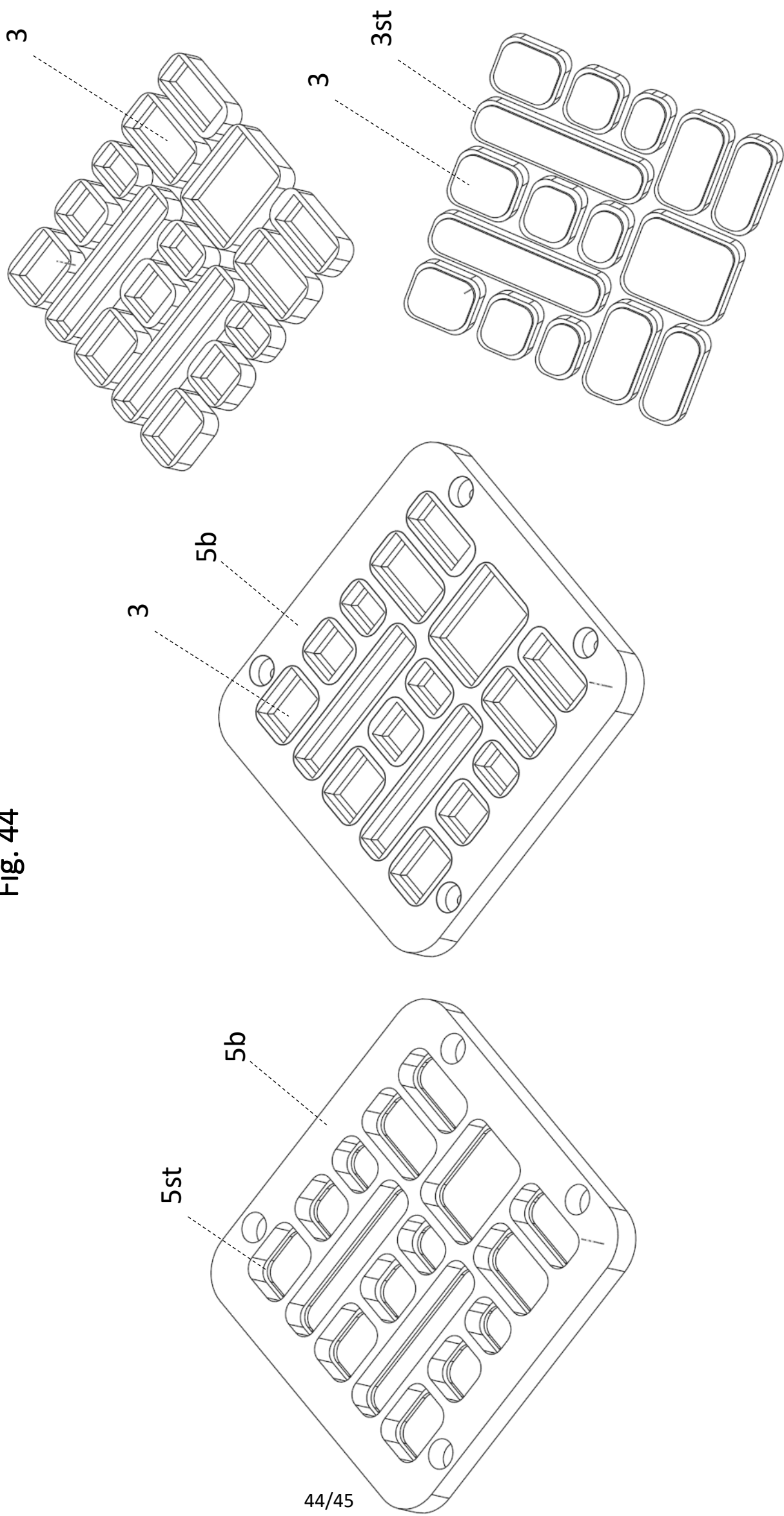


Fig. 45

