

EATING TOGETHER

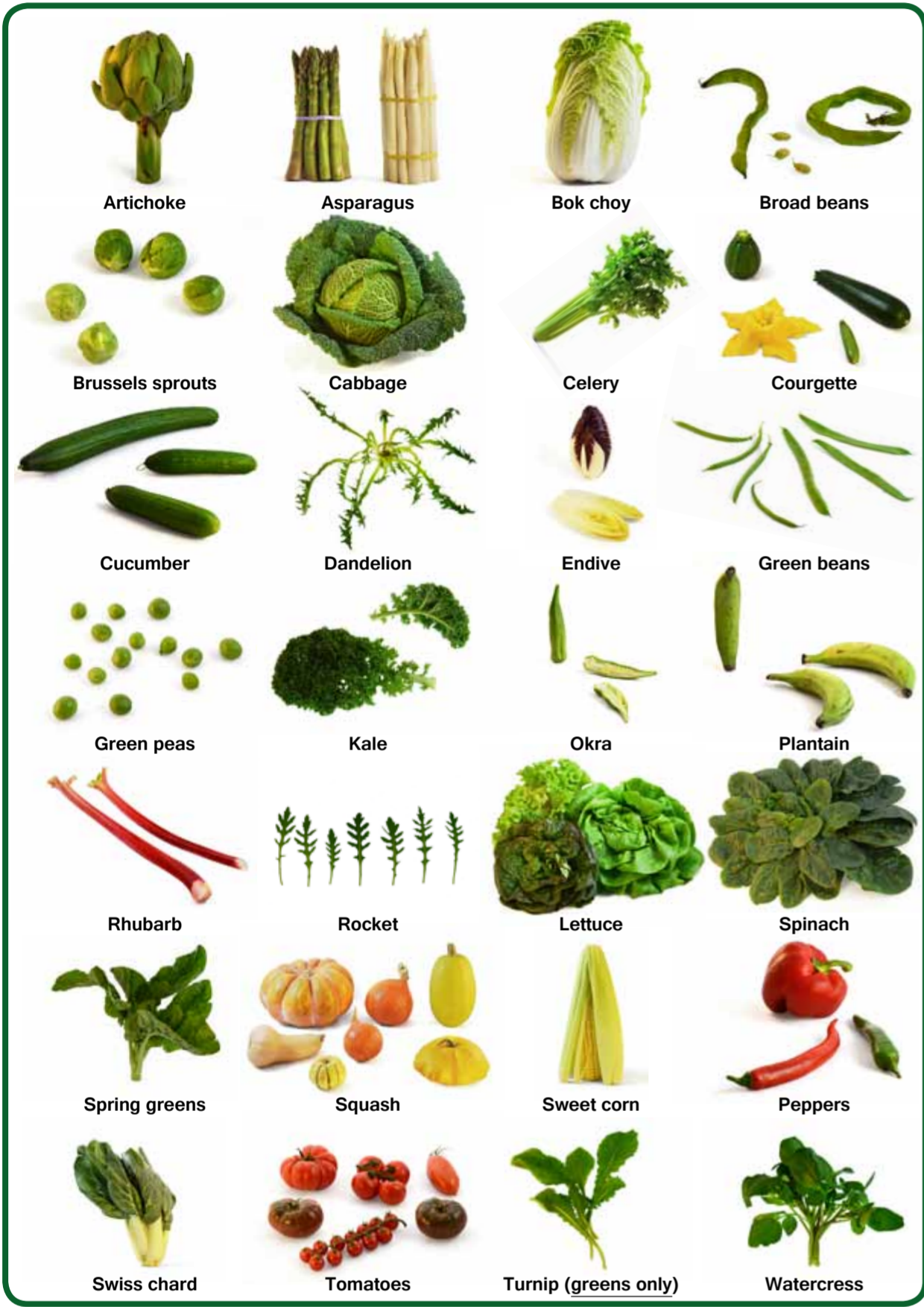
Best practice for equality of food access and freedom of conscience:
www.dietethics.eu



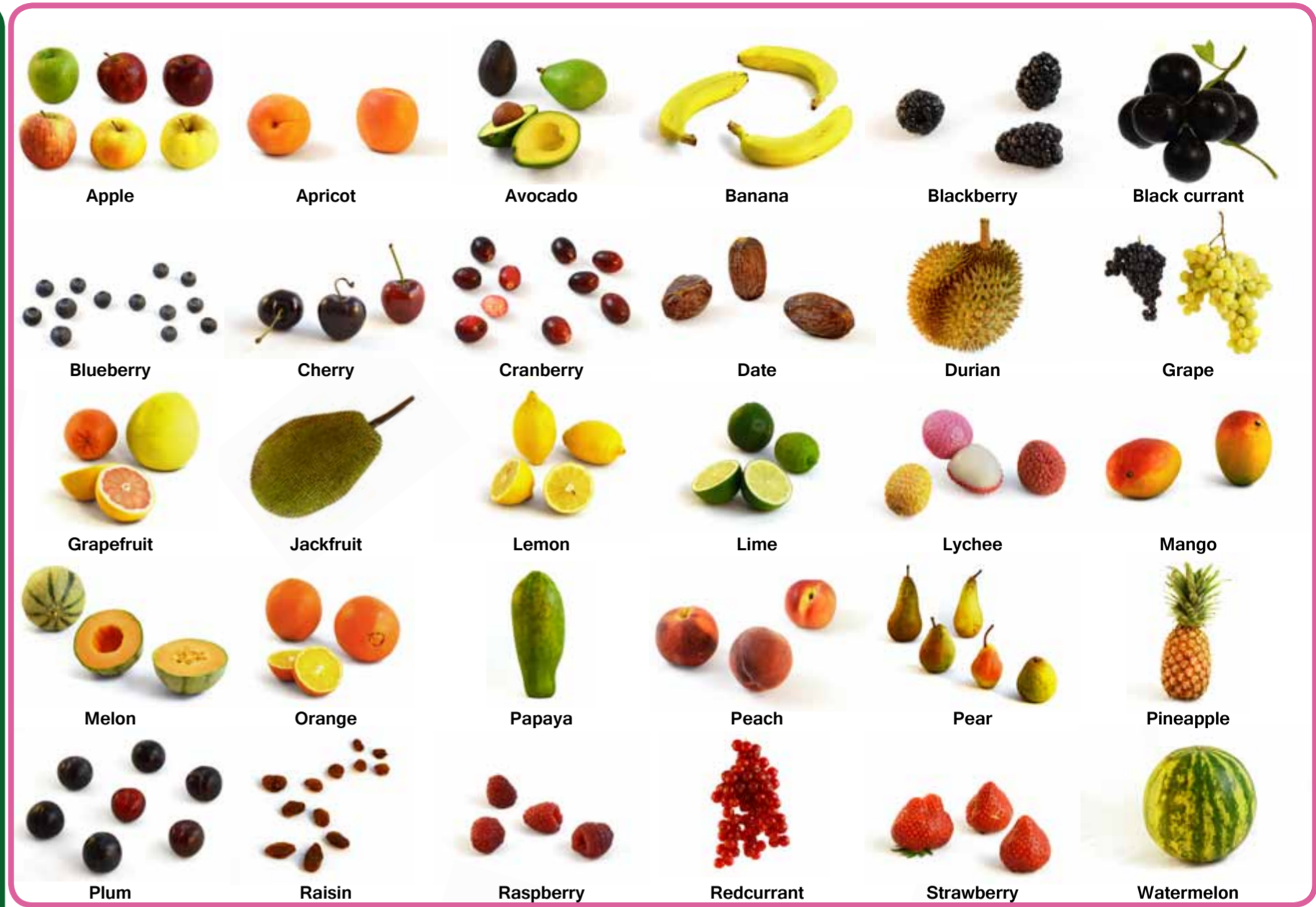
Prepare nutritious and ethical meals with local seasonal foods that the whole human family can share.

EAT SIMPLY SO THAT OTHERS MAY SIMPLY EAT

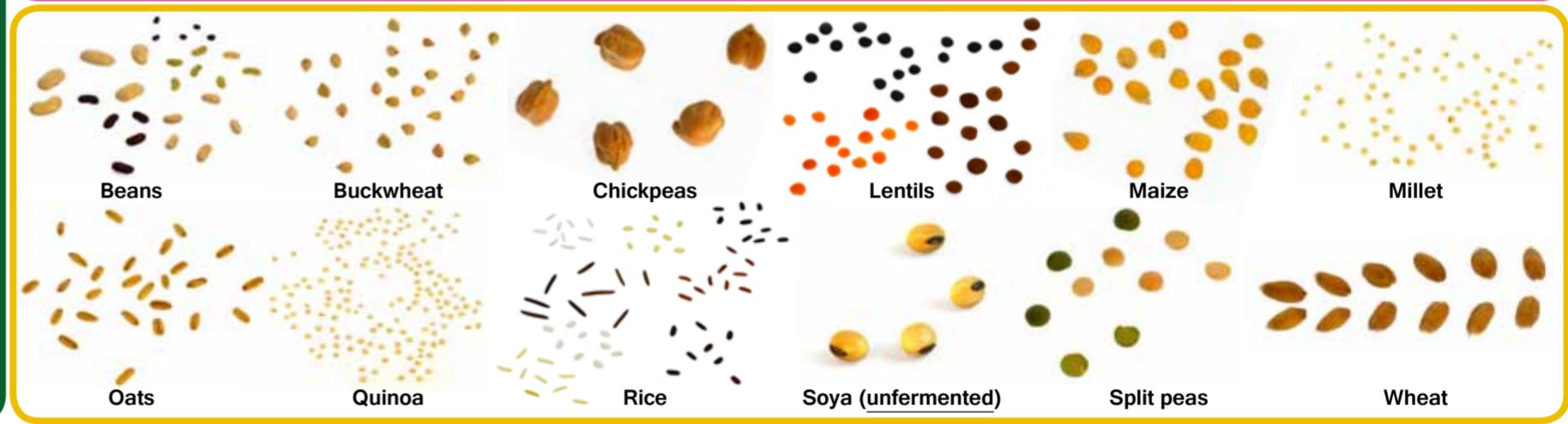
Vegetables



Fruits



Grains and pulses



- Oils and fats
- Almond oil
 - Amaranth oil
 - Argan oil
 - Avocado oil
 - Beech nut oil
 - Canola oil
 - Cashew nut oil
 - Cocoa butter
 - Coconut oil
 - Corn oil
 - Cottonseed oil
 - Flaxseed oil
 - Grapeseed oil
 - Grapefruit seed oil
 - Hazelnut oil
 - Hempseed oil
 - Macadamia oil
 - Olive oil
 - Palm oil
 - Peanut oil
 - Pecan oil
 - Pine nut oil
 - Pistachio oil
 - Pumpkinseed oil
 - Rapeseed oil
 - Safflower oil
 - Sesame oil
 - Soybean oil
 - Sunflower oil
 - Walnut oil

Nuts and seeds

Processed foods

Herbs and spices

Oils and fats