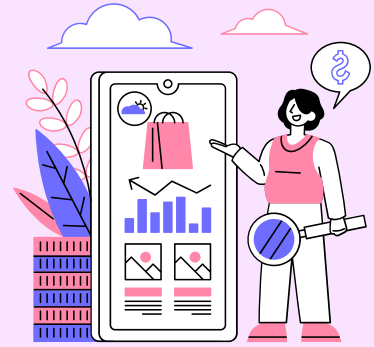


KNOW...

WHY TO CHOOSE FOOD WISELY

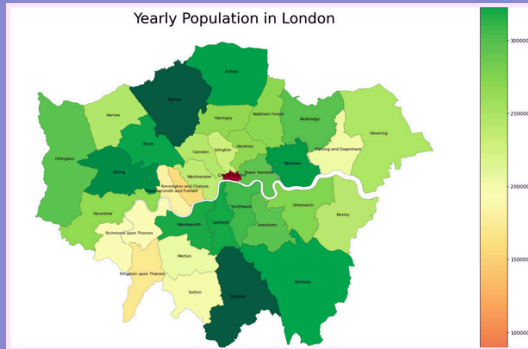
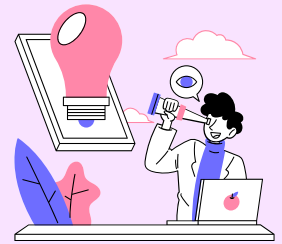
FOOD AND SOCIOECONOMIC FACTORS: A CYCLE OF INFLUENCE IN LONDON



01

FOOD CHOICE IS OVERLOOKED BY POPULATION

Amid London's density, the impact of food choices are often left unaddressed



02

DIVERSE YET IMBALANCED DIETS

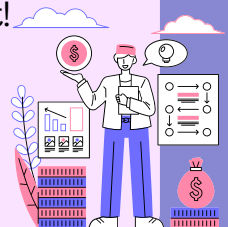
Healthy choices of fruits, vegetables, and grains dominate food choices, but consuming high sweets implies dietary imbalance.



03

MAKE MINDFUL CHOICES

Brought Fruits & veggies? Great! But, avoid the sweets, limit the processed food and dairy products



04

KNOWLEDGE IS A POWER

Time to Educate and empower society. Again, choose your food plate wisely!

