## KNOW...

WHY TO CHOOSE FOOD WISELY

FOOD AND SOCIOECONOMIC FACTORS: A CYCLE OF INFLUENCE IN LONDON





FOOD CHOICE IS OVERLOOKED BY POPULATION

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



## **DIVERSE YET IMBALANCED DIETS**

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

Proportion of Food Categories by Boroughs

Westminster

Islington

Hounslow

Hackney

City of London

0 0.2 0.4 0.6 0.8 1

Food Category

Fruit & Vegetables Beer Dairy Eggs Fats & Oils Fish Grains Red Meat

Poultry Ready-made Meals Sauces Soft Drinks Syrits Sweets Tea & Coffee Water

Proportion of Food Purchases

MAKE MINDFUL CHOICES

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



KNOWLEDGE IS A POWER

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Time to Educate and empower society.

Again, choose your food plate wisely!

