

# THE FOOD ENVIRONMENT WE LIVE IN

## HOW OUR SURROUNDINGS MAKE OVEREATING EASY

### FAST FOOD & FREQUENT DINING OUT

Meals away from home are usually higher in calories and lower in nutrients.



### EASY ACCESS, LIMITED FRESH OPTIONS

Convenience stores and drive-thrus outnumber produce markets in many neighborhoods.



### MIND & CULTURE MATTER

Emotional eating, social isolation, and cultural norms influence long-term habits.

