

# WHY OUR WORLD CHANGED FASTER THAN OUR BODIES

Our bodies haven't changed much in the last 50 years, but life around us has. Food is different, portions are bigger, and daily movement is lower. That fast change makes it easier to gain weight even when your genes stay the same.

## Food Shifted Fast

Packaged and fast foods are everywhere - cheap, tasty, and heavily advertised. They're loaded with sugar, salt, and fat that add calories without filling you up.

## Portions and Snacking Grew

Restaurant meals and home portions have gotten bigger. Snacking between meals has become normal, so total calories climb without noticing.

## Liquid Calories Sneak In

Sugary drinks, fancy coffees, and juice don't make you feel full. Those extra calories add up quickly.

Obesity Rates 1970- 2025

