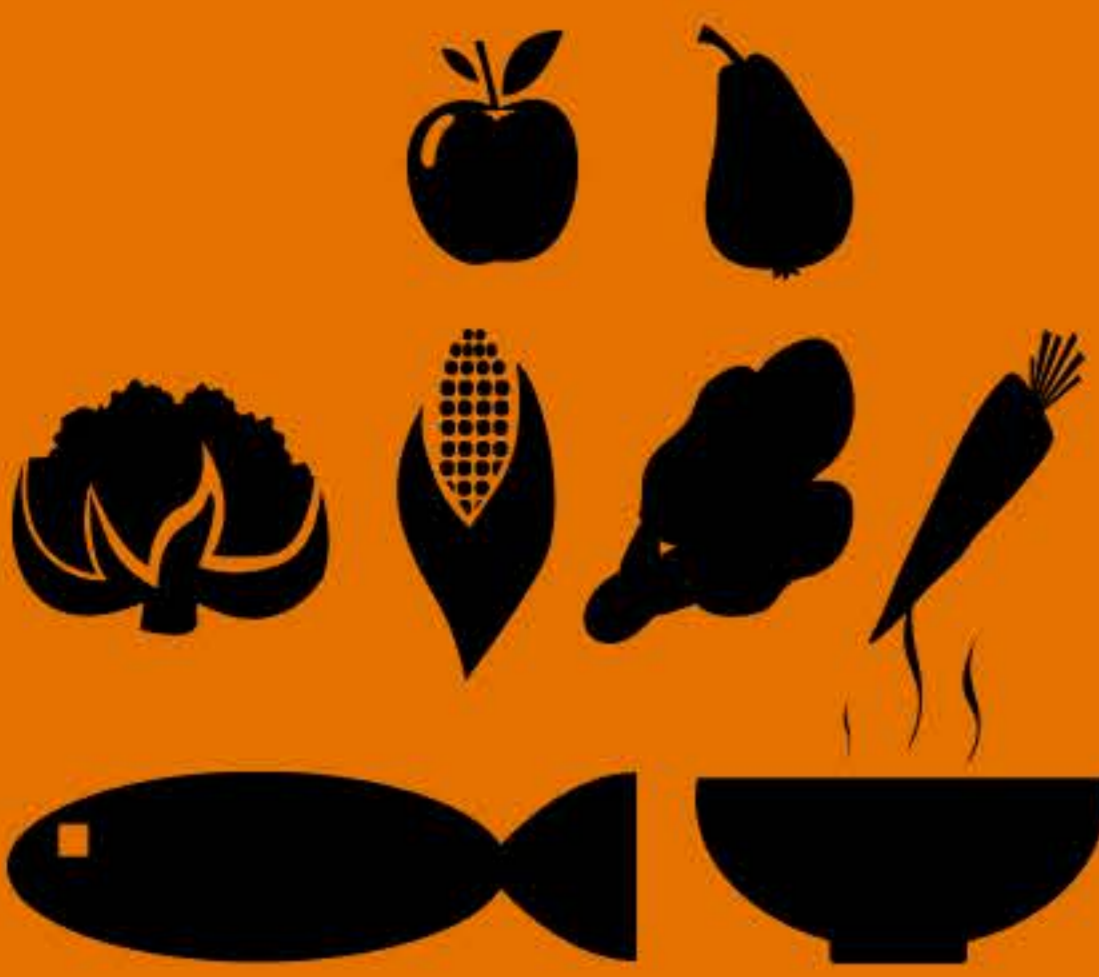


Women & food at a glance



Less than 3 in 10 women eat the recommended intake of fruit, vegetable, legumes and fish

Women do up to 2.5 times more food work than men



Even though they are increasingly in paid work

40% women report time as a barrier to healthy eating



Cost is a significant barrier to a healthy diet

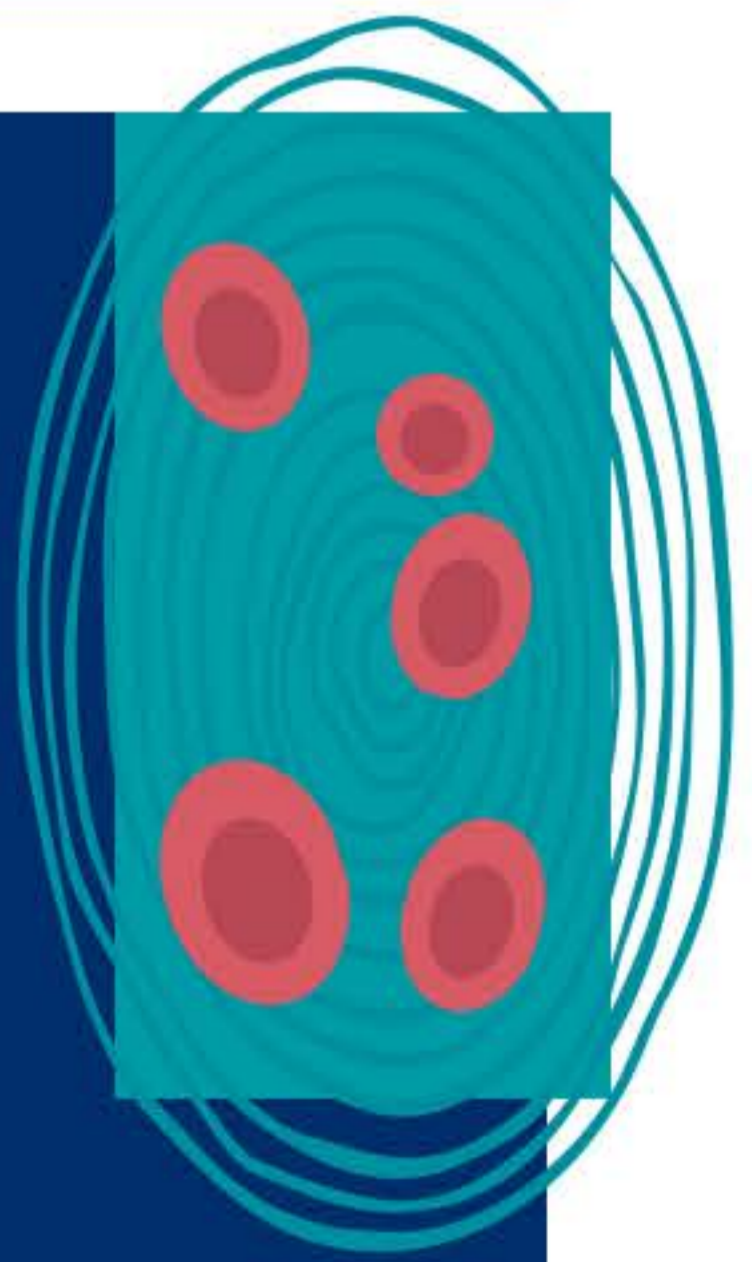


Diets rich in Vitamins A, C + E are linked to lower risk of breast cancer



Women are at greater risk of iron deficiency than men

due to higher need for nutrients during menstruation, pregnancy & menopause



Better quality diet is associated with better mental health



Health promotion campaigns should not conflate health and weight

