



HEALTHY EATING HABITS AND CULTURAL AND SOCIAL INFLUENCES

We eat healthier when people are watching



People tend to eat less and make better food choices when surrounded by other people than when eating alone. Subconsciously we are looking for approval of the rest of the group. It may be different if we are among people we know really well, or who are making poor food choices.

Eat locally

You will get most benefits from food coming from your region, as you are more suited to digest it by nature.



Higher class eats healthier

Diet of people in higher social groups, due to their higher income, usually consist of bigger amount of fruits, raw vegetables, lean meats, oily fish and wholemeal products, and lowest intake of empty calories.



Traditional doesn't always mean healthier

Traditional cuisine of each country differs, even regarding its healthiness. If traditional dishes from your country are rich in fat and sugar consider limiting it to the safe amount.

