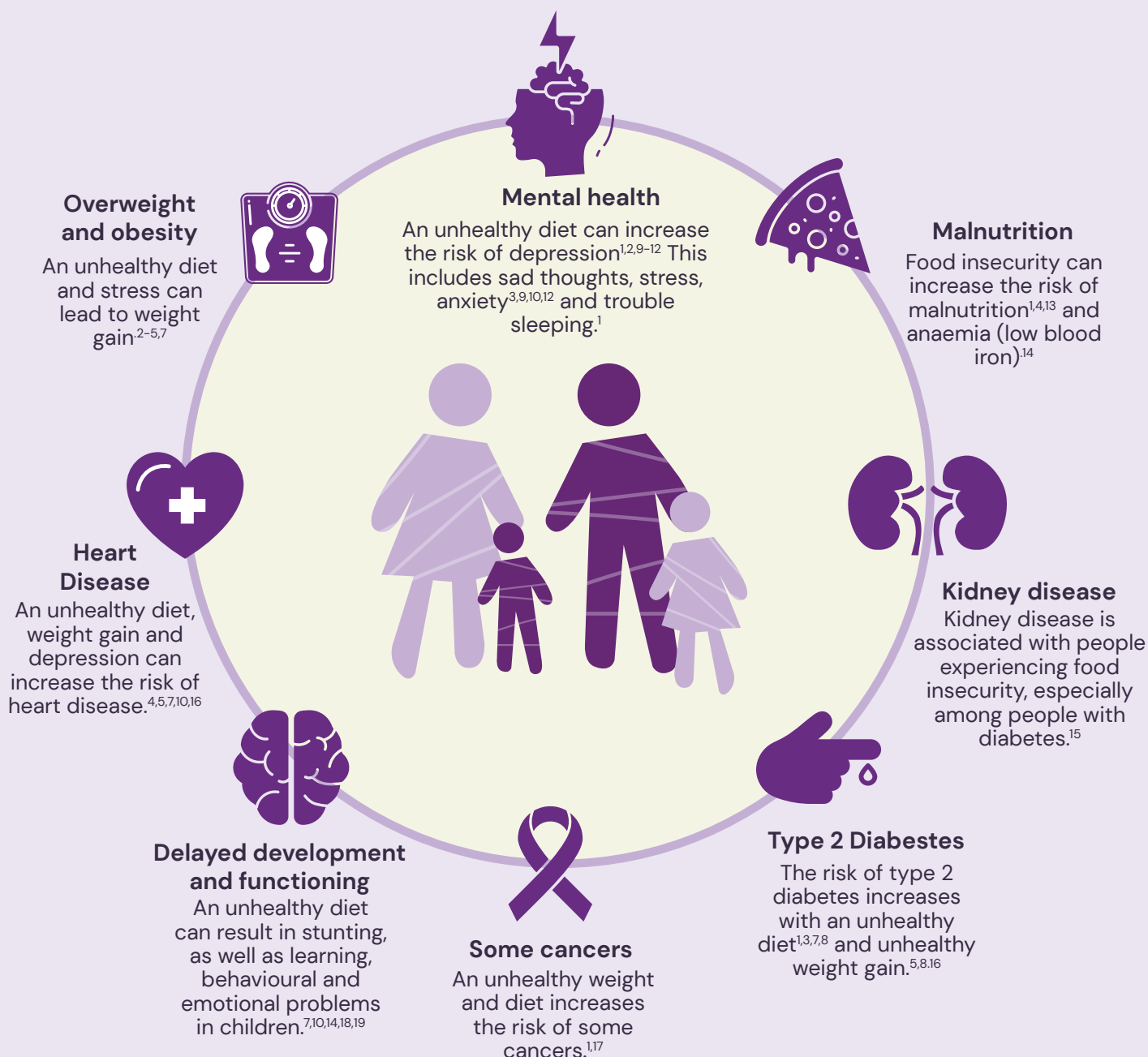


# FOOD INSECURITY INCREASES THE RISK OF POOR HEALTH



## People who are food insecure are more likely to eat an unhealthy diet<sup>1-3</sup>

An unhealthy diet includes eating a lower variety and/or quality of foods.<sup>1-7</sup> This means a diet low in fruit, vegetables, lean meat<sup>1-6</sup>, dairy<sup>2,6,7</sup> and whole grains.<sup>1,5</sup> It can also mean a diet high in junk foods, fat, sugar and salt.<sup>1-4,5,7</sup> This pattern of eating is lacking in vitamins and minerals<sup>6,7</sup> and fibre<sup>8</sup>, and will increase the risk of poor health.<sup>1,3,4,7</sup>



Food insecurity: "A situation that exists when people lack secure access to sufficient amounts of safe and nutritious food for normal growth and development and an active and healthy life".<sup>20</sup>

Note: The numbers in superscript refer to the source of the evidence-based information used for this infographic. Please refer to the reference list on the second page.

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