

# TRENDS IN DIET AND FOOD CONSUMPTION ACROSS CANADA AND USA

## TEAM MEMBERS

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"From farm to table, our diets shape not just our bodies, but our communities and planet."

## KEY FINDINGS



### HEALTH CONSCIOUS DIET

**KETOGENIC DIET** HIGH FAT LOW PROTEIN LOW CARB

<b>CARB</b> 5-10%	
<b>PROTEIN</b> 20-25%	
<b>FAT</b> 70-80%	

<https://paleofoundation.com/keto-diet-market-growth-forecasts-for-2021-2024/>

## RECOMMENDATIONS

### 01 PLANT BASED TRANSITION

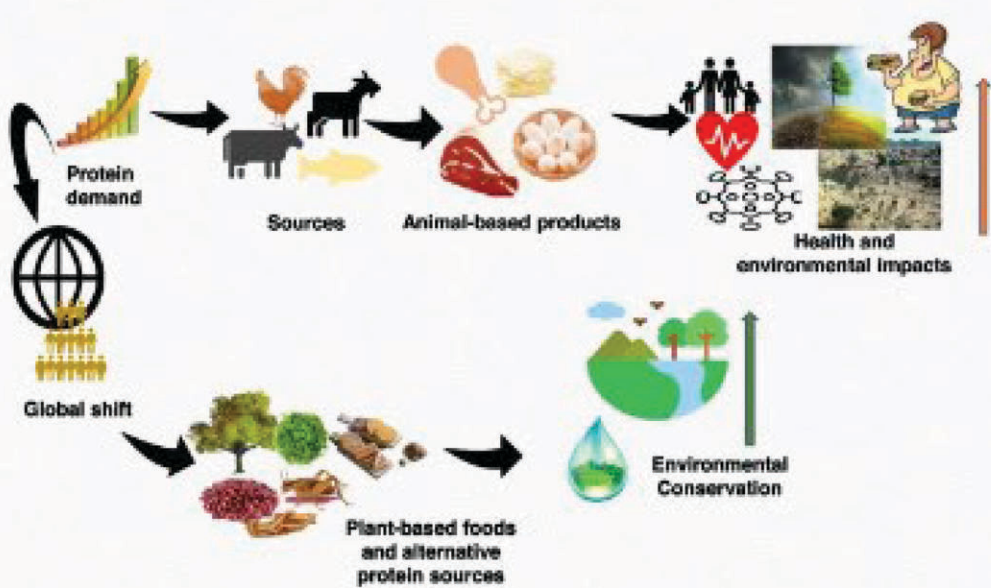
Transitioning to a plant based diet promotes sustainable living and healthier food choices.

### 02 ECONOMIC INCENTIVES

Opting for healthy diets not only boosts health but also slashes healthcare expenses and fosters economic efficiency.

### 03 REGULATORY MEASURES

Enforcing regulatory measures can steer dietary consumption trends in the USA and Canada towards healthier choices.



<https://ppn.biomedcentral.com/articles/10.1186/s43014-023-00129-0>

### SHIFTS IN CONSUMPTION PATTERNS