Patterns and Trends in Availability and Consumption of Food



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| **Syllabus Link:** |
| An overview of global patterns and trends in the availability and consumption of food, including changing diets in middle-income countries |
| **Key terms** |
| **Nutrition transition:** A change in diet from staple carbohydrates towards meat and fish proteins and dairy products. This happens typically when incomes rise from US$2 a day to US$10 a day. |
| **Global patterns** |
| In food availability: |
| In food consumption: |
| **Global trends** |
| In food availability |
| In food consumption:  Go to the What the World Eats visualization <https://www.nationalgeographic.com/what-the-world-eats/> and comment on trends in consumption for:   * The global trend * 2 LICs * 2 MICs * 2 HICs |
| **Interesting facts** |
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| **Additional Notes** |
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