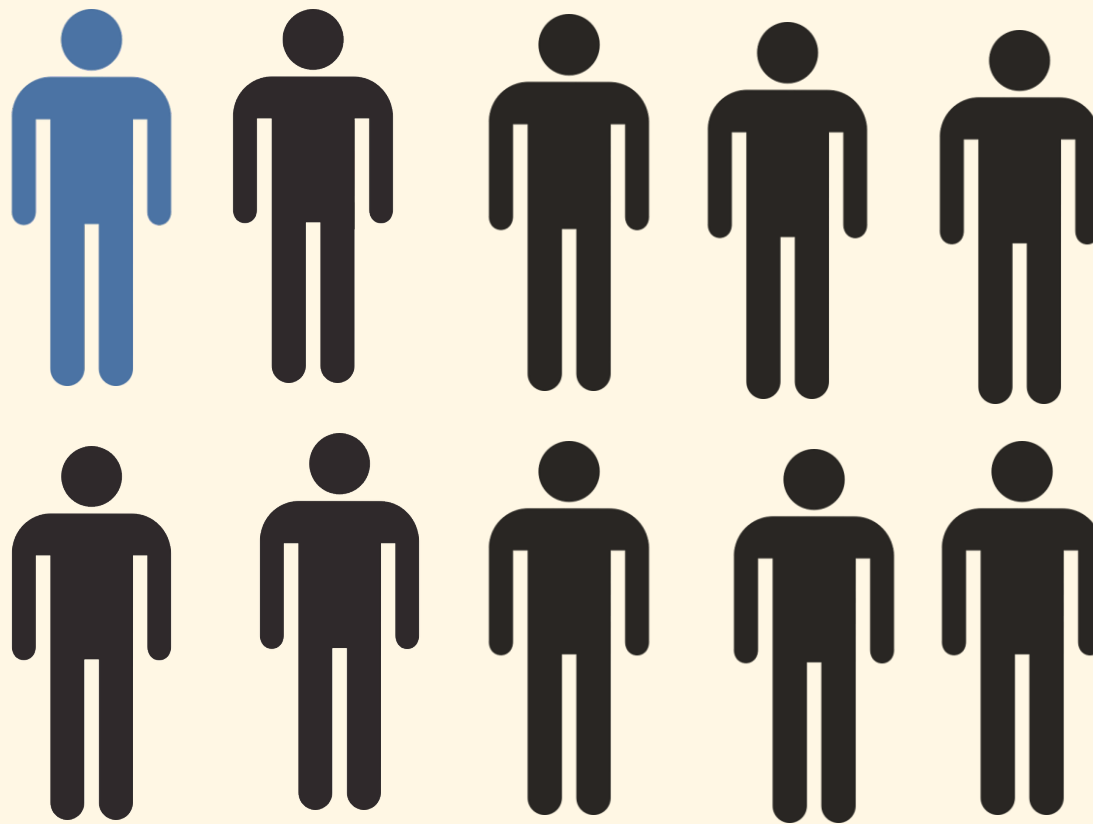




# Accessibility & Affordability of Pasta

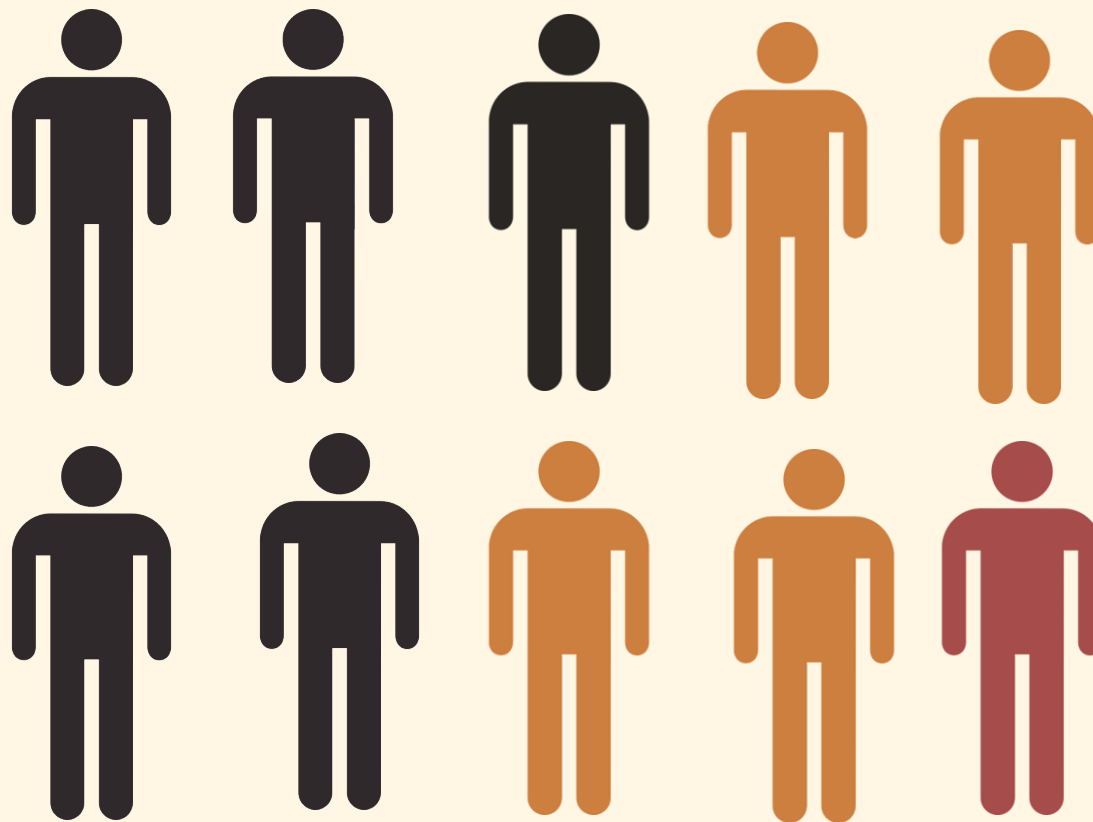
**Kelly Toups, MLA, RD, LDN**  
**Oldways**  
**Boston, MA (USA)**

# 11% CHRONICALLY HUNGRY



“State of Food Insecurity in the World 2015,” UNFAO, Rome, 2015 <http://www.fao.org/hunger/key-messages/en/>

**39% OVERWEIGHT,  
13% OBESE**

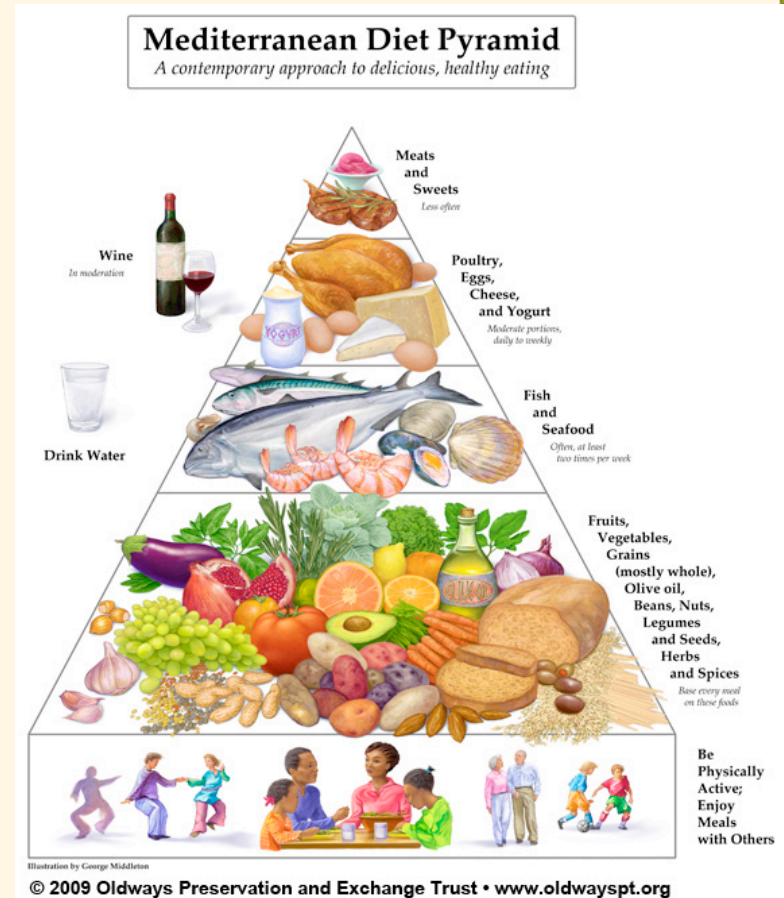
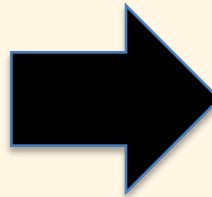
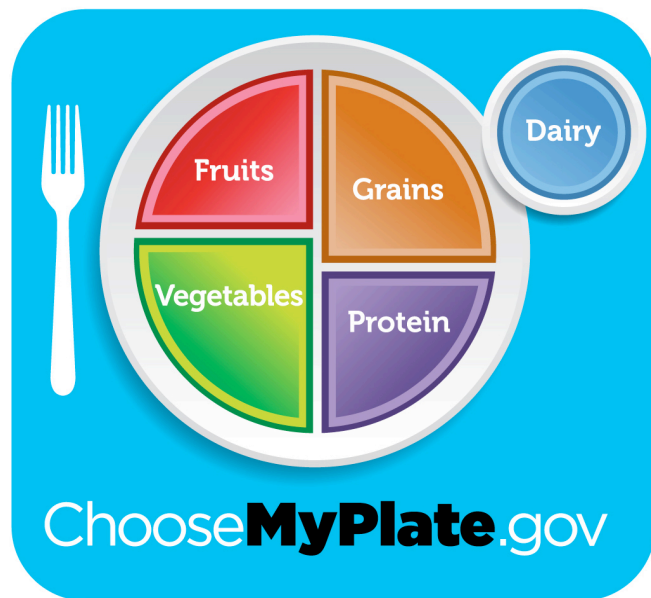


“Obesity and Overweight,” World Health Organization, January 2015, <http://www.who.int/mediacentre/factsheets/fs311/en/>

	London Tesco	Berlin Kaisers	Paris Auchan	Sydney Coles	New York Shops	Toronto Loblaws	Dublin Tesco
<b>Chicken Breast</b> (24 oz / 0.70 kg)	4.54	5.38	6.36	3.72	6.09	4.07	5.23
<b>Frozen Peas</b> (2.25 cups / 300 g)	0.44	0.52	0.34	0.53	0.59	0.8	0.29
<b>Rice</b> (1.25 cups dry / 250 g)	0.5	0.18	0.46	0.32	0.14	0.6	0.49
<b>Butter</b> (4 tbsp / 50g)	0.2	0.16	0.19	0.17	0.38	0.49	2.96
<b>Total:</b>	<b>5.68</b>	<b>6.24</b>	<b>7.35</b>	<b>4.74</b>	<b>7.2</b>	<b>5.96</b>	<b>8.97</b>


<b>Spaghetti</b> (8 oz / 250 g)	0.1	0.16	0.16	0.18	0.4	0.35	0.2
<b>Tomatoes</b> (2 cups / 300 g)	0.48	0.71	0.59	0.98	0.38	0.35	0.64
<b>Canned Tuna</b> (1 cup / 160-185g)	1.1	1.51	1.12	0.93	0.87	1.36	1.49
<b>Olive Oil</b> (0.5 cup / 125 ml)	0.56	0.46	0.47	0.55	1.05	0.68	0.59
<b>Total:</b>	<b>2.24</b>	<b>2.84</b>	<b>2.34</b>	<b>2.64</b>	<b>2.7</b>	<b>2.74</b>	<b>2.92</b>

UK Cities Food Prices Survey, *The Guardian*, July 2014 <http://www.theguardian.com/money/2014/jul/26/uk-cities-food-prices-survey>



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*[Journal of Hunger & Environmental Nutrition](#). 2015 Sept 23. [Epub ahead of print] (MM Flynn et al.)*



**“I have yet to hear of a traditional diet — from any culture, anywhere in the world — that is not substantially healthier than the “standard American diet.” The more we honor cultural differences in eating, the healthier we will be.”**

Michael Pollan  
*New York Times, October 2, 2011*



# Thank you.

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