

## Objectives:

- To understand how food and eating culture has an effect on the health and nutrition of a country
- To observe the differences between food habits of Americans and the French

## Methods:

- Observations were made both in the United States and in France while studying abroad in Paris.
- Research from existing literature was compared to the observations and a profile was made for both countries.

## Overview:

- In general, the French value quality over quantity, while Americans value quantity over quality.
- French and Americans differ in the social side of food and eating, and have different standards for food shopping and meal preparation.
- The French have lower obesity and heart disease rates.

## Results:

- Differences in meals, food shopping, and food habits could have an effect on the resulting health of the people of France and the United States. Taking into account the effect of food culture on health could drive policy and legislation in the future that could improve US health.

## United States



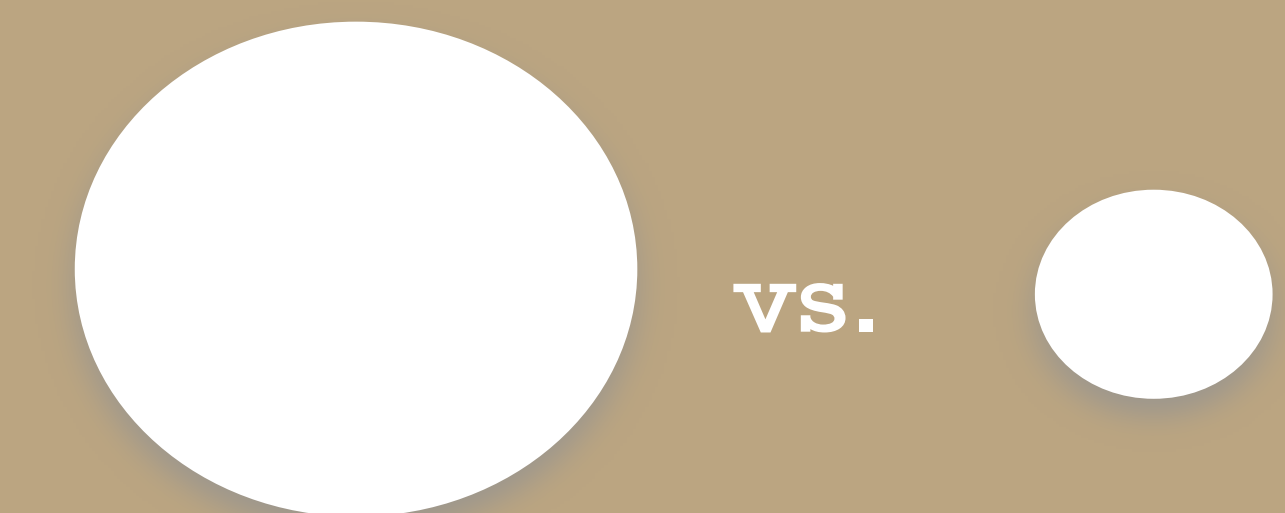
Meal lengths are **14.4** minutes

Portion sizes in the US are **25%** larger than in France:

## France



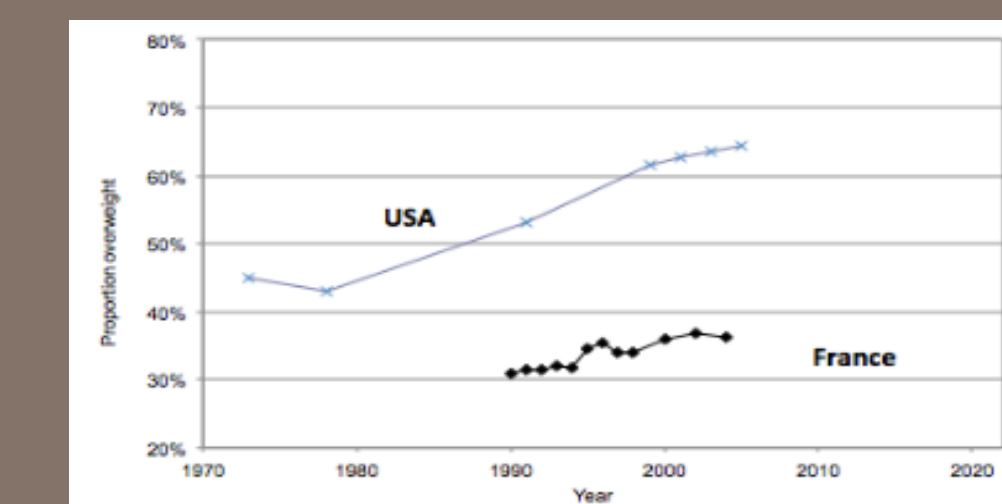
**22.2** (on average) minutes



Shopping trips per week: **2.1 vs. 3.7**

Proportion of those in the US and France who are overweight or obese:

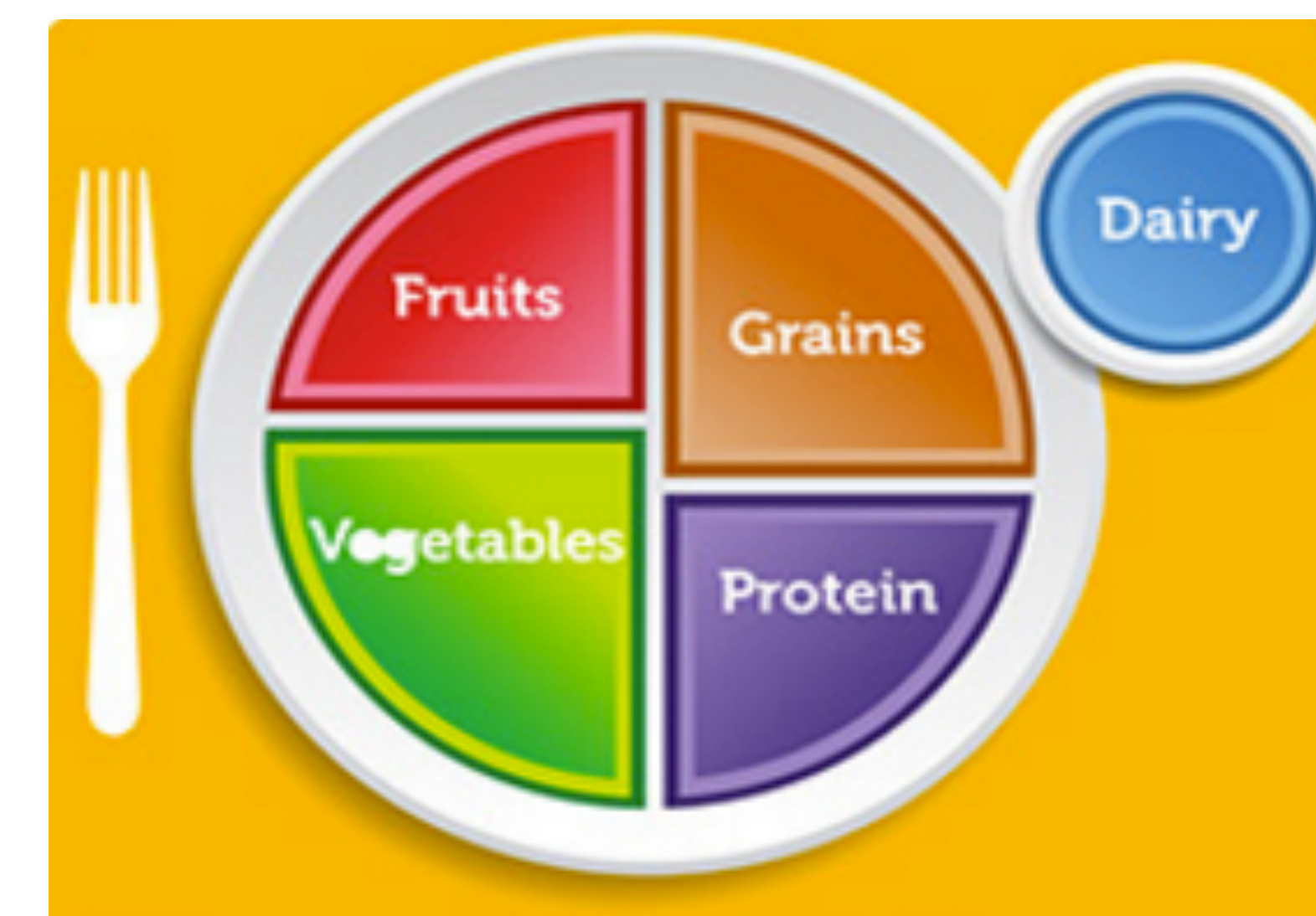
**5.7% vs. 13.8%** of household budget spent on food



## Federal Nutrition Guidelines:

# A Comparison of Food and Nutrition in France and the United States

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