



foodscape (n) : the food policy landscape

benefits of five-a-day


-  Lower risk for cardiovascular disease, several cancers, diabetes.
-  Associated with maintenance of healthy weight.

U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans*, 2005. 6th Edition, Washington, DC: U.S. Government Printing Office, January 2005.

People who are most at risk for obesity are also less likely to have healthy diets.



Healthy Eating Research. *Bringing Healthy Foods Home: Examining Inequalities in Access to Food Stores*. Minneapolis: HER, 2008.

affordability & access

-  Low-energy-density diets are more expensive than high-energy-density diets.

Monsivais P, Drewnowski A. "The Rising Cost of Low-Energy-Density Foods." *Journal of American Dietetic Association*. 107:2071-2076, 2007.
Monsivais P, Drewnowski A. "Lower-Energy-Density Diets Are Associated with Higher Monetary Costs per Kilo-calorie and Are Consumed by Women of Higher Socioeconomic Status." *Journal of American Dietetic Association*. 109:814-822, 2009.

affordability & access


-  Low-energy-density diets are more expensive than high-energy-density diets.
-  23 million Americans live in low-income areas with limited access to supermarkets.

U.S. Department of Agriculture. *Access to Affordable, Nutritious Food -- Measuring and Understanding Food Deserts and Their Consequences: Report to Congress*. Washington, DC: USDA, June 2009.

federal food policy affects local food policy



Healthy Urban Food Enterprise Development Center

 United States Department of Agriculture
National Institute of Food and Agriculture



 United States Department of Agriculture
Food and Nutrition Service



