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## **ODI publishes 'Future Diets' Report**

Given the dramatic increase in the numbers of overweight or obese people in the past 30 years, the Overseas Development Institute (ODI) has published a new report, *Future Diets*, which traces how the changes in diet - more fat, more meat, more sugar and bigger portions - have led to a looming health crisis.

The report shows how this crisis does not only affect developed countries, but also increasingly middle income and developing countries. *Future diets* examines what policy-makers can do to curb their nation's eating excesses and attempts to project how big the gap will be between the food available and the food that is needed in the future, if diets shift to match those recommended by nutritionists, rather than converging to resemble the diets seen in North America or Western Europe.

To read the report, click [here](#) [1].

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### Enlaces

[1] <http://www.odi.org.uk/future-diets>