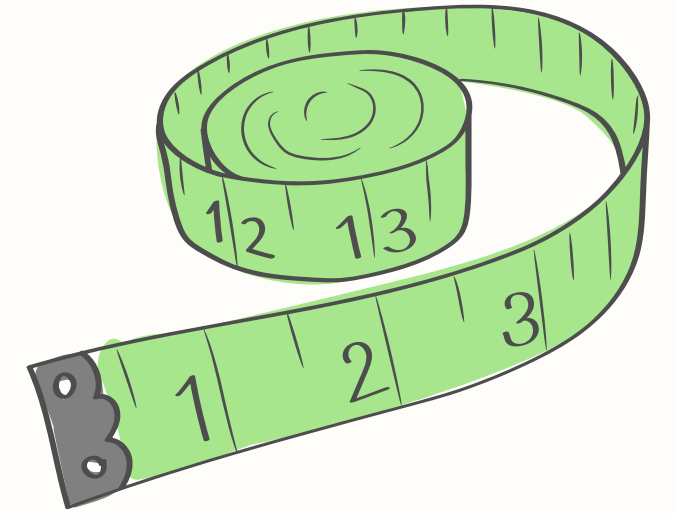


How *Most Women in France* STAY SLIM?





FACTS

Women in France

- The rates of **obesity in France** are **1/3** of what they are in the United States
- France has the **lowest number of cardiovascular disease deaths in the world**
- France is among the countries with the **lowest rates of heart disease**
- French men are the **thinnest** in Europe with a BMI (body mass index) of 26. **French women** come in second behind Italians with a BMI of 25.

An illustration on the left side of the slide shows a woman in a pink dress and a man in a light blue shirt and dark pants walking. Above them is a string of French flags (blue, white, and red). The background is a solid orange color.

PHYSICAL ACTIVITY

- French people tend to be **very active**
- **65%** of French walk a lot every day whereas only about 50% of Americans walk briskly 5 days/week
- French people usually **value athletic activities** in general and instead of doing exercise programs to lose weight, they exercise because **they enjoy it**.
- Most French people can name **at least one regular physical activity** they do, such as hiking, biking, or going to the gym.

FOOD HABITS



- French people eat their **largest meal** in the middle of the day, rather than late at night
- Many only eat cake, pastries, and other indulging foods **on occasion**
- They Eat **Smaller Portions**
- Food is often **high quality**, well-prepared, and delicious, you don't need a lot of food to feel full.
- French people **don't believe in processed foods.**
- They shop **fresh foods** from local markets
- They **don't snack** throughout the day. In general French people have a good breakfast, a good lunch, and a light dinner.

FOOD HABITS

- **Regulated meals.** People tend to eat at the same time every day.
- Meals **slowly eaten** and well chewed. Traditionally, French people take a long lunch, and food is savored rather than bolted.
- Eating in France is rather a **social activity**.
- The French **don't rush** through a quick breakfast in the morning and don't lunch at their desks or standing in the street.
- **Less stress** while eating, which contributes to a better digestion and a better absorption of nutrients.



WATER

- French people usually **drink a lot of water**
- 70% of the French drink less than 1 glass of sweetened beverage per day compared to 37% of Americans.
- In France, water is the **main source of fluids**.
- The French **know** sweetened beverages (including fruit juices and diet soda) are unhealthy as they contain too much sugar.





FROM CHILDHOOD

- People in France usually **start good habits early**
- 2/3 of French people **cook almost every day**
- 83% of those who used to cook at least once a week **with their parents**, are now cooking every day
- French children establish mindful eating habits early on.
- Children **participate in the choice** of homemade dishes, ingredients cooked at home, and in the cooking of meals in general.
- 84% of parents in France say **they cook with their children.**