

Western diet contributes to malnutrition

By Leigh Weingus, Huffington Post

Seventy percent of the world's population is expected to live in a city by 2050, according to a University Of Minnesota study. But with urbanization comes the spread of the Western diet – and that's not a good thing.

Developing countries have generally relied on vegetables, fruits and legumes as their main food sources. But as these countries gain more access to more calorie-rich foods like red meat, salt, sugar and processed foods, malnourishment is paradoxically on the rise.

“People around the world, as incomes go up, choose more calories and meat in their diet,” study author David Tilman said, according to CNN. “We have a whole new group of people who are malnourished because they eat foods that are no good for them, that have no nutritional benefit.”

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