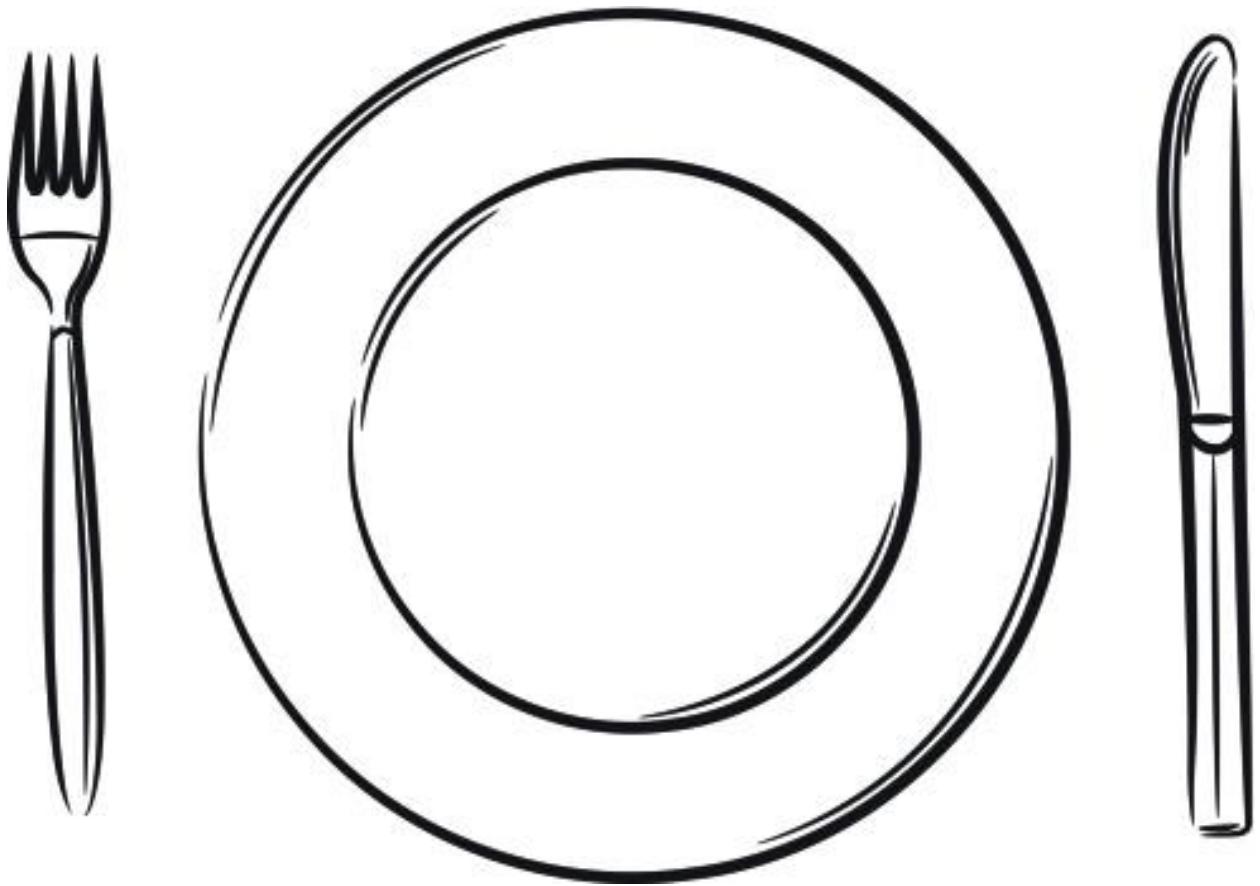


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The Foods I Eat



TIME



What Kids Eat Around the World

In the face of rising global obesity, photographer Gregg Segal traveled around the world to ask kids what they eat in one week and then photographed them alongside the food.

Photographs and text by **Gregg Segal**

***edited to keep all the text together and the pictures on separate pages so it is easier to print out*

<https://time.com/what-kids-eat-around-the-world-in-one-week/>

In an 8×8 aluminum hut on a construction site outside Mumbai, Anchal Sahni sits down to dinner with her family: homemade aloo bhindo (okra and potatoes simmered in curry) and chapati (flatbread) with a side of lentils. Anchal has a healthier diet than many middle-class kids in India, who can afford to eat out. In Mumbai, a medium Domino's pizza runs 13 bucks—about three times what Anchal's father earns in a day.

Sensing a sea change in Western attitudes about diet and the effects of junk food, fast food companies have begun investing heavily in foreign markets where public awareness isn't as keen—and where Big Macs aren't junk, they're a status symbol.

In 2015, Cambridge University conducted an exhaustive study, identifying countries with the [healthiest diets in the world](#). Nine of the top 10 countries are in Africa, where vegetables, fruit, nuts, legumes, grains are staples and meals are homemade, a stark contrast to the U.S., where nearly 60% of the calories we consume come from ultra-processed foods and only 1% come from vegetables.

For the past two years, I've been making my way around the world, asking kids to keep a journal of everything they eat in a week. Once the week is up, I make a portrait of the child with the food arranged around them. I'm focusing on kids because eating habits, which form when we're young, last a lifetime and often pave the way to chronic health problems like diabetes, heart disease and colon cancer.

Despite growing awareness here in the U.S. about the harm of eating processed foods, awareness hasn't yet led to widespread change. Obesity rates are still soaring. Forty years ago, One out of 40 kids were obese. Today, 10 in 40 are.

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Since corn syrup came along, the incidence of diabetes has tripled. For the first time in many generations, life expectancy in America is declining and the main culprit is empty calories.

I've been encouraged to find regions and communities where slow food will never be displaced by junk food, where home cooked meals are the bedrock of family and culture, where love and pride are sensed in the aromas of broths, stews and curries. When the hand that stirs the pot is mom or dad, grandma or grandpa, kids are healthier. The deeper goal of *Daily Bread* is to be a catalyst for change and link to a growing, grassroots community that is moving the needle on diet.



Anchal Sahni, 10 years old, Chembur, Mumbai

<https://time.com/what-kids-eat-around-the-world-in-one-week/>



Adeeta Venkatesh, 10, Mumbai

<https://time.com/what-kids-eat-around-the-world-in-one-week/>



Isaiah Dedrick, 16, Long Beach, Calif.

<https://time.com/what-kids-eat-around-the-world-in-one-week/>



Carolina Bonet Sanabrai, 5, Los Angeles

<https://time.com/what-kids-eat-around-the-world-in-one-week/>



Rosalie Durand, 10, Nice, France

<https://time.com/what-kids-eat-around-the-world-in-one-week/>



Paolo Mendlaro, 9, Catania, Sicily

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Andrea Testa, 9, Catania, Italy

<https://time.com/what-kids-eat-around-the-world-in-one-week/>



Frank Fadel Agbomenou, 8, Dakar, Senegal

<https://time.com/what-kids-eat-around-the-world-in-one-week/>



Greta Moeller, 7, Hamburg, Germany

<https://time.com/what-kids-eat-around-the-world-in-one-week/>



Beryl Oh Jynn, 8, Kuala Lumpur, Malaysia

<https://time.com/what-kids-eat-around-the-world-in-one-week/>



Siti Khaliesah Natalia Muhamad Khairizal, 9, Kuala Lumpur

<https://time.com/what-kids-eat-around-the-world-in-one-week/>



Mierra Sri Varrsha Selvan (sister, 8) and Tharkish Sri Ganesh Selvan (brother, 10) Kuala Lumpur

<https://time.com/what-kids-eat-around-the-world-in-one-week/>



Nur Zarah Alta Nabila Binti Mustakim, 7, Kuala Lumpur

<https://time.com/what-kids-eat-around-the-world-in-one-week/>

Rise and Shine

What kids around the world eat for breakfast.

Photographs by HANNAH WHITAKER Text by MALIA WOLLAN

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<https://www.nytimes.com/interactive/2014/10/08/magazine/eaters-all-over.html>

Print photos (not including this page) back to back – on one side is the photo of the food only, on the other is the child with the food and the photo caption.

<https://www.nytimes.com/interactive/2014/10/08/magazine/eaters-all-over.html>



<https://www.nytimes.com/interactive/2014/10/08/magazine/eaters-all-over.html>



Saki Suzuki, 2 ¾ years old, Tokyo

The first time Saki ate the fermented soybean dish called *natto*, she was 7 months old. She promptly vomited. Her mother, Asaka, thinks that perhaps this was because of the smell, which is vaguely suggestive of canned cat food. But in time, the gooey beans became Saki's favorite food and a constant part of her traditional Japanese breakfasts. Also on the menu are white rice, miso soup, *kabocha* squash simmered in soy sauce and sweet sake (*kabocha no nimono*), pickled cucumber (Saki's least favorite dish), rolled egg omelet (*tamagoyaki*) and grilled salmon.



**Doga Gunce Gursoy, 8 years old,
Istanbul**

The elaborate Saturday morning spread in front of Doga includes honey and clotted cream, called *kaymak*, on toasted bread; green and black olives; fried eggs with a spicy sausage called *sucuk*; butter; hard-boiled eggs; thick grape syrup (*pekmez*) with tahini on top; an assortment of sheep-, goat- and cow-milk cheeses; quince and blackberry jams; pastries and bread; tomatoes, cucumbers, white radishes and other fresh vegetables; *kahvaltılık biber salcasi*, a paste made of grilled red peppers; hazelnut-flavored halvah, the dense dessert; milk and orange juice. While certainly more elaborate than weekday fare, this Gursoy family meal is in keeping with the hodgepodge that is a typical Turkish breakfast.



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**Nathanaël Witschi Picard, 6 years old,
Paris**

Whenever Nathanaël stays at his father's house, his weekday breakfast is the same. It consists of a single kiwi; tartine, an open-faced baguette with butter and blackberry jam made by his grandparents; cold cereal with milk; and freshly squeezed orange juice. (He would prefer crepes and hot chocolate, which many French children gulp down from bowls and into which they dunk their morning tartine. But Nathanaël's father, Cédric, is health-conscious.) On weekends, Nathanaël eats croissants for breakfast and also makes his own desserts, a passion inherited from his grandfather, a *pâtissier*.



<https://www.nytimes.com/interactive/2014/10/08/magazine/eaters-all-over.html>

Emily Kathumba, 7 years old, Chitedze, Malawi

Emily lives with her grandmother Ethel on the outskirts of Lilongwe, Malawi's capital. Because Ethel works in another family's home — doing cleaning, cooking and child care — her extended family of nine rises before 6 a.m. to eat breakfast together before they disperse to work and school. Here, Emily is eating cornmeal porridge called phala with soy and groundnut flour; deep-fried fritters made of cornmeal, onions, garlic and chiles, along with boiled sweet potato and pumpkin; and a dark red juice made from dried hibiscus flowers and sugar. (She is fortunate; half of the children in Malawi are chronically malnourished.) When she can, Emily likes to drink sweet black tea in the mornings, a common beverage for Malawian children.





<https://www.nytimes.com/interactive/2014/10/08/magazine/eaters-all-over.html>



**Birta Gudrun Brynjarsdottir, 3 ½ years old,
Reykjavik, Iceland**

Birta's oatmeal porridge is called *hafragrautur*, a staple breakfast in Iceland. The oatmeal is cooked in water or milk and often served with brown sugar, maple syrup, butter, fruit or *surmjolk* (sour milk). Birta also takes a swig of *lysi*, or cod-liver oil. For part of the year, when the sun barely clears Iceland's horizon, sunlight is a poor source of vitamin D — but the vitamin is plentiful in fish oils. (The word *lysi* is related to the Icelandic verb *lysa*, meaning “illuminate.”) Birta's mother, Svana Helgadóttir, started giving her four children *lysi* when each was about 6 months, and now all of them gulp it down without complaint. Many day-care centers and preschools in Iceland dispense cod-liver oil as a regular part of the morning routine.





Viv Bourdrez, 5 years old, Amsterdam

For Viv, breakfast is a glass of milk with bread, unsalted butter and — most important — sweet sprinkles, which come in multiple flavors (chocolate, vanilla, fruit) and sizes (small, large, shavings). A government-run website promoting tourism boasts that every day the Dutch eat at least 750,000 slices of bread topped with the chocolate sprinkles called *hagelslag* (“hailstorm”), making it the country’s most popular bread topping. For a nation of nearly 17 million people, that’s close to 300 million slices a year of *hagelslag*-covered bread. In June, a successful Dutch Kickstarter campaign raised more than \$11,000 to create bacon *hagelslag*. Viv is partial to the multihued sprinkles called *vruchtenhagel* (“fruit hail”), while her twin sister, Rosie, reaches for *chocoladevlokken*.



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Aricia Domenica Ferreira, 4 years old, and Hakim Jorge Ferreira Gomes, 2 years old, São Paulo, Brazil

Aricia's pink sippy cup is full of chocolate milk, but her brother Hakim's cup contains coffee (*café com leite*). For many Brazilian parents, coffee for kids is a cultural tradition; the taste evokes their own earliest memories. Many also believe that coffee provides vitamins and antioxidants and that a small milky serving in the morning helps their children concentrate in school. Hakim "gets more agitated after he drinks it," his father, Reginaldo Aguiar Gomes, admits. "I can feel his mood change." But their pediatrician told them that coffee is fine in moderation. Brother and sister are eating ham and cheese as well as *pão com manteiga*, bread with butter.



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**Phillip Kamtengo, 4 years old, and
Shelleen Kamtengo, 4 years old, Chitedze,
Malawi**

Phillip and his twin sister, Shelleen, start their day with a sweet, cornbread-like cake called *chikondamoyo*, which their grandmother, Dorothy Madise, cooks in an aluminum pot over a fire. Breakfast for the Kamtengo twins and their older siblings also includes boiled potatoes and black tea with a heaping spoonful or two of sugar.



<https://www.nytimes.com/interactive/2014/10/08/magazine/eaters-all-over.html>

Koki Hayashi, 4 years old, Tokyo

If Koki and his older brother had a choice, they would prefer an American-style breakfast. Occasionally, their mother, Fumi, lets them eat cold cereal and doughnuts, but she wants her children to grow up knowing what it means to eat Japanese. Here, Koki eats green peppers stir-fried with tiny dried fish, soy sauce and sesame seeds; raw egg mixed with soy sauce and poured over hot rice; *kinpira*, a dish of lotus and burdock roots and carrots sautéed with sesame-seed oil, soy sauce and a sweet rice wine called *mirin*; miso soup; grapes; sliced Asian pear; and milk.





<https://www.nytimes.com/interactive/2014/10/08/magazine/eaters-all-over.html>



Oyku Ozarslan, 9 years old, Istanbul

The foundation of breakfast for Oyku, a fourth grader, is brown bread. She supplements it with green and black olives, Nutella spread, sliced tomato, hard-boiled egg, strawberry jam, butter soaked in honey and an assortment of Turkish cheeses: among them, a crumbly, feta-like cheese called *ezine peyniri*; *eski kasar*, an aged, cow's milk cheese; and *tulum peyniri*, a variety of cheese made of goat's milk that was traditionally aged in a goatskin casing.



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Tiago Bueno Young, 3 years old, São Paulo, Brazil

Tiago likes chocolate milk and often wakes up asking for it, but sometimes even that is hard to get excited about at 7 on a weekday morning when his mother, Fabiana, has already left for work and he still has to get ready for kindergarten. Cold cereal is the favored breakfast food of the three Young sons. Here, Tiago, the middle child, sits before cornflakes, banana cake and bisnaguinha, a sweet white bread popular with Brazilian children and served with a mild cream cheese called requeijão.

Photos Of School Lunches From Around The World Will Make American Kids Want To Study Abroad

Which country's lunch would you want to be eating?

Kate Bratskeir The Huffington Post

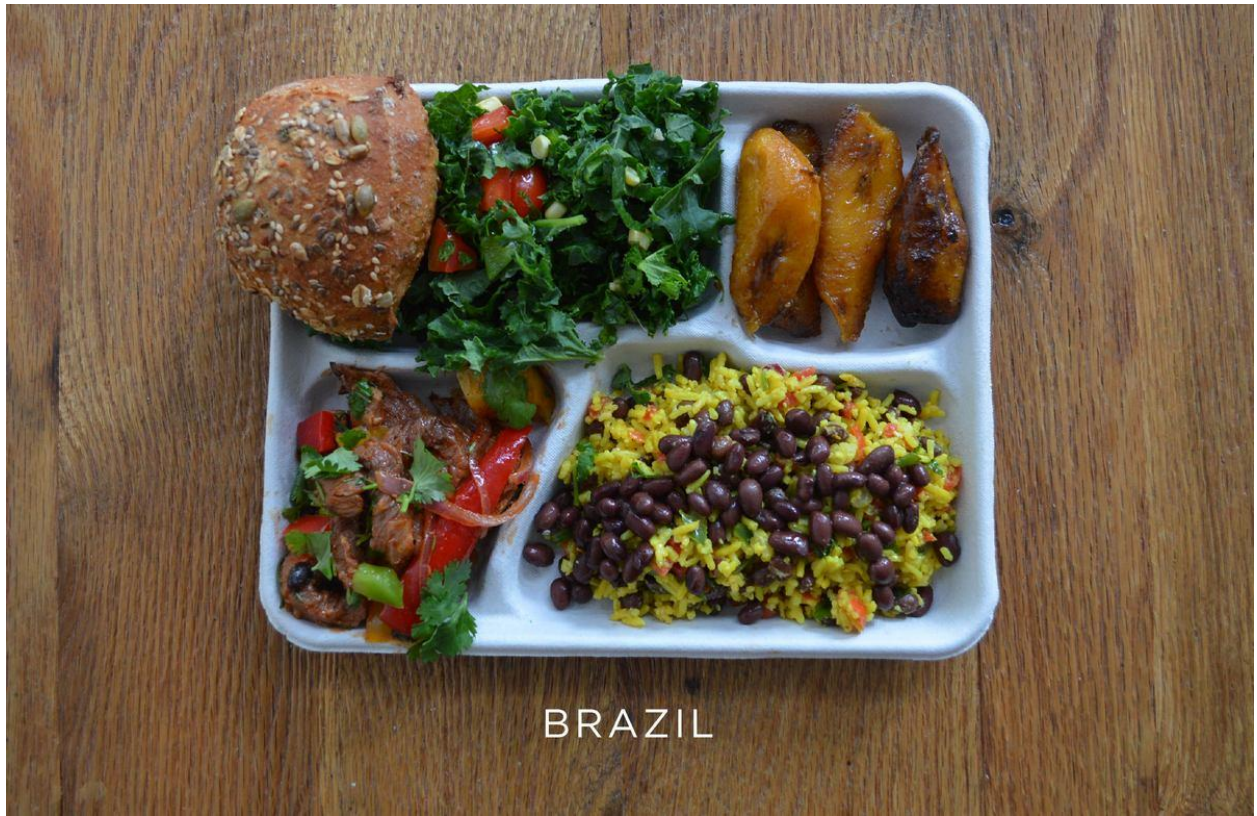
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https://www.huffingtonpost.ca/2015/02/25/school-lunches-around-the-world_n_6746164.html

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Fried "popcorn" chicken, mashed potatoes, peas, fruit cup and a chocolate chip cookie.



BRAZIL

Pork with mixed veggies, black beans and rice, salad, bread and baked plantains.



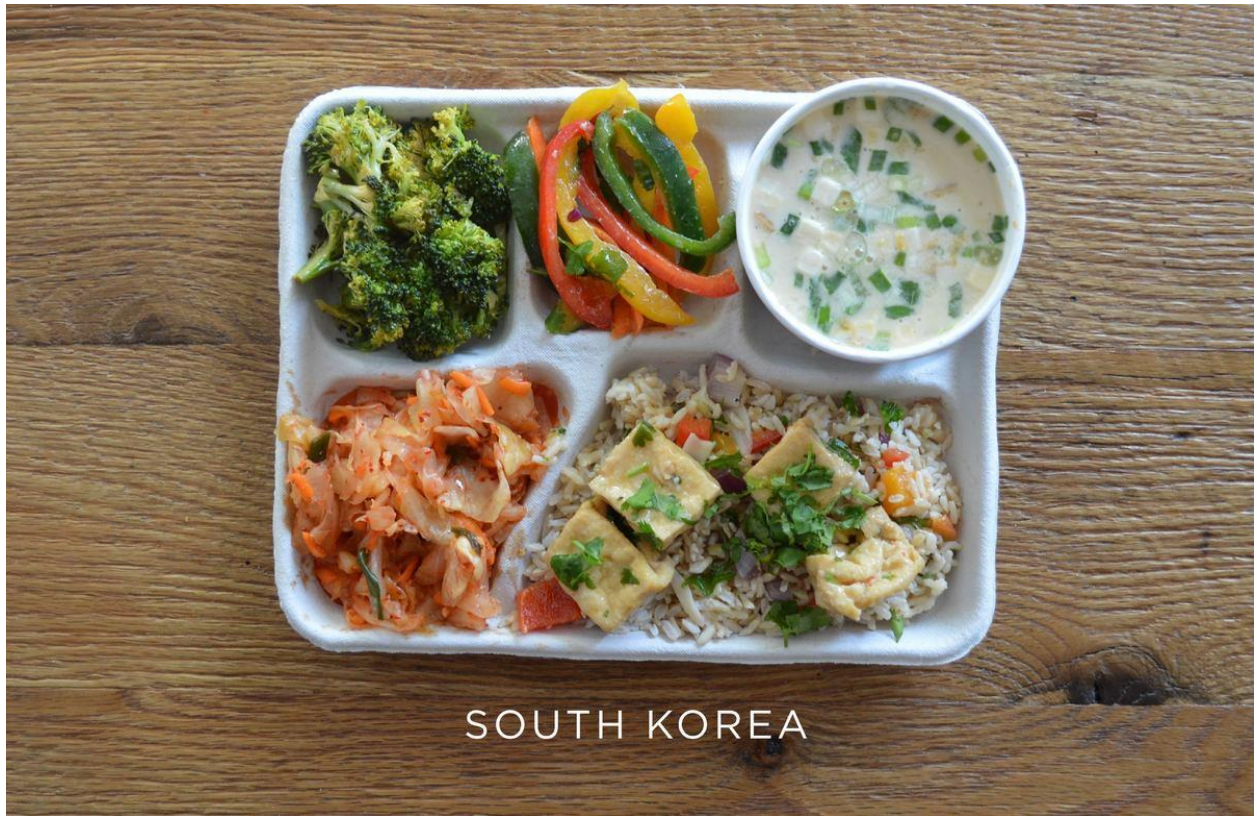
ITALY

Local fish on a bed of arugula, pasta with tomato sauce, caprese salad, baguette and some grapes.



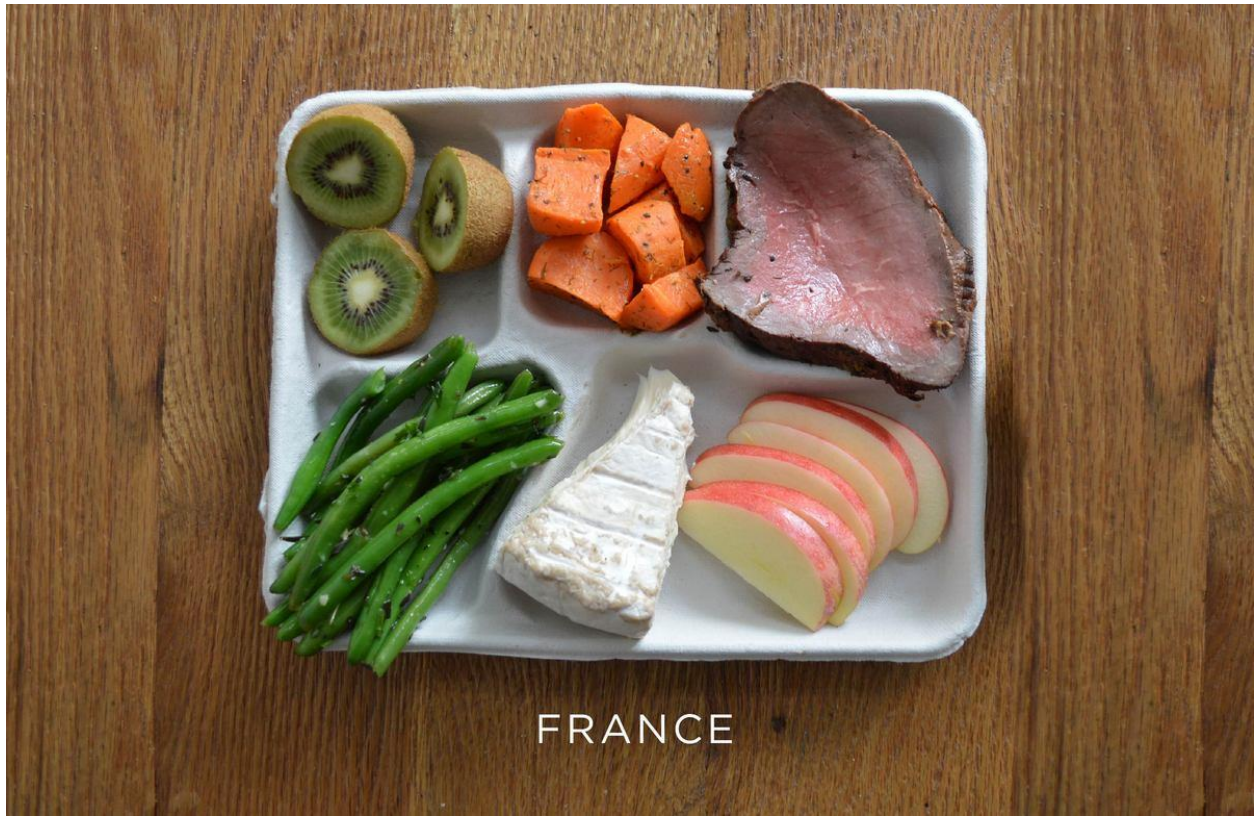
FINLAND

Pea soup, beet salad, carrot salad, bread and pannakkau (dessert pancake) with fresh berries.



SOUTH KOREA

Fish soup, tofu over rice, kimchi and fresh veggies.



FRANCE

Steak, carrots, green beans, cheese and fresh fruit.



GREECE

Baked chicken over orzo, stuffed grape leaves, tomato and cucumber salad, fresh oranges, and Greek yogurt with pomegranate seeds.



Mashed potatoes with sausage, borscht, cabbage and syrniki (a dessert pancake).



SPAIN

Sautéed shrimp over brown rice and vegetables, gazpacho, fresh peppers, bread and an orange.