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VITAL SIGNS

You are what your friends eat

DEAKIN University researchers quizzed more than 3600 women, aged 18 to 46, on their food consumption as well as social environment and found that a healthy lifestyle could be “contagious”.

They were asked to rate how much they agreed with statements like “I often see other people walking in my neighbourhood” and “lots of women I know eat fast food often”.

Those who moved in healthier circles were more likely to eat well and get more exercise.