



THE OUTLIER

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The Outlier is back! We have a new look, new ideas and whole new host of unexpected insights to keep you informed about what is happening in the world around us. Each month, a specific theme will be followed. We are starting with AI for August, Nutrition for September and Climate Change and Water for October, with more to come. Hope you enjoy and join us in this exciting new chapter.

Wit's End: Diet Trend of the Week



"Balanced diet? " One hand for samosa, one hand for chai!"

[Check out the full post here](#)

It's Not Just a Scarcity Issue: The Impact of WASH Practices and Perceptions on Malnutrition in Pakistan



When we think of malnutrition in Pakistan, the first image that comes to mind is the issue of scarcity: that families can't afford enough food to meet their dietary requirements.

Although the link with poverty and insufficient food availability is a real part of the problem, nutrition is not just about what people consume; it's also about the environment in which food is prepared, consumed and digested.

[Read the full article here](#)

Pakistan Needs a Nutrition Awareness Revolution: A Conversation with Ayesha Zahid Khan



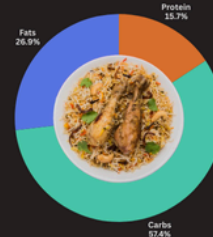
Ayesha Zahid Khan is a Public Health Nutritionist, currently working as a lecturer and researcher at Aga Khan University. She has over 35 years of experience in nutrition.

For the past 20 years she is working in the area of Public Health Nutrition with AKU's Human Development Programme, working on several projects. Her expertise spans clinical dietetics, public health, and child nutrition.

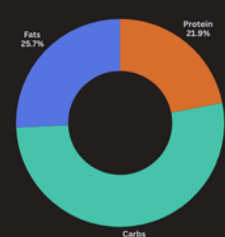
[Read her insights and policy views in the interview here](#)

What's on Our Plate?

Typical Pakistani Diet



Daily Recommended Intake



Though our food is delicious, this infographic goes into the importance of dietary diversity and taking a second look at what we put into our daily diet.

[Full infographic here](#)

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