

Why Woman?

Gender Disparities in Nutrition, Health, Food & Wellness

Women play a central role across these industries: from farming and food service to startups, fitness, and wellness. Yet they continue to face systemic inequalities. This infographic highlights four key areas where gender gaps persist: representation, pay, funding, and discrimination.

Nutritionists & Dietitians



Chefs & Cooking Instructors



Catering & Meal Prep



Healthy Food Brands & Startups



Farmers & Local Produce



Ready to change this reality?
Book a Free Call

Health Coaches & Wellness Consultants



Food Bloggers & Influencers



Bakers & Specialty Cakes



Restaurants & Cafés



Fitness Studios & Gyms



WHY THIS INFORMATION MATTERS

Women are the backbone of the nutrition, health, food, and wellness industries — yet they remain underrepresented in leadership, underpaid, and underfunded, while often facing bias and discrimination.

At Kakao Studio, we focus on helping women owners and founders in these sectors by amplifying their stories, elevating their brands, and creating the visibility they deserve.