




# DIET & NUTRITION

Poor diet is a leading risk factor for

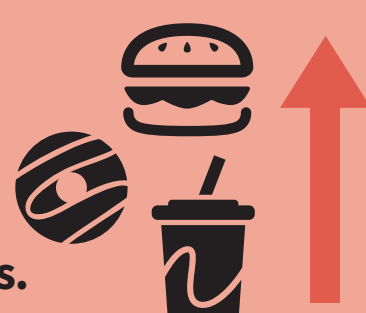
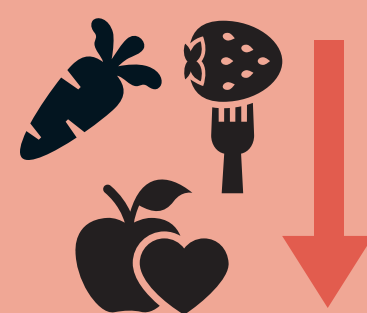
**OBESITY**  **TYPE 2 DIABETES**  **CARDIOVASCULAR DISEASE** 

Around the world, an estimated **3 BILLION PEOPLE** lack access to safe, nutritious and sufficient food


In the last 50 years, increased production of processed foods, rapid urbanization and changing lifestyles have led to a shift in dietary patterns.

People are **consuming more foods high in energy, fats, sugars and salt** and **not eating enough fruit, vegetables and whole grains.**










**THE REALITY**

- 1.9 BILLION** adults are overweight (that's nearly **ONE THIRD** of the world population!)
- 340 MILLION** children and adolescents aged 5-19 are overweight or obese
- 38.3 MILLION** children under 5 are overweight



## WHAT CAN YOU DO TO MAINTAIN A HEALTHY DIET AND REDUCE YOUR RISK OF CARDIOVASCULAR DISEASE?

<p><b>EAT A VARIETY OF FOODS</b></p> <ul style="list-style-type: none"> <li>• Eat a variety of whole (unprocessed) and fresh foods every day.</li> <li>• Eat a combination of different foods, including staple foods, legumes, vegetables, fruit and foods from animals sources.</li> </ul>	  	<p><b>EAT PLENTY OF FRUIT &amp; VEGETABLES</b></p> <ul style="list-style-type: none"> <li>• Eat at least five portions of fruit and vegetables per day.</li> <li>• For snacks, choose raw vegetables and fresh fruit.</li> <li>• When using canned or dried vegetables and fruit, choose varieties without added salt and sugars.</li> </ul>	<p><b>5</b></p>  
<p><b>EAT MODERATE AMOUNTS OF FATS &amp; OILS</b></p> <ul style="list-style-type: none"> <li>• Use unsaturated vegetable oils.</li> <li>• Choose white meat and fish over red meat.</li> <li>• Eat only limited amounts of processed meats.</li> <li>• Opt for low-fat or reduced-fat versions of milk and dairy products.</li> <li>• Avoid processed, baked and fried foods that contain industrially produced trans-fat.</li> </ul>	  	<p><b>EAT LESS SALT &amp; SUGARS</b></p> <ul style="list-style-type: none"> <li>• When cooking and preparing foods, limit the amount of salt and high-sodium condiments.</li> <li>• Avoid foods that are high in salt and sugars.</li> <li>• Limit intake of soft drinks or soda and other drinks that are high in sugars.</li> <li>• Choose fresh fruits instead of sweet snacks.</li> </ul>	  






**BUT...** Individual responsibility can only have its full effect when people have access to a healthy lifestyle and are supported to make healthy choices.



Supportive environments and communities are fundamental in shaping people's dietary habits and preferences.






<p><b>Agriculture</b></p> 	<p><b>Transport</b></p> 	<p><b>Urban planning</b></p> 
<p><b>Environment</b></p> 	<p><b>Education</b></p> 	<p><b>Food processing &amp; marketing</b></p> 