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

Sources: World Health Organization; IHME, Global Burden of Disease

EAT A VARIETY OF FOODS
• Eat a variety of whole (unprocessed) and fresh foods every day.
• Eat a combination of different foods, including staple foods, legumes, vegetables, fruit and foods from animals sources.

EAT MODERATE AMOUNTS OF FATS & OILS
• Use unsaturated vegetable oils.
• Choose white meat and fish over red meat.
• Eat only limited amounts of processed meats.
• Opt for low-fat or reduced-fat versions of milk and dairy products.
• Avoid processed, baked and fried foods that contain industrially produced trans-fat.

EAT PLENTY OF FRUIT & VEGETABLES
• Eat at least five portions of fruit and vegetables per day.
• For snacks, choose raw vegetables and fresh fruit.
• When using canned or dried vegetables and fruit, choose varieties without added salt and sugars.

EAT LESS SALT & SUGARS
• When cooking and preparing foods, limit the amount of salt and high-sodium condiments.
• Avoid foods that are high in salt and sugars.
• Limit intake of soft drinks or soda and other drinks that are high in sugars.
• Choose fresh fruits instead of sweet snacks.

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

Agriculture
Transport
Urban planning
Environment
Education
Food processing & marketing

Supportive environments and communities can only have its full effect when people have access to a healthy lifestyle and are supported to make healthy choices.

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.

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.

Obesity, Type 2 Diabetes, Cardiovascular Disease

Around the world, an estimated

3 BILLION PEOPLE
lack access to safe, nutritious and sufficient food

1.9 BILLION adults are overweight

340 MILLION children and adolescents aged 5-19 are overweight or obese

38.3 MILLION children under 5 are overweight

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.

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

EAT A VARIETY OF FOODS
• Eat a variety of whole (unprocessed) and fresh foods every day.
• Eat a combination of different foods, including staple foods, legumes, vegetables, fruit and foods from animals sources.

EAT MODERATE AMOUNTS OF FATS & OILS
• Use unsaturated vegetable oils.
• Choose white meat and fish over red meat.
• Eat only limited amounts of processed meats.
• Opt for low-fat or reduced-fat versions of milk and dairy products.
• Avoid processed, baked and fried foods that contain industrially produced trans-fat.

EAT PLENTY OF FRUIT & VEGETABLES
• Eat at least five portions of fruit and vegetables per day.
• For snacks, choose raw vegetables and fresh fruit.
• When using canned or dried vegetables and fruit, choose varieties without added salt and sugars.

EAT LESS SALT & SUGARS
• When cooking and preparing foods, limit the amount of salt and high-sodium condiments.
• Avoid foods that are high in salt and sugars.
• Limit intake of soft drinks or soda and other drinks that are high in sugars.
• Choose fresh fruits instead of sweet snacks.

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

Agriculture
Transport
Urban planning
Environment
Education
Food processing & marketing

Supportive environments and communities can only have its full effect when people have access to a healthy lifestyle and are supported to make healthy choices.

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.

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

EAT A VARIETY OF FOODS
• Eat a variety of whole (unprocessed) and fresh foods every day.
• Eat a combination of different foods, including staple foods, legumes, vegetables, fruit and foods from animals sources.

EAT MODERATE AMOUNTS OF FATS & OILS
• Use unsaturated vegetable oils.
• Choose white meat and fish over red meat.
• Eat only limited amounts of processed meats.
• Opt for low-fat or reduced-fat versions of milk and dairy products.
• Avoid processed, baked and fried foods that contain industrially produced trans-fat.

EAT PLENTY OF FRUIT & VEGETABLES
• Eat at least five portions of fruit and vegetables per day.
• For snacks, choose raw vegetables and fresh fruit.
• When using canned or dried vegetables and fruit, choose varieties without added salt and sugars.

EAT LESS SALT & SUGARS
• When cooking and preparing foods, limit the amount of salt and high-sodium condiments.
• Avoid foods that are high in salt and sugars.
• Limit intake of soft drinks or soda and other drinks that are high in sugars.
• Choose fresh fruits instead of sweet snacks.

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

Agriculture
Transport
Urban planning
Environment
Education
Food processing & marketing

Supportive environments and communities can only have its full effect when people have access to a healthy lifestyle and are supported to make healthy choices.

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.

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

EAT A VARIETY OF FOODS
• Eat a variety of whole (unprocessed) and fresh foods every day.
• Eat a combination of different foods, including staple foods, legumes, vegetables, fruit and foods from animals sources.

EAT MODERATE AMOUNTS OF FATS & OILS
• Use unsaturated vegetable oils.
• Choose white meat and fish over red meat.
• Eat only limited amounts of processed meats.
• Opt for low-fat or reduced-fat versions of milk and dairy products.
• Avoid processed, baked and fried foods that contain industrially produced trans-fat.

EAT PLENTY OF FRUIT & VEGETABLES
• Eat at least five portions of fruit and vegetables per day.
• For snacks, choose raw vegetables and fresh fruit.
• When using canned or dried vegetables and fruit, choose varieties without added salt and sugars.

EAT LESS SALT & SUGARS
• When cooking and preparing foods, limit the amount of salt and high-sodium condiments.
• Avoid foods that are high in salt and sugars.
• Limit intake of soft drinks or soda and other drinks that are high in sugars.
• Choose fresh fruits instead of sweet snacks.

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

Agriculture
Transport
Urban planning
Environment
Education
Food processing & marketing

Supportive environments and communities can only have its full effect when people have access to a healthy lifestyle and are supported to make healthy choices.

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.

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

EAT A VARIETY OF FOODS
• Eat a variety of whole (unprocessed) and fresh foods every day.
• Eat a combination of different foods, including staple foods, legumes, vegetables, fruit and foods from animals sources.

EAT MODERATE AMOUNTS OF FATS & OILS
• Use unsaturated vegetable oils.
• Choose white meat and fish over red meat.
• Eat only limited amounts of processed meats.
• Opt for low-fat or reduced-fat versions of milk and dairy products.
• Avoid processed, baked and fried foods that contain industrially produced trans-fat.

EAT PLENTY OF FRUIT & VEGETABLES
• Eat at least five portions of fruit and vegetables per day.
• For snacks, choose raw vegetables and fresh fruit.
• When using canned or dried vegetables and fruit, choose varieties without added salt and sugars.

EAT LESS SALT & SUGARS
• When cooking and preparing foods, limit the amount of salt and high-sodium condiments.
• Avoid foods that are high in salt and sugars.
• Limit intake of soft drinks or soda and other drinks that are high in sugars.
• Choose fresh fruits instead of sweet snacks.

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