







DIET & NUTRITION

Poor diet is a leading risk factor for





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

Around the world, an estimated **2 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>EAT A VARIETY OF FOODS</p> <ul style="list-style-type: none"> • 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. 	  	<p>EAT PLENTY OF FRUIT & VEGETABLES</p> <ul style="list-style-type: none"> • 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. 	<p>5</p>  
<p>EAT MODERATE AMOUNTS OF FATS & OILS</p> <ul style="list-style-type: none"> • 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. 	  	<p>EAT LESS SALT & SUGARS</p> <ul style="list-style-type: none"> • 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. 	  


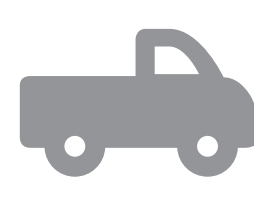



BUT... Individual responsibility can only have its full effect when people have access to a healthy lifestyle and are supported to make healthy choices.







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

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