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?

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 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 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 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.

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.

Agriculture

Transport

Urban planning

Environment

Education

Food processing & marketing