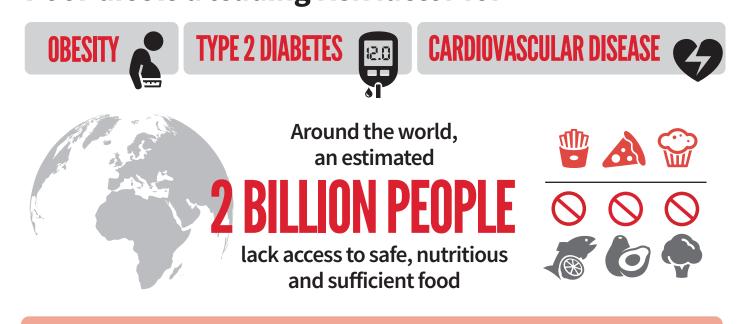


IET & NUTRITION Poor diet is a leading risk factor for



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



9 B ILLION adults are overweight

(that's nearly ONE THIRD of the world population!)

340 MILLION

children and adolescents aged 5-19 are overweight or obese

8 3 MILL children under 5 are overweight



r can you do to ma 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 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.



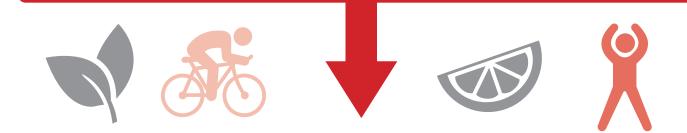
EAT LESS SALT & SUGARS

 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.

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.

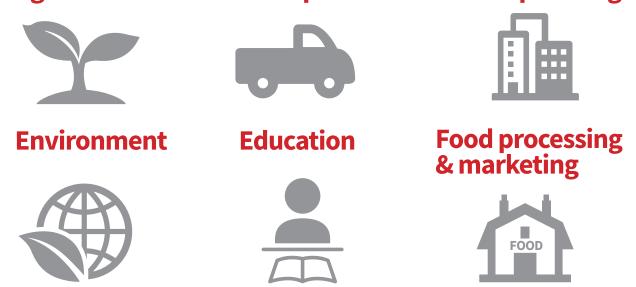
Agriculture

Transport

Urban planning







Source: World Health Organization.



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