

A healthy diet can reduce the risk of cardiovascular diseases, cancer, diabetes and other conditions linked to obesity An unhealthy diet is one of the major risk factors for a range of chronic diseases, including cardiovascular diseases, cancer, diabetes and other conditions linked to obesity. Specific recommendations for a healthy diet include: eating more fruit, vegetables, legumes, nuts and grains; cutting down on salt, sugar and fats. It is also advisable to choose unsaturated fats, instead of saturated fats.

Improving dietary habits is a societal, not just an individual problem. Therefore it demands a population-based, multisectoral, multi-disciplinary, and culturally relevant approach.

Obesity and noncommunicable diseases

Reports present alarming figures for the prevalence of obesity and noncommunicable diseases. Overweight and obesity are potent risk factors for cardiovascular diseases and type 2 diabetes and are major contributors to premature death.



Eat more fruits, vegetables, legumes, nuts and grains, and cut down on salt, sugar and fats

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Healthy diet factsheet

Policy statement and recommended actions for lowering sugar intake and reducing prevalence of type 2 diabetes and obesity in the Eastern Mediterranean Region

English | Arabic | French

Policy statement and recommended actions for reducing fat intake and lowering heart attack rates in the Eastern Mediterranean Region

English | Arabic | French

Policy statement and recommended actions to lower national salt intake and death rates from high blood pressure and stroke in the Eastern Mediterranean Region

English | Arabic | French

Global monitoring framework

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