



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.



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