Avoid saturated fat and zero trans fat

Basics of trans fatty acids and the analysis

WHO global laboratory protocol to measure trans fatty acids in food samples

Avoid saturated fat: Eat less fat … live a healthier life!

Arabic | French

Zero trans fat: Eat less fat … live a healthier life!

Arabic | French

Salt alert

Salt alert 1: Beware!

Arabic | French

Salt alert 2: Make healthier choices!

Arabic | French

Salt alert 3: Myths!

Arabic | French

Ban marketing of unhealthy foods and drinks to children

Ban marketing of unhealthy foods and drinks to children

Combat obesity

Unhealthy d
sedentary li
are damaging

Unhealthy diets and sedentary lifestyles

Arabic | French

62
Noncommunica
account for
all deaths in t
and unheal

Non-communicable diseases and unhealthy diet

Arabic | French

PEOPLE LIVING WI
ARE AT GREATER
NONCOMMUNICAB

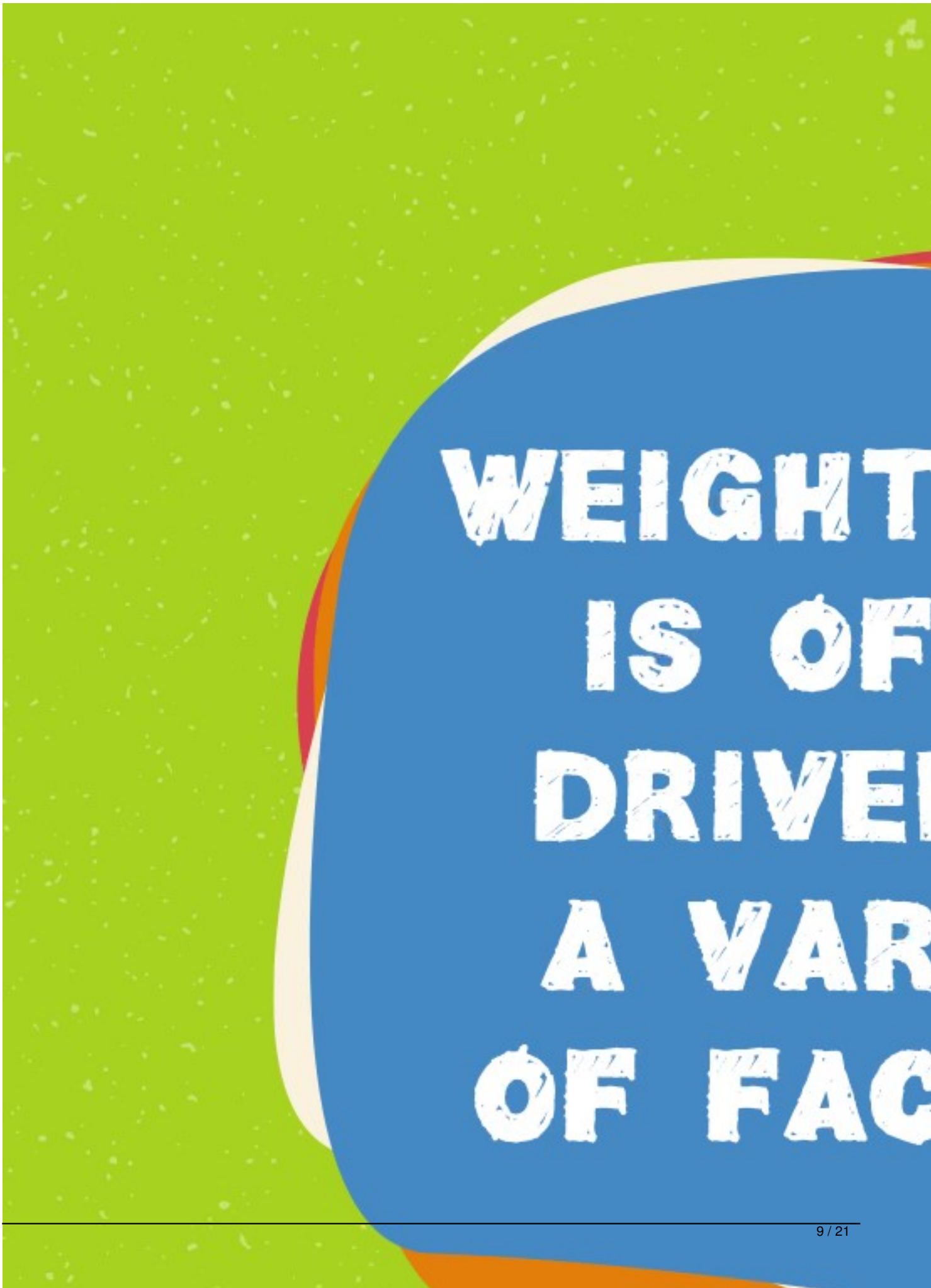
Diabetes

Heart disea
and strok

Mental health

Obesity and risk of noncommunicable diseases

Arabic | French


WEIGHT
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Arabic | French

Root causes of obesity

PREVE
WEIGHT

Limit fats
energy in
portion s

Increase
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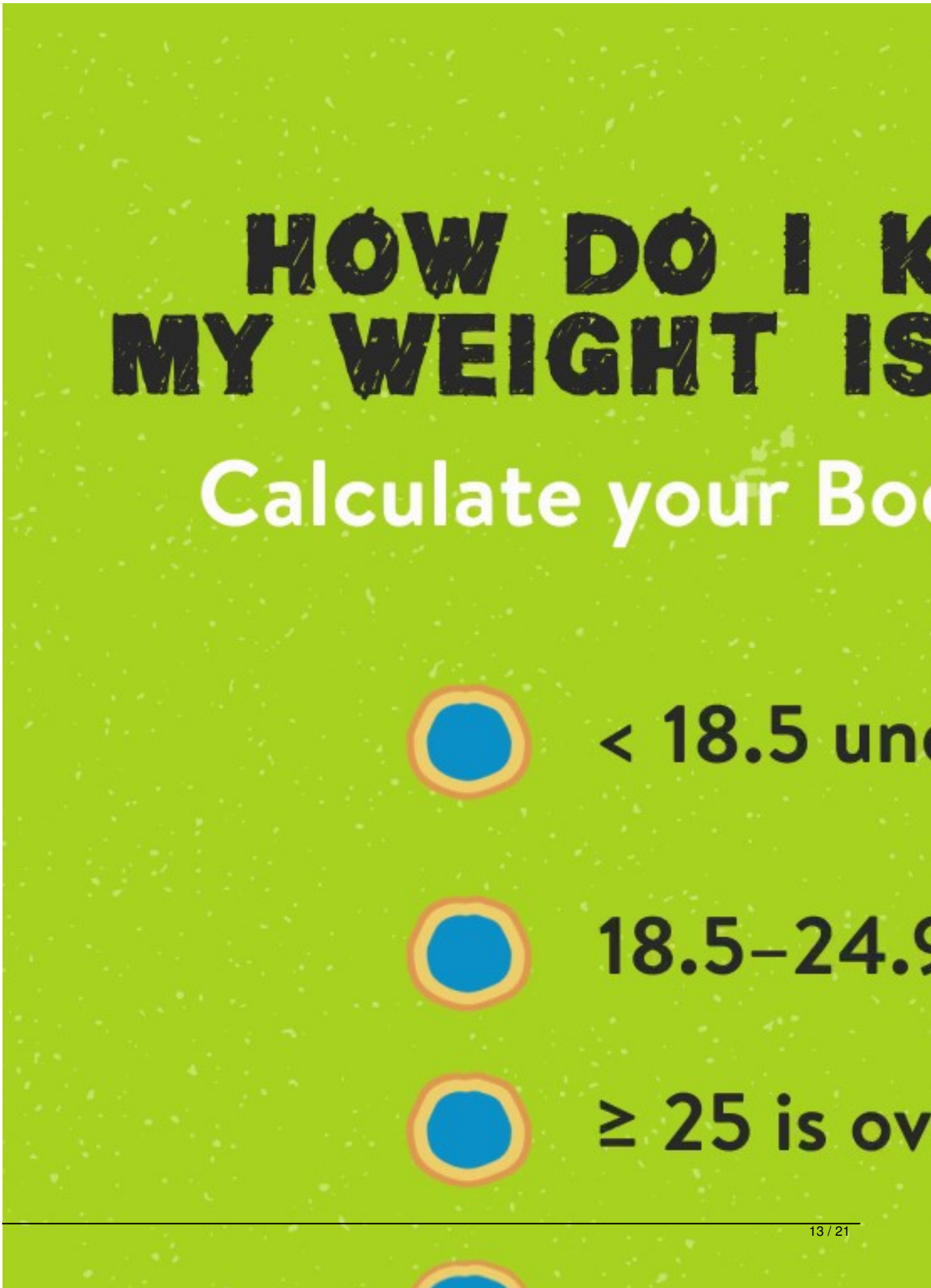
fruits an

Prevent weight gain


HOW DO I K
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18.5–24.9
≥ 25 is ov

Arabic | English

WHAT C
EVERYON
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THE OBE
EPIDEM

Combat the obesity epidemic

Arabic | French

LET
TA
ACT

Let's take action

Everyone can take action

English Combat obesity now and post-COVID-19

English

Prevent and treat obesity

Improve heart health

How can governments improve heart health

#BeatNCDs

Step up action to #beatNCDs

Mike Bloomberg explains NCDs and why you should care

Beat noncommunicable diseases: global conference (October 2017)

Scale up for the prevention and control of noncommunicable diseases

Halt the diabetes epidemic

Health the Frontline

Interview with HRH Dina Mired on NCDs Sep 2015

Friday 12th of July 2024 02:34:09 PM