

HEALTH NEWS

MARCH 2020



NATIONAL NUTRITION AWARENESS MONTH



VARY YOUR DIET



EAT A VARIETY OF NUTRITIOUS FOODS EVERY DAY.

MEAL PLANNING



ENJOY HEALTHFUL EATING AT SCHOOL, WORK & HOME.

COOK AND PREP



CREATE TASTY MEALS TO SHARE AND ENJOY.

NUTRITION

Nutrition is a critical part of health and development. Better nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease), and longevity. Healthy children learn better. People with adequate nutrition are more productive and can create opportunities to gradually break the cycles of poverty and hunger. Malnutrition, in every form, presents significant threats to human health. Today the world faces a double burden of malnutrition that includes both under nutrition and overweight, especially in low and middle-income countries. WHO is providing scientific advice and decision-making tools that can help countries take action to address all forms of malnutrition to support health and well being for all, at all ages.

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5 KEYS TO A HEALTHY DIET

BREASTFEED BABIES AND YOUNG CHILDREN

From birth to 6 months of age, feed babies exclusively with breast milk (i.e. give them no other food or drink), and feed them "on demand" (i.e. often as they want, day and night). At 6 months of age, introduce a variety of safe and nutritious foods to complement breastfeeding, and continue to breastfeed until babies are 2 years of age or beyond. Do not add salt or sugars to foods for babies and young children

EAT PLENTY OF VEGETABLES AND FRUIT

Eat a wide variety of vegetables and fruit. For snacks, choose raw vegetables and fresh fruit, rather than foods that are high in sugars, fats or salt. Avoid overcooking vegetables and fruit as this can lead to the loss of important vitamins. When using canned or dried vegetables and fruit, choose varieties without added salt and sugars.

EAT LESS SALT AND SUGARS

When cooking and preparing foods, limit the amount of salt and high-sodium condiments (e.g. soy sauce and fish sauce). Avoid foods (e.g. snacks), that are high in salt and sugars. Limit intake of soft drinks or soda and other drinks that are high in sugars (e.g. fruit juices, cordials and syrups, flavored milks and yogurt drinks). Choose fresh fruits instead of sweet snacks such as cookies, cakes and chocolate.

EAT MODERATE AMOUNTS OF FATS AND OILS

Use unsaturated vegetable oils (e.g. olive, soy, sunflower or corn oil) rather than animal fats or oils high in saturated fats (e.g. butter, ghee, lard, coconut and palm oil). Choose white meat (e.g. poultry) and fish, which are generally low in fats, in preference to red meat. Eat only limited amounts of processed meats because these are high in fat and salt. Where possible, 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.

Let's all EAT HEALTHY. BE HEALTHY. SAVE.

The Dietary Guidelines for Americans can help.

We're in the red.

117 MILLION U.S. adults have 1+ chronic diseases.¹



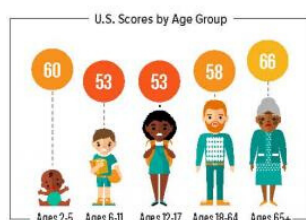
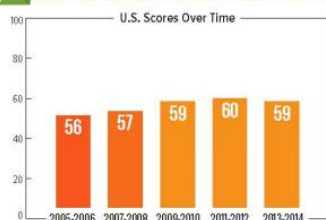
BILLIONS Spent in medical cost of diet-related chronic diseases.²



8 in 10 Americans think advice about what to eat is conflicting.³



Healthy eating can help... but first, we need to do it.



What's the return on our investment?

Each step closer to eating a diet that aligns with the DIETARY GUIDELINES reduces risk of:⁴



If we invest \$10/person each year toward improving nutrition, increasing physical activity, and preventing tobacco use — THAT COULD SAVE THE UNITED STATES \$16,000,000,000 annually within five years!⁵

That's a 5.6x return for every \$1 invested!

EAT A VARIETY OF FOODS

Eat a combination of different foods, including staple foods (e.g. cereals such as wheat, barley, rye, maize or rice, or starchy tubers or roots such as potato, yam, taro or cassava), legumes (e.g. lentils, beans), vegetables, fruit and foods from animal sources (e.g. meat, fish, eggs and milk).