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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.

WHO fact sheet on healthy diet with key facts and information on essential dietary elements, practical advice, salt, sodium and potassium, sugars, health diet promotion, WHO response.

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[illegible]

A healthy diet is a foundation for health, well-being, optimal growth and development. It protects against all forms of malnutrition. Unhealthy diet is one of the leading risks for the global burden of disease, mainly for noncommunicable diseases such as cardiovascular diseases, diabetes, and cancer.

[illegible]

This report is the annual global monitoring report for Sustainable Development Goal (SDG) 2 targets 2.1 and 2.2 – to end hunger, food insecurity and malnutrition in all its forms. It presents the latest updated numbers on hunger, food insecurity and malnutrition, as well as new estimates on the affordability of a healthy diet. Previous editions have highlighted several major drivers of food ...

## **Nutrition for a healthy life - WHO recommendations**

Consuming a healthy diet throughout the life-course helps to prevent malnutrition in all its forms as well as a range of NCDs and conditions. The exact make-up of a diversified, balanced and healthy diet will vary depending on individual characteristics (such as age, gender, lifestyle and degree of physical activity), cultural context, locally available foods and dietary customs. However, the ...

## **Nutrition EURO - World Health Organization (WHO)**

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## **Nutrition topics & resources - Mayo Clinic Health System**

Mastering nutrition basics comes down to understanding the roles that specific nutrients play in a healthy diet. Want to go beyond the nutrition basics? Talk to your doctor or a dietitian for personalized dietary advice that takes into account your health status, lifestyle, and food likes and dislikes.