

diet cure book

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Healthy diet - World Health Organization (WHO)

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.

Healthy diet - World Health Organization (WHO)

A healthy diet is essential for good health and nutrition. It protects you against many chronic noncommunicable diseases, such as heart disease, diabetes and cancer. Eating a variety of foods and consuming less salt, sugars and saturated and industrially-produced trans-fats, are essential for healthy diet. A healthy diet comprises a combination of different foods. These include: Staples like ...

Healthy diet - World Health Organization (WHO)

Unhealthy diet and lack of physical activity are leading global risks to health. Healthy dietary practices start early in life – breastfeeding fosters healthy growth and improves cognitive development, and may have longer-term health benefits, like reducing the risk of becoming overweight or obese and developing NCDs later in life.

Healthy diet - World Health Organization (WHO)

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.

10 health tips for 2025 - World Health Organization (WHO)

Here are 10 practical health tips to help you start off towards healthy living in 2025. 1. Eat a healthy diet Photo: WHO/ Y. Shimizu Eat a combination of different foods, including fruit, vegetables, legumes, nuts and whole grains. Adults should eat at least five portions (400g) of fruit and vegetables per day.

Healthy diet: Keys to eating well - World Health Organization (WHO)

Moderate amounts of fats and oils are part of a healthy diet. Fats and oils are concentrated sources of energy, and eating too much fat, particularly the wrong kinds of fat, can be harmful to health. For example, people who eat too much saturated fat and trans-fat are at higher risk of heart disease and stroke.

Healthy diet - India

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.

Everyday actions for better health - WHO recommendations

Do not smoke and do not use any other types of tobacco or nicotine products. For your health, less alcohol is better, none is best. Enjoy a healthy, balanced diet. Stay physically active. WHO is committed to supporting countries in creating a healthier living environment for all citizens of the Region. Investing in policies and interventions that create enabling environments – such as ...

Alimentación sana - World Health Organization (WHO)

Llevar una dieta sana a lo largo de la vida ayuda a prevenir la malnutrición en todas sus formas, así como diferentes enfermedades no transmisibles y trastornos.

What are healthy diets? Joint statement by the Food and Agriculture ...

The exact make-up of a diet will vary depending on individual characteristics, preferences and beliefs, cultural context, locally available foods and dietary customs. However, the basic principles of what constitutes healthy diets remain the same.