

GOOD NUTRITION IS...

...necessary for health and wellbeing, and it starts with what we eat.

Eating enough nutritious, safe and a variety of foods every day helps us to grow, stay healthy and live active lives.

Eating, especially with family and friends, is one of the pleasures of life.

WHY DOES IT MATTER?

Foods for a healthy diet are not always available or affordable.

Unhealthy diet is a leading risk factor for disability and death, increasing public health costs.

Malnutrition affects one in three people, and can lead to a cycle of poverty and health problems, with severe consequences on individual's health and productivity and on nations' economic growth and development.

AT A GLOBAL LEVEL

Food consumption and food demand influence food production patterns, shaping food systems and their environmental, social, and economic impacts.

SUSTAINABLE HEALTHY DIETS CAN:

- support a more equitable economic development for all;
- reduce environmental degradation such as land and water, the loss of biodiversity, and the emission of green-house gases that fuel climate change.