FACTSHEET n°4: HEALTHY DIET

FACTS & FIGURES

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Unhealthy diet and lack of physical activity are leading global risks to health.

Intake of fruit and especially vegetables is well below the WHO’s recommendation for children and young people in almost all Member States.

A healthy diet helps to protect against non-communicable diseases, including diabetes, heart disease, stroke and cancer.

51% of the EU population (18 and over) was overweight in 2014.

1 in 3 11-year-olds is overweight or obese.

Find more information on our recommendations, visit our website. www.aim-mutual.org

Sources are listed here.
Incentivise the food and drinks industry to **reformulate** their unhealthy products so as to propose healthier alternatives.

Strengthen the role of **primary care** in preventing eating disorders and promoting healthy diets.

Encourage an increased consumption of fresh fruit and vegetables through a **settings approach**.

Protect children and minors from exposure to the **marketing** of foods or drinks that are high in fat, sugar or salt.

Provide clear and comprehensive information to consumers on **labels**.

Make use of **economic incentives** or disincentives to promote healthy diets.

Encourage the production and consumption of **sustainable** foods.

Sources are listed [here](http://www.aim-mutual.org).

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