

who healthy diet fact sheet

The World Health Organization (WHO) healthy diet fact sheet serves as a crucial global guide for individuals seeking to understand and implement optimal nutritional practices for well-being. It outlines the fundamental principles of a balanced dietary pattern, emphasizing the importance of nutrient-dense foods and the reduction of unhealthy components. This comprehensive fact sheet delves into the key recommendations for maintaining good health, preventing noncommunicable diseases (NCDs), and fostering overall vitality. Understanding the WHO healthy diet fact sheet is the first step toward making informed food choices that can profoundly impact your long-term health outcomes.

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What Constitutes a Healthy Diet According to WHO?

A healthy diet, as defined by the World Health Organization, is one that balances essential nutrients with a limited intake of detrimental substances. It is a cornerstone of good health and a primary strategy for preventing a wide array of diet-related NCDs such as heart disease, stroke, diabetes, and certain types of cancer. The WHO fact sheet underscores that a healthy diet is not about restriction but rather about nourishment and providing the body with the building blocks it needs to function optimally. It emphasizes variety, moderation, and balance in food consumption.

The overarching goal of a WHO-recommended healthy diet is to ensure adequate intake of vitamins, minerals, and fiber while keeping saturated and trans fats, free sugars, and sodium to a minimum. This approach aims to support growth and development, maintain a healthy weight, and boost the immune system. It is a holistic perspective that views food as medicine and a powerful tool for disease prevention and health promotion throughout the lifespan.

Key Components of a WHO Healthy Diet

The WHO healthy diet fact sheet meticulously details the core components that form the foundation of a balanced eating pattern. These components are interconnected and work synergistically to promote overall health. Understanding each element is vital for making informed dietary choices that align with global health recommendations.

Macronutrient Balance

A healthy diet involves a balanced intake of macronutrients: carbohydrates, proteins, and fats. The WHO fact sheet prioritizes complex carbohydrates, such as those found in whole grains, fruits, and vegetables, for sustained energy and fiber. Protein intake should come from a variety of sources, including lean meats, poultry, fish, legumes, and nuts, to support muscle repair and growth. Healthy fats, particularly unsaturated fats found in avocados, nuts, seeds, and olive oil, are crucial for hormone production and nutrient absorption.

Micronutrient Adequacy

Micronutrients, including vitamins and minerals, are required in smaller amounts but are indispensable for numerous bodily functions. A diverse diet rich in fruits, vegetables, and whole foods ensures adequate supply of essential vitamins like Vitamin C, Vitamin D, B vitamins, and minerals such as iron, calcium, and zinc. Deficiencies in these micronutrients can lead to various health problems, making their inclusion in daily meals paramount.

Fiber Content

Dietary fiber, predominantly found in plant-based foods, plays a critical role in digestive health, blood sugar regulation, and satiety. The WHO fact sheet strongly advocates for high-fiber foods, which help prevent constipation, reduce the risk of colon cancer, and contribute to a feeling of fullness, aiding in weight management. Whole grains, legumes, fruits, and vegetables are excellent sources of dietary fiber.

Limiting Unhealthy Substances

A crucial aspect of the WHO healthy diet fact sheet is the emphasis on minimizing or eliminating unhealthy dietary components. This includes reducing the intake of saturated and trans fats, which can negatively impact cardiovascular health. Similarly, limiting free sugars, often found in processed foods and sugary drinks, is recommended to prevent weight gain, dental cavities, and the risk of developing type 2 diabetes.

Sodium intake is another area of focus. Excessive sodium consumption is a major contributor to high blood pressure, a significant risk factor for heart disease and stroke. The WHO fact sheet advises limiting processed foods, which are often high in hidden sodium, and opting for fresh ingredients seasoned with herbs and spices.

Benefits of Adhering to a WHO Healthy Diet

The advantages of adopting a diet that aligns with WHO recommendations are extensive and far-reaching, impacting both physical and mental well-being. These benefits extend beyond disease prevention to encompass enhanced energy levels and improved quality of life.

Disease Prevention and Management

One of the most significant benefits of a healthy diet is its power to prevent and manage chronic noncommunicable diseases. By providing the body with essential nutrients and limiting harmful components, it helps maintain healthy blood pressure, cholesterol levels, and blood sugar. This reduces the risk of developing conditions like cardiovascular disease, type 2 diabetes, obesity, and certain types of cancer.

Improved Energy Levels and Mental Clarity

A balanced intake of nutrients fuels the body and brain effectively. Complex carbohydrates provide sustained energy, while essential vitamins and minerals support cognitive function. This leads to improved concentration, better mood, and reduced feelings of fatigue, contributing to enhanced daily performance and overall vitality.

Weight Management

A healthy diet, rich in fiber and nutrient-dense foods, promotes satiety and helps regulate appetite. This makes it easier to maintain a healthy weight or achieve weight loss goals without resorting to restrictive or unhealthy practices. The focus on whole foods over processed alternatives naturally reduces calorie intake while increasing nutrient density.

Stronger Immune System

Vitamins and minerals are critical for the proper functioning of the immune system. A diet rich in fruits, vegetables, and lean proteins ensures the body has the necessary resources to fight off infections and diseases, leading to improved resilience and faster recovery from illness.

WHO Recommendations for Specific Food Groups

The World Health Organization provides specific guidance on the consumption of various food groups to ensure a balanced and nutrient-rich diet. These recommendations are designed to be practical and adaptable to different cultural contexts and dietary preferences.

Fruits and Vegetables

The WHO fact sheet strongly emphasizes the consumption of at least 400 grams (or five portions) of fruits and vegetables per day. These foods are packed with vitamins, minerals, fiber, and antioxidants, which are vital for protecting against NCDs. Variety is key, with recommendations to include a colorful array of options to ensure a broad spectrum of nutrients.

Grains, Roots, and Tubers

Whole grains, including wheat, rice, and corn, are recommended as primary sources of energy. The WHO fact sheet encourages choosing whole-grain options over refined grains due to their higher fiber content, which aids digestion and helps regulate blood sugar levels. Roots and tubers, such as potatoes and sweet potatoes, also contribute to energy intake and provide essential nutrients.

Legumes, Nuts, and Seeds

Legumes, nuts, and seeds are excellent sources of protein, fiber, healthy fats, vitamins, and minerals. The WHO fact sheet promotes their regular inclusion in the diet as nutritious alternatives to animal-based protein sources. They are particularly beneficial for vegetarians and vegans but are valuable for everyone in contributing to a balanced macronutrient profile.

Dairy and Alternatives

Dairy products are a good source of calcium and vitamin D, essential for bone health. However, the WHO fact sheet also acknowledges the importance of moderation, particularly concerning high-fat dairy. For individuals who do not consume dairy, fortified plant-based alternatives can provide similar nutritional benefits.

Fats and Oils

The emphasis is on consuming unsaturated fats, found in sources like olive oil, canola oil, avocados, nuts, and seeds. These fats are beneficial for heart health. The WHO fact sheet advises limiting saturated fats, found in red meat, butter, and full-fat dairy products, and avoiding industrially produced trans fats, which are often present in processed baked goods and fried foods.

Sugars

The WHO fact sheet recommends limiting free sugars to less than 10% of total energy intake, with a further reduction to below 5% for additional health benefits. Free sugars include those added to foods and drinks, as well as sugars naturally present in honey, syrups, fruit juices, and fruit juice concentrates. Reducing intake of sugary drinks, confectionery, and sweet snacks is a key recommendation.

Sodium

The WHO recommends consuming less than 5 grams of sodium per day (equivalent to about one teaspoon of salt). This means being mindful of sodium content in processed foods, ready meals, and snacks. Choosing fresh, unprocessed foods and flavoring meals with herbs and spices instead of salt is encouraged.

Practical Tips for Implementing a WHO Healthy Diet

Translating the recommendations of the WHO healthy diet fact sheet into daily life requires practical strategies and mindful planning. These tips are designed to make healthy eating achievable and sustainable for individuals and families.

Plan Your Meals

Meal planning is a powerful tool for ensuring balanced nutrition. Taking time to plan your weekly meals and snacks helps you incorporate a variety of food groups and avoid last-minute unhealthy choices. Create a shopping list based on your meal plan to make grocery shopping more efficient and targeted.

Read Food Labels

Becoming a savvy reader of food labels is essential. Pay attention to serving sizes, calorie content, and the amounts of sugar, sodium, and unhealthy fats. This allows you to make informed comparisons between products and select healthier options.

Cook at Home More Often

Preparing meals at home gives you greater control over the ingredients and cooking methods used. This allows you to reduce the amount of added sugar, salt, and unhealthy fats, and to prioritize fresh, whole foods, aligning perfectly with the WHO healthy diet principles.

Stay Hydrated with Water

Water is the healthiest beverage choice and is essential for numerous bodily functions. The WHO fact sheet implicitly supports water as the primary fluid intake. Limit sugary drinks, including sodas, sweetened teas, and fruit juices, which contribute empty calories and can lead to weight gain and other health issues.

Make Gradual Changes

Overhauling your diet overnight can be overwhelming and unsustainable. Instead, focus on making gradual, manageable changes. For instance, start by swapping refined grains for whole grains or adding an extra serving of vegetables to your meals each day. Small, consistent adjustments lead to long-term success.

Listen to Your Body

Pay attention to hunger and fullness cues. Eating mindfully, without distractions, allows you to better

recognize when you are satisfied, preventing overeating. A healthy diet is about nourishment, not deprivation, and understanding your body's signals is crucial.

Addressing Common Myths About Healthy Eating

The pursuit of a healthy diet can sometimes be clouded by misinformation and persistent myths. Understanding these common misconceptions is vital for making evidence-based dietary choices that align with WHO recommendations.

Myth: Healthy food is expensive.

While some specialty health foods can be costly, a healthy diet based on whole grains, legumes, seasonal fruits and vegetables, and lean protein sources can be very budget-friendly. Planning meals, buying in bulk, and opting for store brands can help reduce costs. Furthermore, the long-term health benefits of a healthy diet can lead to significant savings on medical expenses.

Myth: You must eliminate all fats to be healthy.

This is a common misconception. Healthy fats, particularly unsaturated fats found in avocados, nuts, seeds, and olive oil, are essential for bodily functions. The WHO fact sheet emphasizes choosing healthy fats and limiting unhealthy fats like saturated and trans fats, not eliminating all fats entirely.

Myth: Carbohydrates make you fat.

The type and quantity of carbohydrates consumed are what matter. Complex carbohydrates, found in whole grains, fruits, and vegetables, provide essential energy and fiber. It is refined carbohydrates and excessive intake of any food group that can contribute to weight gain, not carbohydrates themselves when consumed as part of a balanced diet.

Myth: Skipping meals helps you lose weight.

Skipping meals can often lead to overeating later in the day and can disrupt metabolism. A healthy diet, as advocated by the WHO, involves regular meals and snacks that provide sustained energy and prevent extreme hunger. Consistent, balanced eating patterns are more effective for weight management.

Myth: Detox diets are necessary for a healthy lifestyle.

The human body has its own sophisticated detoxification systems, primarily the liver and kidneys. The WHO healthy diet fact sheet does not endorse restrictive detox diets. Instead, it promotes a consistently healthy and balanced diet that supports the body's natural functions and promotes long-term well-being.

Q: What are the primary goals of the WHO healthy diet fact sheet?

A: The primary goals of the WHO healthy diet fact sheet are to provide evidence-based recommendations for healthy eating patterns, promote good health, prevent malnutrition in all its forms, and reduce the risk of noncommunicable diseases (NCDs) globally. It aims to empower individuals and communities to make informed food choices for better health outcomes.

Q: How much fruit and vegetables does the WHO recommend daily?

A: The WHO recommends consuming at least 400 grams (or five portions) of fruits and vegetables per day. This intake is crucial for providing essential vitamins, minerals, fiber, and antioxidants that protect against various diseases.

Q: What is the WHO's stance on sugar consumption?

A: The WHO recommends limiting free sugars to less than 10% of total energy intake. They suggest that further reducing intake to below 5% (approximately 25 grams or 6 teaspoons per day for an adult of normal BMI) offers additional health benefits, such as preventing excess weight gain and dental cavities.

Q: How much sodium should be consumed daily according to WHO guidelines?

A: The World Health Organization recommends consuming less than 5 grams of sodium per day, which is equivalent to about one teaspoon of salt. This is to help reduce high blood pressure and the risk of cardiovascular diseases and stroke.

Q: What types of fats does the WHO recommend prioritizing?

A: The WHO fact sheet emphasizes the consumption of unsaturated fats, found in sources like vegetable oils (olive, canola, sunflower), nuts, seeds, and avocados. These fats are beneficial for heart health and overall well-being.

Q: Are there specific recommendations for meat consumption in the WHO healthy diet fact sheet?

A: While not explicitly banning meat, the WHO fact sheet generally advocates for a diet rich in plant-based foods. For meat, it recommends choosing lean options and moderating the intake of red and processed meats due to their association with increased risk of certain NCDs when consumed in high quantities.

Q: Does the WHO healthy diet fact sheet address vegetarian or vegan diets?

A: Yes, the principles of the WHO healthy diet fact sheet can be applied to vegetarian and vegan diets. The fact sheet promotes a variety of food sources, including legumes, nuts, and seeds, which are excellent staples in plant-based eating. It stresses ensuring adequate intake of all essential nutrients, which may require careful planning for individuals following these dietary patterns.

Q: What are "free sugars" as defined by the WHO?

A: Free sugars are defined by the WHO as all monosaccharides and disaccharides added to foods by the manufacturer, cook, or consumer, plus sugars naturally present in honey, syrups, fruit juices, and fruit juice concentrates. They are distinct from sugars naturally present in whole fruits and milk.

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who healthy diet fact sheet: Guidance for monitoring healthy diets globally World Health Organization, Food and Agriculture Organization of the United Nations, United Nations Children's Fund, 2024-06-27 It is vital for countries to monitor their population's diets to inform actions toward improving the health of people and the planet. The healthiness of diets must be tracked in global frameworks, such as the Sustainable Development Goals (SDGs), to help monitor how the world's population is faring. Currently, few countries regularly assess diets and there are no dietary indicators in global monitoring frameworks. Recognizing the importance of diets for health and the lack of consensus on how to measure and monitor healthy diets at scale, FAO, UNICEF and WHO joined forces to chart a way forward via the Healthy Diets Monitoring Initiative (HDMI). The joint mission of the HDMI is to enable national and global decision-makers and stakeholders to monitor and achieve healthy diets for people and the planet. The current guidance document is focused on healthy diets for healthy people. This version of the document provides an overview of the range of purposes for measuring the healthiness of diets and offers examples of the dietary assessment methods and types of dietary intake data, surveys and metrics that are currently available to monitor healthy diets.

who healthy diet fact sheet: Eating well for good health Food and Agriculture Organization of the United Nations, 2018-06-08 Eating well for good health is a learning module designed to explore basic concepts of good nutrition, health and healthy diets. The lessons are meant for anyone who wants to learn how to improve their diets and eating habits. They can be used both inside and outside the classroom by students, teachers, youth or community groups and by individuals who want to learn on their own.

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scientifically assesses the validity, usefulness, and fitness-for-purpose of existing healthy diet metrics for population assessment for global and national monitoring. Existing healthy diet metrics were identified and critically assessed through a set of criteria for their use as global and national monitoring indicators. After comparative evaluation, three healthy diet metrics were identified as the most suitable for global and national monitoring. The report highlights strengths and weaknesses for the existing healthy diet indicators. Some may be suitable for simple data collection tools and short data collection time while other indicators may require complex quantitative dietary information, lengthy data collection time, and might need to confirm the validity in various contexts. Some of them may only capture a limited number of the sub-constructs of the construct of healthy diets. The report underlines main knowledge gap regarding the population groups for which the metrics could be used – whether these indicators were developed for a particular demographic and/or socioeconomic groups and their ability to be used for other population groups. The report also identifies key priority areas to further explore how these indicators could be used for more population groups and settings.

who healthy diet fact sheet: Eating Culture Gillian Crowther, 2025-07-15 Eating Culture chews over the continuities and changes in human food consumption, from hunter-gathering to ultra-processed foods, to digest the ramifications for people's identity-work, health, and long-term cultural distinction. The new edition uses the concept of cuisine to trace humanity's relationship with food, thematically explored through health, sociality, and identity. It evaluates dietary change, decent meals, and food commodification, alongside threats to security and health. Drawing on ethnographic examples, dietary transitions are situated in changing political, economic, and social circumstances, presenting a critical approach necessary to explore our current global food system. Chapters on cooking, recipes, and eating-in and out offer relatable examples, underlining the significance of everyday life and incorporating an ethnographic approach that extends into practical exercises aligned with each chapter's themes, to highlight the relevancy of our own experiences. Vividly illustrated, the book explores dishes from various global cuisines, offering insights into people's culinary traditions and enriching our understanding and appreciation of food as a fundamental aspect of culture in our daily lives. Ultimately, Eating Culture presents a critical examination of how deeply food is entwined with our identity.

who healthy diet fact sheet: Towards a new generation of policies and investments in agricultural water in the Arab region Food and Agriculture Organization, 2019-08-05 The Arab region needs a new generation of policies and investments in agricultural water. Agricultural water management has always posed challenges and opportunities in the Arab world. However, unprecedented and accelerating drivers such as climate change, population growth, and land degradation make agricultural water management a more urgent priority than ever before. In addition, as part of the 2030 UN Agenda for Sustainable Development, Arab countries have committed to work towards an ambitious set of development targets, the Sustainable Development Goals (SDGs). Unless the right policies and investments are put in place, it will be difficult to achieve the SDGs, including ending hunger and providing clean water and sanitation for all. This paper is part of an ongoing collaboration between the Food and Agriculture Organization of the United Nations (FAO) and the International Water Management Institute to foster dialogue on agricultural water policies and investments in the context of the FAO led Regional Water Scarcity initiative. The purpose of the paper is to frame the key challenges and opportunities in the sector – including emerging innovations in digital agriculture, water accounting, water supply and wastewater reuse – and to lay out broad strategic directions for action.

who healthy diet fact sheet: One Health, 2nd Edition Jakob Zinsstag, Esther Schelling, Lisa Crump, Maxine Whittaker, Marcel Tanner, Craig Stephen, 2020-09-30 One Health, the concept of combined veterinary and human health, has now expanded beyond emerging infectious diseases and zoonoses to incorporate a wider suite of health issues. Retaining its interdisciplinary focus which combines theory with practice, this new edition illustrates the contribution of One Health collaborations to real-world issues such as sanitation, economics, food security and vaccination

programmes. It includes more non-infectious disease issues and climate change discussion alongside revised case studies and expanded methodology chapters to draw out implications for practice. Promoting an action-based, solutions-oriented approach, *One Health: The Theory and Practice of Integrated Health Approaches* highlights the lessons learned for both human and animal health professionals and students.

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who healthy diet fact sheet: 2017 Panorama of Food and Nutrition Security in Latin America and the Caribbean Food and Agriculture Organization of the United Nations, 2018-04-18 Undernourishment in Latin America and the Caribbean increased in the last measurement period. After a plateau of several years, in 2016 approximately 42.5 million people do not have enough food to meet their required daily calorie intake, accounting for an increase of 2.4 million people versus the previous year. If necessary actions are not taken to overcome both hunger and malnutrition, Latin America and the Caribbean will not attain the goal of ending hunger and malnutrition by 2030, set in the Sustainable Development Goals. Despite the decline in child undernutrition, overweight and obesity continue posing important health issues for Latin America and the Caribbean. The prevalence of obesity in adults is on the rise and overweight in children under 5 years of age affects 7% the population, ranking above the 6% of overweight children registered worldwide. Although Latin America and the Caribbean produce enough food to meet the needs of their population, this does not ensure healthy and nutritious diets. There is a need for creating sustainable and nutrition-sensitive food systems to provide varied and safe foods, with good nutritional quality that help put an end to hunger and all forms of malnutrition. Both the economic slowdown in Latin America and the Caribbean and the slower pace of poverty and extreme poverty reduction dynamics over the last few years have hindered the eradication of hunger and malnutrition. Furthermore, persisting income inequality puts pressure on access to food, with the ensuing impact on food and nutrition security. Marked differences in access to basic services are observed in Latin America and the Caribbean, both among and within countries. Rural areas and low-income population groups have far less access to drinking water and sanitation in the region. Weather-related disasters have caused considerable economic damages and severe consequences for food and nutrition security. This scenario has imposed a sense of urgency on the actions required for the mitigation and adaptation actions required.

who healthy diet fact sheet: Action framework for developing and implementing public food procurement and service policies for a healthy diet , 2021-01-11

who healthy diet fact sheet: Reformulation of food and beverage products for healthier diets World Health Organization, 2022-06-10 The policy brief on “Reformulation of food and beverage products for healthier diets” is intended to set out in a readily accessible form the rationale for its area of action, synthesize the existing evidence base, highlight lessons from country experience and summarize available policy guidance. The brief addresses reformulation of highly processed foods and beverages that are energy-dense and nutrient-poor which have become cheaper, intensively marketed and more widely available. Too many people are consuming large amounts of food and beverage products high in energy, unhealthy fats, sugars and salt/sodium. Such products contribute to unhealthy diets and measures are required to eliminate industrially produced trans-fatty acids (TFA) from the food supply and to reduce the energy content per portion as well as lower the levels of saturated fats, sugars and salt/sodium in food. By driving wide-scale reformulation of foods and beverages, governments can help to ensure access to safe, sustainable and healthier diets.

who healthy diet fact sheet: Implementing policies to restrict food marketing , 2021-09-14 Consumers are exposed to powerful and prevalent food marketing in their food environment. Such marketing is predominantly of foods and non-alcoholic beverages that undermine healthy diets and negatively shapes food preferences and values. To address this challenge, and to support Member States in implementing policy measures, as recommended by the Framework for Action from the 2014 Second International Conference on Nutrition, the World Health Organization

(WHO) is in the process of developing evidence-informed policy guidelines on the food environment, including on policies to protect children from the harmful impact of food marketing. This review on contextual factors to be considered in the implementation of policies to restrict food marketing was prepared as part of the required process for WHO guideline development.

who healthy diet fact sheet: *Minimum dietary diversity for women* Food and Agriculture Organization of the United Nations , 2021-02-19 Women of reproductive age (WRA) are often nutritionally vulnerable because of the physiological demands of pregnancy and lactation. Requirements for most nutrients are higher for pregnant and lactating women than for adult men. The Minimum Dietary Diversity for WRA (MDD-W) indicator is a food-based diversity indicator that has been shown to reflect one key dimension of diet quality: micronutrient adequacy summarized across 11 micronutrients (Martin-Prével et al., 2015). Since the launch of the MDD-W indicator in 2015, new global developments and research conducted in three countries to further determine best practices in the data collection resulted in new information and guidelines. This research was supported by capacity-development activities on the assessment of individual food consumption. This publication is an update to the 2016 FAO/FHI 360 joint publication MDD-W: A Guide to Measurement. It includes guidance on the most accurate and valid methodologies on collecting, analyzing, interpreting, and presenting data on women's dietary diversity, for use in research, impact assessment and large-scale, health and nutrition surveys such as the Demographic Health Survey (DHS), to generate nationally representative data, that are comparable over time and across countries. In addition to supporting the regular collection of high-quality dietary data following standardized methodologies, the publication also aims to promote dialogues on and appropriate application of the data towards informing policy and programming decisions and monitoring and evaluation of nutrition outcomes and progress at global, regional, and country levels.

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produced trans-fatty acids. Module 2 , 2020-12-08

who healthy diet fact sheet: *Routledge Handbook of Food as a Commons* Jose Luis Vivero-Pol, Tomaso Ferrando, Olivier De Schutter, Ugo Mattei, 2018-12-17 From the scientific and industrial revolution to the present day, food – an essential element of life – has been progressively transformed into a private, transnational, mono-dimensional commodity of mass consumption for a global market. But over the last decade there has been an increased recognition that this can be challenged and reconceptualized if food is regarded and enacted as a commons. This Handbook provides the first comprehensive review and synthesis of knowledge and new thinking on how food and food systems can be thought, interpreted and practiced around the old/new paradigms of commons and commoning. The overall aim is to investigate the multiple constraints that occur within and sustain the dominant food and nutrition regime and to explore how it can change when different elements of the current food systems are explored and re-imagined from a commons perspective. Chapters do not define the notion of commons but engage with different schools of thought: the economic approach, based on rivalry and excludability; the political approach, recognizing the plurality of social constructions and incorporating epistemologies from the South; the legal approach that describes three types of proprietary regimes (private, public and collective) and different layers of entitlement (bundles of rights); and the radical-activist approach that considers the commons as the most subversive, coherent and history-rooted alternative to the dominant neoliberal narrative. These schools have different and rather diverging epistemologies, vocabularies, ideological stances and policy proposals to deal with the construction of food systems, their governance, the distributive implications and the socio-ecological impact on Nature and Society. The book sparks the debate on food as a commons between and within disciplines, with particular attention to spaces of resistance (food sovereignty, de-growth, open knowledge, transition town, occupations, bottom-up social innovations) and organizational scales (local food, national policies, South-South collaborations, international governance and multi-national agreements). Overall, it shows the consequences of a shift to the alternative paradigm of food as a commons in terms of food, the planet and living beings.

who healthy diet fact sheet: *More-than-One Health* Irus Braverman, 2022-12-01 This edited volume examines the complex entanglements of human, animal, and environmental health. It assembles leading scholars from the humanities, social sciences, natural sciences, and medicine to explore existing One Health approaches and to envision a mode of health that is both more-than-human and also more sensitive to, and explicit about, colonial and neocolonial legacies—urging the decolonization of One Health. While acknowledging the importance of One Health, the volume at the same time critically examines its roots, highlighting the structural biases and power dynamics still at play in this global health regime. The volume is distinctive in its geographic breadth. It travels from Inuit sled dogs in the Arctic to rock hyraxes in Jerusalem, from black-faced spoonbills in Taiwan to street dogs in India, from spittle-bugs on Mallorca's almond trees to jellyfish management at sea, and from rabies in sub-Saharan Africa to massive culling practices in South Korea. Together, the contributors call for One Health to move toward a more transparent, plural, and just perception of health that takes seriously the role of more-than-humans and of nonscientific knowledges, pointing to ways in which One Health can—and should—be decolonized. This volume will appeal to researchers and practitioners in the medical humanities, posthumanities, environmental humanities, science and technology studies, animal studies, multispecies ethnography, anthrozoology, and critical public health. The Open Access version of chapter 1, available at <http://www.taylorfrancis.com/books/e/9781003294085>, has been made available under a Creative Commons Attribution-Non Commercial-No Derivatives 4.0 license. Funded by the Wellcome Trust.

who healthy diet fact sheet: Regional Overview of Food Security and Nutrition in Europe and Central Asia 2018 Food and Agriculture Organization of the United Nations, 2019-04-02 The Regional Overview of Food Security and Nutrition in Europe and Central Asia 2018 provides new evidence for monitoring trends in food security and nutrition within the framework of

the 2030 Sustainable Development Agenda. The in-depth analysis of progress made against Sustainable Development Goal 2 Target 2.1 (to end hunger and ensure access to food by all) and Target 2.2 (to end all forms of malnutrition), as well as the state of micronutrient deficiencies, is complemented by a review of recent policy measures taken to address food security and nutrition in all its dimensions. The Europe and Central Asia (ECA) region encompasses great economic, social and environmental diversity, and its countries are facing various food security and nutrition challenges. While they have made significant progress in reducing the prevalence of undernourishment over the past two decades, new evidence shows a stagnation of this trend, particularly in Central Asia. Malnutrition in one or more of its three main forms – undernutrition, micronutrient deficiencies, and overweight and obesity – is present to varying degrees in all countries of the region. Often, all three forms coexist, creating what is called the “triple burden of malnutrition.” Overweight among children and obesity among adults continue to rise – with now almost one-fourth of the region’s adults obese – and constitute a significant concern for future health and well-being and related costs. While poverty levels in most ECA countries have been declining in recent years, poverty coupled with inequality has led to increased vulnerability of disadvantaged groups and populations in rural and remote areas of low- and lower-middle-income countries. New analysis shows that adult women have a higher prevalence of severe food insecurity than men in some areas, pointing to gender inequalities that are reflected in access to food. Addressing gender and other inequalities is key to achieving the Sustainable Development Goals and heeding the call to “leave no one behind.” The publication’s focus this year is on migration, gender and youth and the linkages with rural development and food security in Europe and Central Asia. Migration is linked in multiple ways to gender, youth, and agricultural and rural development – both as a driver and possible source of development opportunities, with labour migration and remittances playing significant roles in the region. Changing migration processes need to be fully understood to better address the challenges of migration and harness the potential benefits for sustainable development and revitalized rural areas. Governments, public and private institutions, communities and other concerned parties must strengthen collaboration and scale up efforts towards achieving the goals of a thriving, healthy and food-secure region.

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