Healthy eating saves lives

Healthier diets could save one in five lives every year.

What's needed*

Daily, eat more:

**Fruits**

- **RECOMMENDED INTAKE**
  - 200 to 300 grams per day, equivalent to two to three small apples

- **ACTUAL INTAKE**
  - 94 grams per day, equivalent to one small apple

**Whole grains***

- **RECOMMENDED INTAKE**
  - 100 to 150 grams per day, equivalent to three to five slices of 100% whole wheat bread

- **ACTUAL INTAKE**
  - 29 grams per day, equivalent to less than one slice per day

**Nuts and seeds**

- **RECOMMENDED INTAKE**
  - 16 to 25 grams per day, equivalent to eight to 13 walnut halves

- **ACTUAL INTAKE**
  - 3 grams per day, equivalent to one and a half walnut halves

**Vegetables†**

- **RECOMMENDED INTAKE**
  - 290 to 430 grams per day, equivalent to about five to seven medium carrots

- **ACTUAL INTAKE**
  - 190 grams per day, equivalent to three medium carrots

Daily, eat less:

**Sodium**

- **RECOMMENDED INTAKE**
  - No more than 3,000 mg per day

- **ACTUAL INTAKE**
  - 5,600 mg per day

Bowl of cereal with skim milk:
- 250 mg sodium

Cup of soup and turkey sandwich:
- 2,200 mg sodium

Slice of pizza and salad with light dressing:
- 710 mg sodium

= 3,160 mg sodium

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* This list shows the top five leading dietary risks globally
** Includes fresh, frozen, cooked, canned, pureed, or dried fruits, and excludes fruit juices and salted or pickled fruits
*** Whole grains defined as grains of any cereal that contains bran, germ, and endosperm in their natural proportion
† Includes fresh, frozen, cooked, canned, pureed, or dried vegetables, and excludes legumes, salted or pickled vegetables, juices, nuts and seeds, and starchy vegetables such as potatoes and corn
± Includes peanuts along with other types of nuts and seeds
Poor diet causes more deaths than any other risk factor.

Worldwide in 2017, poor diet was linked to 11 million deaths.

Among those deaths were:
- 9.5 million deaths from cardiovascular disease
- 913,090 deaths from cancer
- 338,714 deaths from diabetes

Most diet-related deaths are caused by eating too much sodium and not enough whole grains and fruit.

DIETARY RISK FACTORS RANKED BY NUMBER OF DEATHS, GLOBALLY, IN 2017