

Sound nutrition: A prerequisite for a healthy lifestyle

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The two main prerequisites for a healthy lifestyle:


- 1. Sound nutrition**
- 2. Regular physical activity**

Several of the UN Sustainable Development Goals and Targets are directly or indirectly related to sustainable health and nutrition for all populations...

**From a public health planning and policy-making point of view,
and to ascertain sustainability, as regards sound nutrition
two main actions are essential:**

- 1. Promoting the nutritional awareness of the people,**
- 2. Providing the right environment for the people — *an environment conducive to healthier eating and a healthier lifestyle...***

As regards nutritional awareness, consumers should be educated about

 **eating sufficient amounts of the right foods prepared in suitable ways (boiled, fried, etc.)...**


For this:

Food-based dietary guidelines (FBDGs) are strongly recommended by the UN FAO and WHO...

FBDGs have been developed in many countries to


- 1. Increase the awareness of the people about *balanced diets* and healthy eating behaviors; and also to**
- 2. Give advice (as short messages) about regular daily physical activity, and**
- 3. Give advice about maintaining a normal body weight...**

What is a balanced diet?

 A **diverse** diet, that is,
a diet composed of different plant and animal food groups,
to supply the required amounts of energy, nutrients and
dietary fiber, *and*
with *low salt, sugar and oil contents...*

Dietary diversity is extremely important...

It is important to remember that

 *food habits and behaviors start to be formed at an early age, so the family environment is very important in this regard, helping the child to acquire sustainable sound food behavior and eating habits...*

In conclusion, to guarantee sound nutrition as a prerequisite of a healthy lifestyle in a population and, more generally, in line with achieving national food and nutrition security,

 **It is essential to *adopt appropriate intersectoral policies at the national level* as regards**

- 1. the types of foods produced and marketed,**
- 2. the types of foods and snacks offered in schools, restaurants/eating places, etc. *and***
- 3. raising the nutritional awareness of the public...**

Vision

Let us hope for

*A world free from hunger and malnutrition,
with food and nutrition security for all...*