

# Healthy eating saves lives



Institute for  
Health Metrics  
and Evaluation

Healthier diets could save one in five lives every year.

## What's needed\*

Daily, eat more:

### Fruits\*\*



#### RECOMMENDED INTAKE

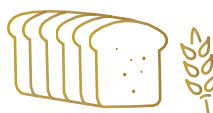
200 to 300 grams per day,  
equivalent to two to three small apples



#### 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**

Sodium adds  
up quickly in  
processed and  
restaurant food

\* 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

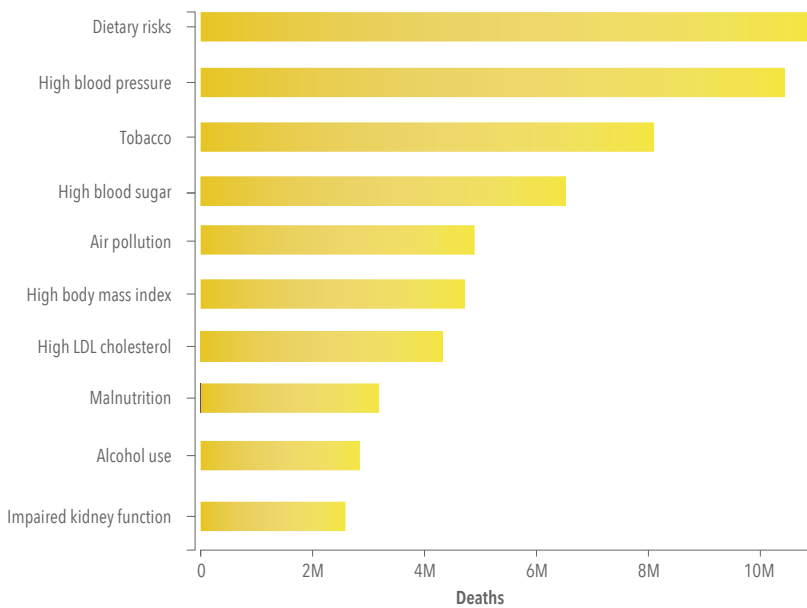
\*\*\* Whole grains defined as grains of any cereal that contains bran, germ, and endosperm in their natural proportion

± Includes peanuts along with other types of nuts and seeds

† 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

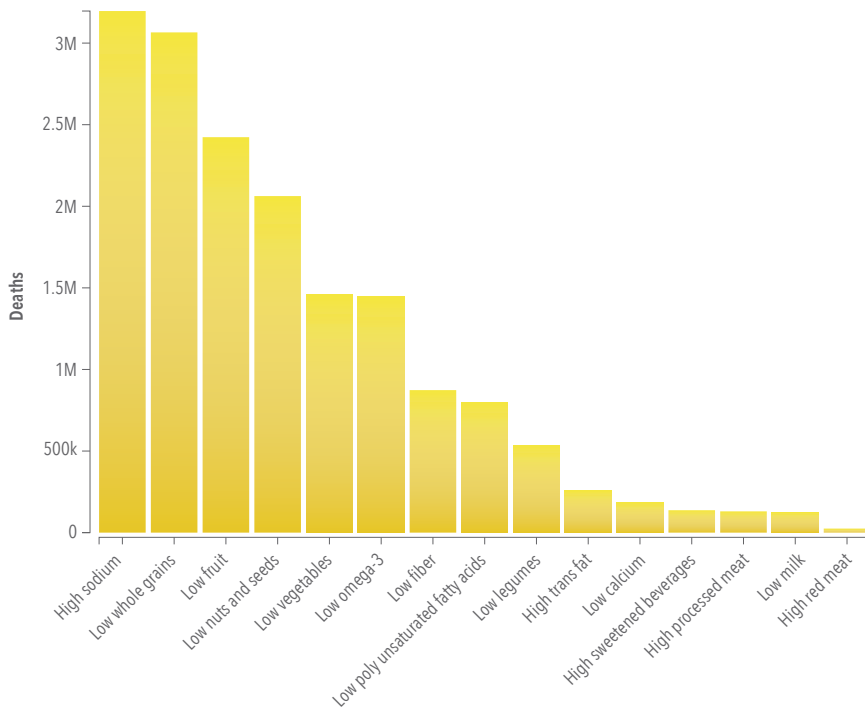
Poor diet causes more deaths than any other risk factor.

TOP 10 RISK FACTORS FOR DEATH, GLOBALLY, IN 2017



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



Source: GBD 2017 Diet Collaborators. Health effects of dietary risks in 195 countries, 1990–2017: a systematic analysis for the Global Burden of Disease Study 2017. *The Lancet*. 3 April 2019.

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

ABOUT THIS RESEARCH

This information is based on the study "Health effects of dietary risks in 195 countries, 1990–2017: a systematic analysis for the Global Burden of Disease Study 2017," which is the most comprehensive global study of the health impact of diet. Published in *The Lancet*, the study is based on more than 9,000 country-years of data.



UNIVERSITY of WASHINGTON

healthdata.org