

WHO Technical Report Series

916

# DIET, NUTRITION AND THE PREVENTION OF CHRONIC DISEASES

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Report of a  
Joint WHO/FAO Expert Consultation



WORLD HEALTH ORGANIZATION



FOOD AND AGRICULTURE ORGANIZATION  
OF THE UNITED NATIONS

*This report contains the collective views of an international group of experts and does not necessarily represent the decisions or the stated policy of the World Health Organization or of the Food and Agriculture Organization of the United Nations*

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**World Health Organization**

**Geneva 2003**

WHO Library Cataloguing-in-Publication Data

Joint WHO/FAO Expert Consultation on Diet, Nutrition and the Prevention of  
Chronic Diseases (2002 : Geneva, Switzerland)  
Diet, nutrition and the prevention of chronic diseases: report of a joint WHO/FAO expert  
consultation, Geneva, 28 January – 1 February 2002.

(WHO technical report series ; 916)

1.Chronic disease – epidemiology 2.Diet – standards  
3.Feeding behavior 4.Energy metabolism 5.Motor activity  
6.Cost of illness I.Title II.Series.

ISBN 92 4 120916 X (NLM classification: QU 145)  
ISSN 0512-3054

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**Typeset and printed in Switzerland**

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Geneva, 28 January–1 February 2002

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## Abbreviations

The following abbreviations are used in this report:

ACC	United Nations Administrative Committee on Coordination
AIDS	acquired immunodeficiency syndrome
BMI	body mass index
CARMEN	Carbohydrate Ratio Management in European National diets
CHD	coronary heart disease
CVD	cardiovascular disease
DALY	disability-adjusted life year
DASH	dietary approaches to stop hypertension
DEXA	dual-energy X-ray absorptiometry
DHA	docosahexaenoic acid
dmf	decayed, missing, filled primary (teeth)
DMF	decayed, missing, filled permanent (teeth)
dmft	decayed, missing, filled primary teeth
DMFT	decayed, missing, filled permanent teeth
DONALD	Dortmund Nutritional and Anthropometric Longitudinally Designed Study
ECC	early childhood caries
EPA	eicosapentaenoic acid
EPIC	European Prospective Investigation into Cancer and Nutrition
ERGOB	European Research Group for Oral Biology
FAOSTAT	Food and Agricultural Organization of the United Nations Statistical Databases
FER	fat to energy ratio
GDP	gross domestic product
GISSI	Gruppo Italiano per lo Studio della Sopravvivenza nell'Infarto Miocardico
GNP	gross national product
HBP	high blood pressure
HDL	high-density lipoprotein
HFI	hereditary fructose intolerance
HIV	human immunodeficiency virus
HOPE	Heart Outcomes Prevention Evaluation
IARC	International Agency for Research on Cancer
IDDM	insulin-dependent diabetes mellitus
IGT	impaired glucose tolerance
IHD	ischaemic heart disease

IUGR	intrauterine growth retardation
LDL	low-density lipoprotein
MGRS	multicentre growth reference study (i.e. the WHO MGRS study)
mRNA	messenger ribonucleic acid
MSG	monosodium glutamate
MUFA	monounsaturated fatty acid
NCD	noncommunicable disease
NGO	nongovernmental organization
NIDDM	non-insulin-dependent diabetes mellitus
NSP	non-starch polysaccharides
PUFA	polyunsaturated fatty acid
RCT	randomized controlled trial
SCN	ACC Subcommittee on Nutrition <sup>1</sup>
SFA	saturated fatty acid
T1DM	type 1 diabetes
T2DM	type 2 diabetes
LDL	very low-density lipoprotein
WCRF	World Cancer Research Fund
WHR	waist:hip circumference ratio or waist:hip ratio

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<sup>1</sup> In April 2002 the name of the Subcommittee on Nutrition was changed to the United Nations System Standing Committee on Nutrition.