FOOD AND NUTRITION EDUCATION for Healthy Diets

Why is Food and Nutrition Education Needed?

Food and nutrition education consists of a variety of educational strategies that can be implemented at different levels, aimed at helping people to achieve long-lasting improvements in their diets and eating behaviors.

Malnutrition is a global problem

Unhealthy diets are one of the leading causes of global mortality.

Food and nutrition education works at all levels.

Why is Food and Nutrition Education Needed?

Food and nutrition education is not only about giving people information. It is about:

- **Influencing decision makers** to implement policies which promote healthy diets.
- **Empowering people** to take charge of their own diets and health.
- **Advocating for improvements in the food environment** to enable healthy food choices.

Some results of successful food and nutrition education initiatives:

1. Malnutrition is a global problem

   - 1.9 Billion adults are overweight or obese
   - 2 Billion people suffer from under-nutrition
   - 161 Million people are too short for their age
   - 795 Million people do not get the food they need to live a healthy life

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- **Dietary and eating behaviors** are influenced by many factors:
  - **Including all relevant sectors** and strengthening their capacities
  - **Carrying out realistic and participatory educational activities**
  - **Engaging all people** who can help or hinder dietary changes

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