



WHAT **YOU** CAN DO TO KEEP HEALTHY AND HELP ACHIEVE #ZEROHUNGER

Diets vary greatly from place to place based on food availability, affordability, eating habits and culture, yet, there is a general consensus on what makes up a healthy, balanced diet no matter where we live. Here's a list of simple actions to help you make healthy eating and #ZeroHunger a way of life.

CHECK OUT THE RECOMMENDATIONS IN YOUR COUNTRY'S [DIETARY GUIDELINES!](#)

Dietary guidelines in your country provide advice on how to make sure you get enough nutrients to be healthy and prevent chronic disease. Food and Agriculture Organization (FAO) supports countries in the development, updating and implementation of these [dietary guidelines](#), which are also used to develop nutrition policies and education programmes.

WHAT TO ADD

Eat plenty of fresh and seasonal vegetables and fruits on a daily basis and find ways to add more legumes, nuts and whole grains to your diet. Legumes and nuts are great sources of plant-based protein. What's more, legumes can be cheaper than animal proteins. They're also kinder on our planet because they require less water to produce. Try also to eat fish species that are more abundant.

WHAT TO REDUCE

We need to cut back on industrially processed foods high in fat, sugar and/or salt, and try not to eat excessive amounts of meat and other animal-source products. Whenever you can, try to switch 'white' refined starches for their brown, healthier equivalents (brown rice, wholemeal flour and brown bread etc.).

GET TO KNOW YOUR FATS

While unsaturated fats (found in fish, nuts, and in sunflower, soybean, canola and olive oils) are part of a healthy diet, you need to watch your intake of industrially-produced *trans*-fats found in fried foods, among others. At the same time, we need to limit the amount of saturated fats we consume (found in fatty meat, butter etc.).

REDUCE YOUR FOOD PRINT

Consider the environmental impact of the foods we eat. Some foods require a significant amount of water to produce. You could try replacing one meat meal a week with another source of protein – like legumes for instance – or an all-veggie meal. Try also to avoid buying foods that have excessive amounts of packaging.

DIVERSIFY FOR BIODIVERSITY

Diversify your diet by adding traditional, locally grown and seasonal foods, in an effort to support biodiversity. Learn about their nutritional values and look up some recipes to cook meals using these ingredients.

TAKE ACTION AT WORK OR IN YOUR COMMUNITY



**OUR ACTIONS ARE OUR FUTURE.
HEALTHY DIETS
FOR A #ZEROHUNGER WORLD.**

Talk to your employers about making sure that there are healthier meal choices in vending machines at work or even in a cafeteria, if you work in a big organization that has one. Encourage local officials to make sure there are healthier choices available in child-care centres, schools and youth clubs.

GET LABEL LITERATE

Learn to understand food labels so you can choose a healthy diet. Labels provide information on energy (usually calories) and key nutrients such as salt, sugar and fat. The ingredients list helps you understand how nutritious a product is. Food labels also help us to make sure our food is safe to eat. Sometimes food is still safe to eat after the “best before” date, whereas it’s the “use by” date that tells you when it’s no longer safe to eat or drink.

BE A CRITICAL CONSUMER

Don’t let packaging sway you: pay attention to the nutritious value of food, not what it looks like, or how nice the packaging is. Pay attention to common words used to advertise foods like “zero,” “low in” and “light.” They’re often used to make food sound healthier, but it isn’t always true...

REKINDLE OLD TRADITIONS

In most cultures, meals are consumed, in the company of family and friends. Today, many of us spend too little time preparing meals at home due to busy lifestyles and we rely increasingly on street food vendors, supermarkets, fast food outlets, or take-away restaurants. Eating in company is important for our health and the health of your children. Researchers have linked this with lower rates of obesity and eating disorders in children and adolescents, and general wellbeing.

MAKE PHYSICAL ACTIVITY PART OF YOUR DAY, EVERY DAY

For adults, the general recommendation is to dedicate at least 2.5 hours to physical activity each week. This includes leisure time, sports, walking or cycling to work, or physical activity you carry out during the week, both at work or at home. Children and youth should dedicate at least 60 minutes to physical activity each day, through play, sports, commuting or physical education.

HAVE A CONVERSATION WITH THE PEOPLE AROUND YOU ABOUT RESPECT FOR FOOD

Food connects us all. Help people re-connect with food for a #ZeroHunger lifestyle and what it stands for by sharing your knowledge with the people around you; at home with your family, with friends and at work. For example, learn to cook and swap recipes, grow your own food at home, participate in a community garden or organize dinners with friends.

HOW CAN CIVIL SOCIETY ORGANIZATIONS HELP US?

Civil society organizations (CSOs) provide vital links between individuals and communities whose voices are not always heard. They monitor and work with other stakeholders such as private sector entities and governments to support the wide dissemination of information on the importance of healthy diets through health programmes, education campaigns, events and networks. CSOs can also help you to take a more active role in legislative and political processes for the prioritization of healthy diets on the public agenda.



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Working for #ZeroHunger



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