Deadly diets

A major study found that one in five deaths worldwide in 2017 was linked to a poor diet such as eating too much sodium and not enough whole grains and fruit. How can we eat better?
Joyce Teo finds out, D2

Are you eating your way to an early death?

Puah

The Sirtuins

The Sirtuins are a group of proteins that are involved in aging and longevity. In humans, they are found in the liver, pancreas, and muscle cells. They have been shown to extend lifespan in certain conditions, such as calorie restriction, and are thought to be involved in the regulation of metabolism. The goal of the Sirtuins is to help people live longer and healthier lives.

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Hedline:
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Healthy meals, healthy you

Include more vegetables

Try eating beans, legumes, and lentils as part of your diet to lower your risk of heart disease and diabetes. They are high in fiber and low in calories, and can be a great source of protein.

Replace white rice with brown rice

The healthy bread bowl has been in vogue for a while. Now it's time to try brown rice instead of white rice. Brown rice is higher in fiber and antioxidants, making it a more nutritious choice.

Have fish twice a week

Recent research has shown that eating fish twice a week can help reduce the risk of heart disease. It is rich in omega-3 fatty acids, which are beneficial for heart health.

Opt for fruit-based desserts or fruit and a meal

For healthy fruit-based desserts, you can add fruits and vegetables to your meals to increase the nutritional value. Choose fresh fruits and vegetables, which are packed with vitamins and minerals.

Eat more nuts

Adding unsalted nuts to your diet can help lower your risk of heart disease and diabetes. They are high in healthy fats and protein, and can be a great snack option.

Eat lean meat

Lean meats, such as chicken, turkey, and fish, can be a good source of protein and good fats. Avoid processed meats, which are high in saturated fats and sodium.

Joe Teo

More than half of diet-related deaths in 2017 were associated with eating too much sodium and too little whole grains and fruit, according to a global study.

Joyce Teo

A major global study, which recently found that one in five deaths was linked to diet-related factors, has identified unhealthy eating habits such as too much salt and not enough whole grains and fruit as major causes of death.

In the study, conducted by researchers from the World Health Organization, it was found that poor diets were responsible for more than one in five deaths worldwide in 2017. The study also highlighted the importance of healthy eating habits, such as consuming a balanced diet and limiting the intake of processed foods.

The study found that diets high in sodium, which is linked to high blood pressure and heart disease, were responsible for around 17% of deaths worldwide. On the other hand, diets low in whole grains, which are rich in fiber and antioxidants, were linked to 8% of deaths.

The study also found that diets high in processed foods, such as processed meats and sugary drinks, were responsible for around 7% of deaths. These foods are high in saturated fats and sugar, which can increase the risk of heart disease and diabetes.

The study authors emphasized the importance of healthy eating habits and the need for governments and organizations to promote healthier diets.

The researchers called for a reduction in the salt intake of people worldwide, as well as an increase in the consumption of whole grains. They also highlighted the need for policies that promote healthy eating habits and the availability of healthy foods.

In conclusion, the study highlights the importance of healthy eating habits and the need for policy changes to promote healthier diets worldwide.