## Contents

1. Introduction Reference			
	2.	<ul> <li>Background</li> <li>2.1 The global burden of chronic diseases</li> <li>2.2 The double burden of diseases in the developing world</li> <li>2.3 An integrated approach to diet-related and nutrition-related diseases</li> <li>References</li> </ul>	4 4 8 9 10
	3.	<ul> <li>Global and regional food consumption patterns and trends</li> <li>3.1 Introduction</li> <li>3.2 Developments in the availability of dietary energy</li> <li>3.3 Availability and changes in consumption of dietary fat</li> <li>3.4 Availability and changes in consumption of animal products</li> <li>3.5 Availability and consumption of fish</li> <li>3.6 Availability and consumption of fruits and vegetables</li> <li>3.7 Future trends in demand, food availability and consumption</li> <li>3.8 Conclusions</li> <li>References</li> </ul>	13 13 14 17 20 22 23 25 27 29
	4.	<ul> <li>Diet, nutrition and chronic diseases in context</li> <li>4.1 Introduction</li> <li>4.2 Diet, nutrition and the prevention of chronic diseases through the life course</li> <li>4.2.1 Fetal development and the maternal environment</li> <li>4.2.2 Infancy</li> <li>4.2.3 Childhood and adolescence</li> <li>4.2.4 Adulthood</li> <li>4.2.5 Ageing and older people</li> <li>4.3 Interactions between early and later factors throughout the life course</li> <li>4.3.1 Clustering of risk factors</li> <li>4.3.2 Intergenerational effects</li> <li>4.4 Gene-nutrient interactions and genetic susceptibility</li> <li>4.5 Intervening throughout life</li> <li>References</li> </ul>	30 30 31 31 32 34 38 39 40 41 41 41 42 46
	5.	Population nutrient intake goals for preventing diet-related chronic diseases 5.1 Overall goals 5.1.1 Background 5.1.2 Strength of evidence 5.1.3 A summary of population nutrient intake goals References	54 54 54 54 55 59

	5.2	Recor	mmendations for preventing excess weight gain and obesity	61
		5.2.1	Background	61
		5.2.2	Trends	61
		5.2.3	Diet, physical activity and excess weight gain and obesity	61
		5.2.4	Strength of evidence	62
		5.2.5	General strategies for obesity prevention	67
		5.2.6	Disease-specific recommendations	68
		Refer	ences	70
	5.3	Reco	mmendations for preventing diabetes	72
		5.3.1	Background	72
		5.3.2	Trends	72
		5.3.3	Diet, physical activity and diabetes	73
		5.3.4	Strength of evidence	73
		5.3.5	Disease-specific recommendations	77
		Refer	ences	78
	5.4	Reco	mmendations for preventing cardiovascular diseases	81
		5.4.1	Background	81
		5.4.2	Trends	81
		5.4.3	Diet, physical activity and cardiovascular disease	81
		5.4.4	Strength of evidence	81
		5.4.5	Disease-specific recommendations	87
		Refer	ences	91
	5.5	Reco	mmendations for preventing cancer	95
		5.5.1	Background	95
		5.5.2	Trends	95
		5.5.3	Diet, physical activity and cancer	95
		5.5.4	Strength of evidence	95
		5.5.5	Disease-specific recommendations	101
		Refer	ences ·	101
	5.6	Reco	mmendations for preventing dental diseases	105
		5.6.1	Background	105
		5.6.2	Trends	105
		5.6.3	Diet and dental disease	107
		5.6.4	Strength of evidence	116
		5.6.5	Disease-specific recommendations	119
		References		
	5.7	Reco	mmendations for preventing osteoporosis	129
		5.7.1	Background	129
		5.7.2	Trends	129
		5.7.3	Diet, physical activity and osteoporosis	129
		5.7.4	Strength of evidence	130
		5.7.5	Disease-specific recommendations	131
		Refer	ences	132
6	Stra	teaic d	irections and recommendations for policy and research	134
0.	6.1	Introc	luction	134

,

6.2	Policy principles for the promotion of healthy diets					
	and physical activity	135				
6.3	Prerequisites for effective strategies					
	6.3.1 Leadership for effective action	136				
	6.3.2 Effective communication	137				
	6.3.3 Functioning alliances and partnerships	138				
	6.3.4 Enabling environments	138				
6.4	Strategic actions for promoting healthy diets and physical activity	142				
	6.4.1 Surveillance of people's diets, physical activity					
	and related disease burden	142				
	6.4.2 Enabling people to make informed choices					
	and take effective action	142				
	6.4.3 Making the best use of standards and legislation	142				
	6.4.4 Ensuring that "healthy diet" components are available to all	143				
	6.4.5 Achieving success through intersectoral initiatives	143				
	6.4.6 Making the best use of health services and the					
	professionals who provide them	143				
6.5	Call to action	143				
Reference						

## Acknowledgements

Annex

Summary of the strength of evidence for obesity, type 2 diabetes, cardiovascular disease (CVD), cancer, dental disease and osteoporosis 148

144