ADEQUATE NUTRIENT-INTAKE SUPPORTS HEALTHY LONGEVITY

BURDEN OF DISEASE

53 MILLION ALL CAUSES

66% OF DEATHS WORLDWIDE

Two out of three are due to NCD



POOR DIET IS THE BIGGEST RISK FACTOR FOR DISEASE

GOOD NUTRITION IS CRITICAL FOR HEALTHY AGEING



of all NCD deaths take place before the age of 70



Approximately **one third** of cancers are preventable

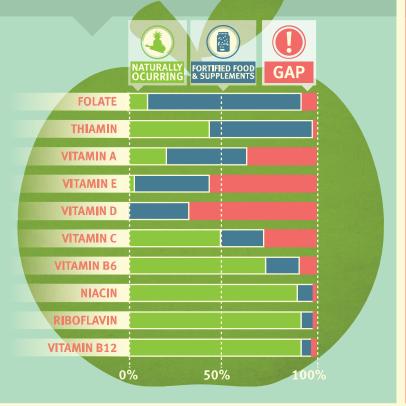


of heart disease stroke and type idiabetes death are preventable



Healthy Lifestyle and Good Diet reduce the Risk of Non-Communicable Diseases

DIET ALONE CANNOT PROVIDE ALL ESSENTIAL NUTRIENTS



3 SIMPLE STEPS TO IMPROVE NUTRIENT INTAKE



EDUCATE in Healthy Nutrition
For inquiries about nutrition and
supplements you could add,
ask your physician for advice
to support your health.



ENRICH Diet with Fortified Foods
To achieve a nutrient-calorie
balanced diet, compensate
missing nutrients. Look for
fortified foods at the grocery
store



ENHANCE Supplementation It may be difficult to obtain all of the essential nutrients compared to recommendations from food alone. To fill the gaps, you could consider a supplement.

SOURCES: Burden of disease: Lancet global burden of disease study 2010. Global Status report on NCD: Global status report of NCD 2010 by the WHO. How added nutrients and supplements can help fill the gaps: The Journal of Nutrition; 24 August 2011; doi:10.3945/jn.111.142257, page 1853, figure 3". Developed by DSM Nutrition Science & Advocacy. For more information please visit www.vitaminsinmotion.com

