

[IMAGE]

## Death by Unhealthy Diet: Don't Be Just Another Statistic

By Editorial Staff

It was responsible for 11 million deaths worldwide in 2017 – approximately one in five deaths that year. We're talking about the unhealthy diet, specifically diets high in sugar, salt and processed meats, and unfortunately, we have to assume the 2018 and 2019 health burden is even higher.

Findings from the [Global Burden of Disease Study](#) tracked global diet trends from 1990-2017, evaluating how what people ate impacted their health and longevity. Researchers found that the "global diet" consumed more than 10 times the recommended daily amount of sugar-sweetened beverages and nearly double the recommended amount of processed meat.

But the global diet that caused 11 million deaths wasn't just high in processed meat, sugar and salt; it was also woefully deficient in some of the foods regarded as staples of a healthy diet. For example, researchers found that worldwide, people consumed only 10 percent of the recommended daily amount of nuts and seeds, and only 25 percent of the recommended amount of whole grains.

[unhealthy diet](#) - Copyright © Stock Photo / Register Mark Heart disease, cancer and type 2 diabetes are all commonly associated with poor diet, and this study (published in *The Lancet*) supports that association. Of the 11 million global deaths caused by unhealthy eating, approximately 90 percent were from [cardiovascular disease](#), and the remainder from cancer and type 2 diabetes.

Don't be just another statistic. Take control of your diet by limiting sugar, salt and processed meats, and increasing daily consumption of whole grains, vegetables and nuts / seeds. Talk to your doctor to learn more.

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