



**Diet Diversification and Health Promotion:
European Academy of Nutritional Sciences
(EANS) Conference, Vienna, May 2004 (Forum of
Nutrition, Vol. 57)**

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About half of the global burden of disease is due to chronic noncommunicable diseases such as obesity, metabolic disorders, cardiovascular diseases and cancer, which are all related to modifiable risk factors such as unbalanced diet and malnutrition as well as determinants such as behavior and lifestyle. Dietary patterns during the last few decades have undergone a general shift towards high energy density and fatty foods combined with a low proportion of plant components. The resulting diet profile has proven inadequate to meet the physiological needs of a healthy human life. A comprehensive and highly valuable source of knowledge for all professionals interested in the underlying causes of today's major health challenges, this publication gives an in-depth view of the various methods of monitoring and addressing this precarious situation: impact of gender and age on eating behavior, role of a vegetarian lifestyle, processed and fortified foods, organic foods, ethnic food culture, and consumer choice.

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