

Dietary risk factors and daily recommendations

Dietary risk factors*	Definition	Recommended intake	DALY** per 100'000 people
Diet low in whole grains	Whole grains (bran, germ, and endosperm in their natural proportion) from breakfast cereals, bread, rice, pasta, biscuits, muffins, tortillas, pancakes, and other sources	100-150 [g]	124
Diet low in fruits	Fruits (fresh, frozen, cooked, canned, or dried, excluding fruit juices and salted or pickled fruits)	200-300 [g]	122
Diet low in vegetables	Vegetables (fresh, frozen, cooked, canned or dried vegetables including legumes but excluding salted or pickled vegetables, juices, nuts and seeds, and starchy vegetables such as potatoes or corn)	340-500 [g]	88
Diet low in nuts & seeds	Nuts and seed foods	16-25 [g]	66
Diet low in omega-3	Intake of eicosapentaenoic acid and docosahexaenoic acid	200-300 [mg]	53
Diet low in fiber	Intake of fiber from all sources, including fruits, vegetables, grains, legumes, and pulses	19-28 [g]	43
Diet low in calcium	Intake of calcium from all sources, including milk, yogurt, and cheese	1-1.5 [g]	9
Diet low in milk	Milk, including non-fat, low-fat, and full-fat milk, excluding soy milk and other plant derivatives	350-520 [g]	8
Diet low in polyunsaturated fatty acids (PUFA)	Intake of Omega-6 fatty acids from all sources, mainly liquid vegetable oils, including soybean oil, corn oil, and safflower oil	9-13% of total energy	8
Diet high in processed meat	Meat preserved by smoking, curing, salting, or addition of chemical preservatives	0-4 [g]	55
Diet high in sodium (salt)	24 h urinary sodium measured in g per day	1-5 [g]	46
Diet high in trans fats	Intake of trans fat from all sources, mainly partially hydrogenated vegetable oils and ruminant products	0-1% of total energy	21
Diet high in red meat	Red meat (beef, pork, lamb, and goat but excluding poultry, fish, eggs, and all processed meats)	18-27 [g]	14
Diet high in sweetened beverages	Beverages with ≥ 50 kcal per 226.8 g serving, including carbonated beverages, sodas, energy drinks, and fruit drinks, but excluding 100% fruit and vegetable juices	0-5 [g]	3

*as defined and used in the Global Burden of Disease Study 2015

**The GBD project calculates, for every dietary risk factor, the number years of life lost in a given population due to disability or premature death. The outcome is called DALY (Disability Adjusted Life Years) and it is most commonly given per 100'000 persons. The number of DALYs per risk factor depend on age, gender and country.