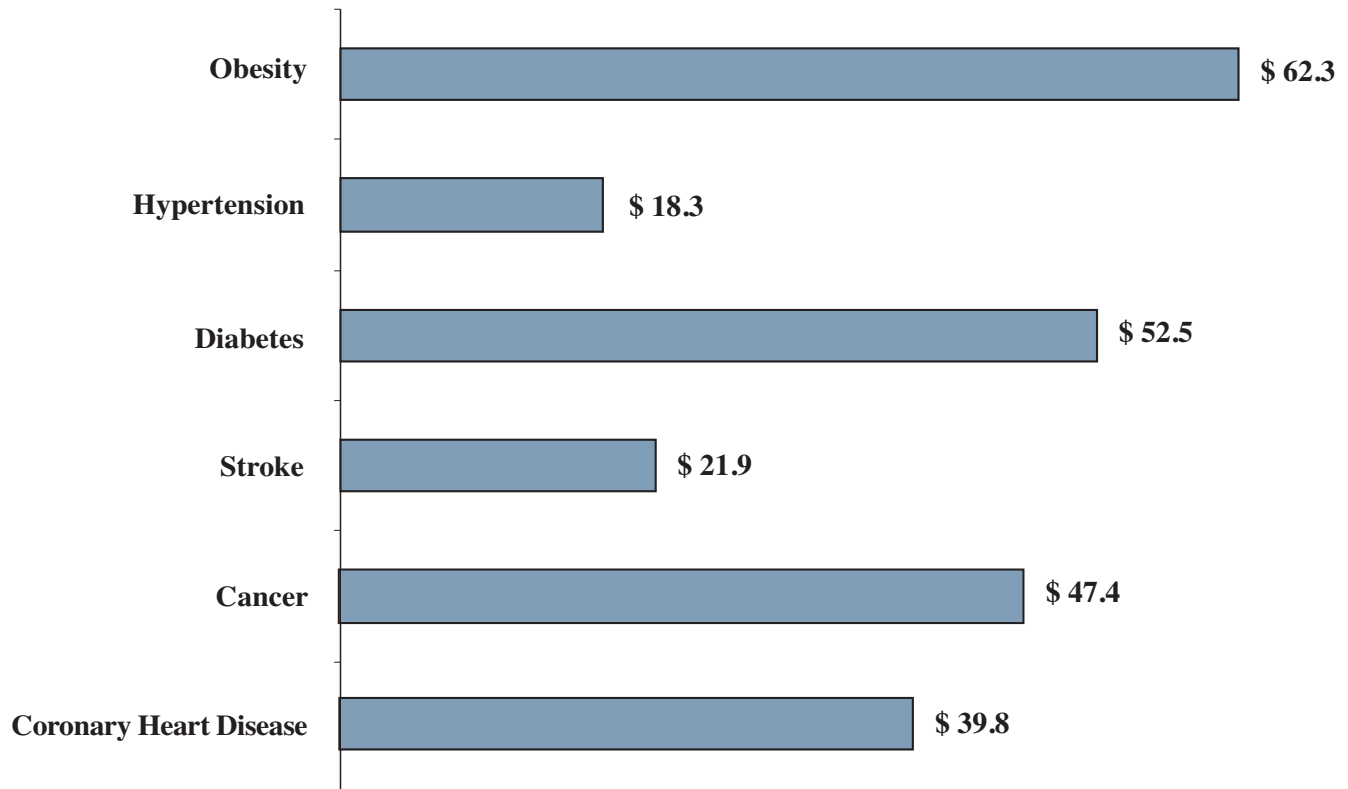


The Facts About... Diet and Nutrition

Medical Costs for Six Health Conditions Related to Poor Diet, 1994 (billions)



Source: United States Department of Agriculture

Dietary patterns in the United States are associated with an increased risk of several chronic diseases and health conditions such as coronary heart disease, cancer, stroke, diabetes, hypertension, obesity, and osteoporosis, according to the U.S. Department of Agriculture. In the U.S, diets with high intakes of fat and saturated fat and low intakes of calcium and fiber are associated with these health conditions that can impair quality of life. In particular, 14 percent of all deaths have been attributed to poor diets or sedentary lifestyles. These conditions incur considerable medical expenses, lost work, disability and premature deaths - much of it unnecessary, since a significant proportion of these conditions is believed to be preventable through improved diets.

The Facts About...

Diet and Nutrition



Some Useful Sites For Healthy Diets

- [Nutrition and Your Health: Dietary Guidelines for Americans by the United States Department of Adriculture](#)
- [Healthy Eating Tips by the United States Centers for Disease Control and Prevention](#)
- [Nutrition.gov](#)