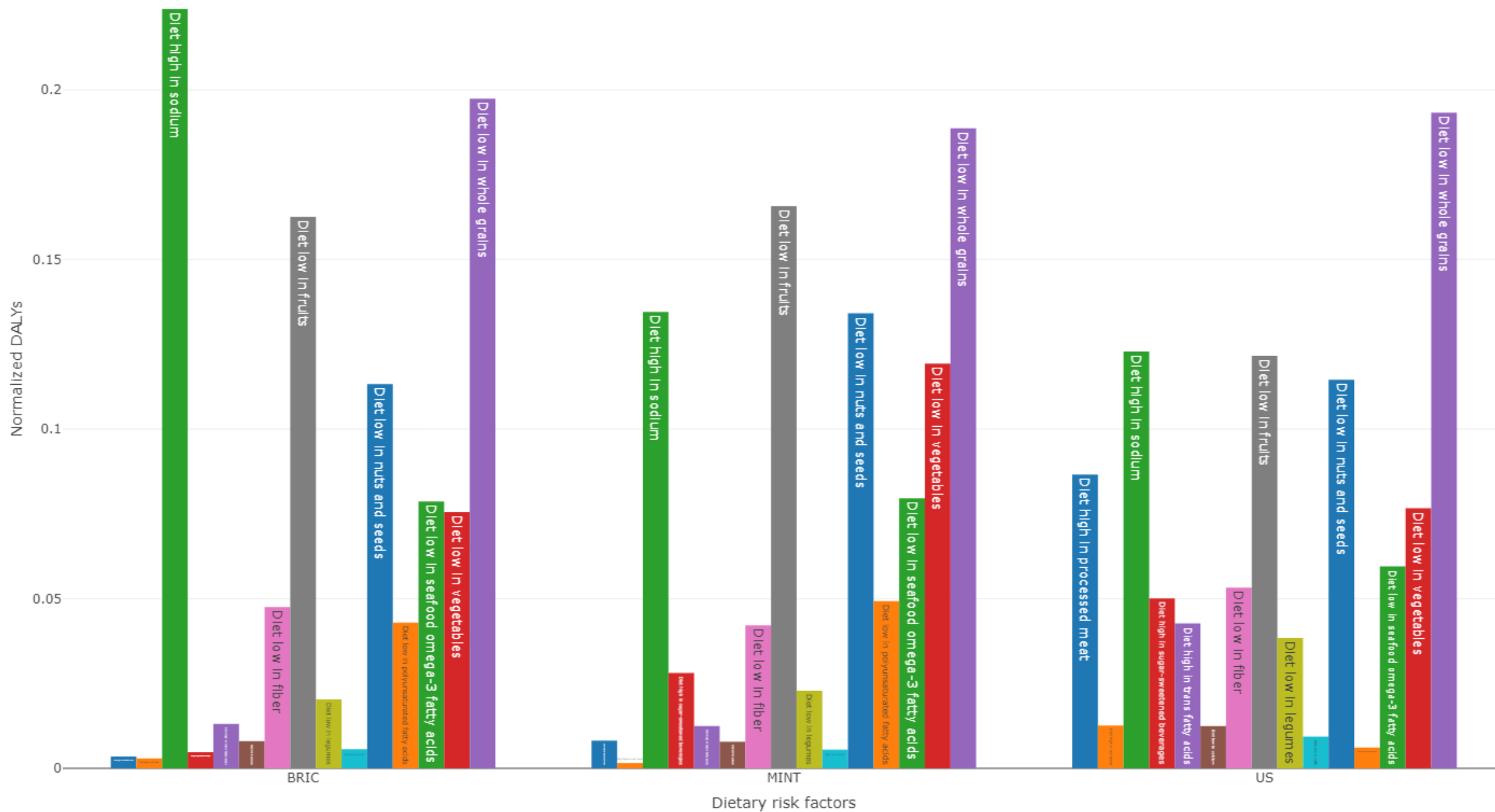


Effect of diferent dietary risk factors in three groups of countries



This is the graph of DALY (disability-adjusted life years) measures due to different dietary risk factors as contributing to mental health problems.

They are computed separately in three different set of countries (and normalized in each set). These three groups are: 1) BRIC (Brazil, Russia, India, China), 2) MINT (Mexico, Indonesia, Nigeria, Turkey), and 3) US (The United States).

From left to right the risk factors are as following:

1. Diet high in processed meat
2. Diet high in red meat
3. Diet high in sodium
4. Diet high in sugar-sweetened beverages
5. Diet high in trans fatty acids
6. Diet low in calcium
7. Diet low in fiber
8. Diet low in fruits
9. Diet low in legumes
10. Diet low in milk
11. Diet low in nuts and seeds
12. Diet low in polyunsaturated fatty acids
13. Diet low in seafood omega-3 fatty acids
14. Diet low in vegetables
15. Diet low in whole grains

We see intuitive facts such as Diet being high in the processed meat as being a more serious risk factor in the developed countries like the US compared to BRIC or MINT. On the other hand diet being low in vegetables is somewhat serious concern in MINT countries. Not enough polyunsaturated fatty acids are present in the diet of either MINT or BRIC countries and sugar-sweetened beverages are more common in BRIC countries than average. Acknowledging these differences will help focusing on the right issues in the localized regions and attack the diseases more effectively.