

# Nutrition

**671 Million people** are obese, making obesity the number one health problem in the world. Direct results are: diabetes, cardiovascular diseases, cancer, joint injuries among others.

At the same time **795 Million people** suffer from hunger.

A balanced diet secures the means to live healthy without wasting food along the way.



Balanced menus with a good energy value score the Nutrition Label.

A balanced meal has an energy value of **450-850 kcal** distributed:

