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# Diet

How much disease burden can be attributed to diet, and what components of our diet are most harmful? We explore the link between dietary changes and population health.

Photo by Filip Milovac.

## 3rd highest risk

group contributing to the global burden of disease in 2019, following high blood pressure and tobacco.

## 1.9 million

deaths globally were attributable to high-sodium diets in 2019.

## 22%

of all adult deaths in 2017 were associated with poor diet, with cardiovascular disease as the leading cause of death associated with diet.

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## What components of diet affect health the most?