



DISH

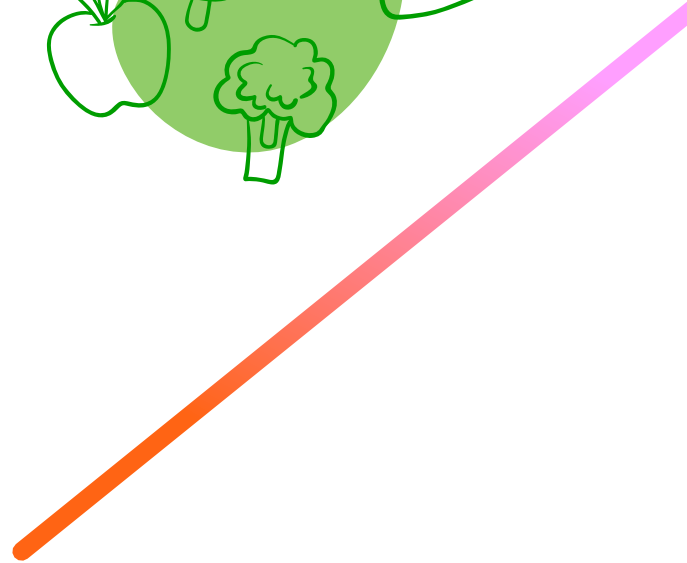
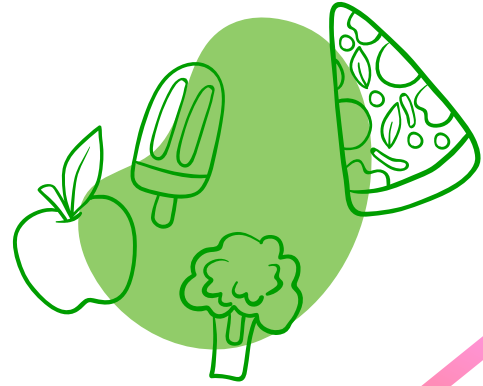
Towards healthy
and safe diet

Food and healthy living: a deep bond

What we eat matters for healthy living.

However, hazards in food still account for about **23 million** cases of illness and **5.000 deaths** in Europe every year.

Besides, Non-Communicable Diseases are collectively responsible for almost 70% of all deaths worldwide.



How to turn the tide? ?





The DISH Cluster

The **DISH** Cluster aims to guide and support consumers towards a healthy and safe diet by improving their nutritional habits and food safety.

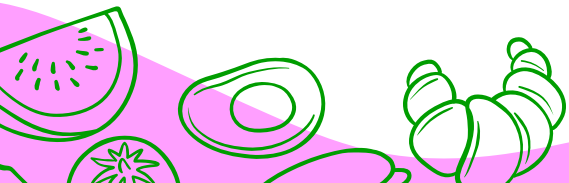
Take the most out of our DISH table, including:

- Low-cost, easy-to-implement and user-friendly apps for learning food safety practices, implement personalized nutrition systems and easily monitor diet, exercise and behavior.
- Data and information to better assess food risks at consumer level and the links between consumer behavior and body and brain health.
- Contributions to shaping the multi-stakeholder platform of the future European Food Safety System.
- Key messages for consumers on responsible choices when handling food.



Impacts on health and wellbeing

- Improved consumers' awareness on the links between health, food safety and diet.
- Better food safety practices, improved eating habits and simpler health monitoring.
- A better protection of human health through safe products and reduced exposure to food hazards.
- Easier access to personalised nutrition and food.
- Reduction of health burden from foodborne illnesses and nutritional diseases.



Welcome to the DISH table towards healthy and safe diets



This factsheet has been produced by ICONS in the context of the Horizon Results Booster services delivered to SafeConsume (GA N. 727580), Stance4Health (GA N. 816303), One Health EJP TOXOSOURCES (GA N. 773830), FOODSAFETY4EU (GA N. 101000613) and Eat2beNICE (GA N. 728018). This product does not reflect the views of the European Commission.

