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Title

Dietary management of obesity in adults: pitfalls & opportunities in Europe. Public health approaches

Abstract

The high prevalence of chronic diseases in the European region means that excess weight is a well-physical activity and sedentary behaviours are separately recognised. For energy intake multiple app (water), meals (breakfast) and ensuring dietary adequacy. Specific tools are highlighted and their use General public health approaches include the development of national healthy eating guidance, use foods and drinks high in fat and/or sugar, restrictions on marketing of these products (often in conjur reflecting the complex multifactorial nature of obesity.