NUTRISIZE HEALTH HANDBOOK, PUBLIC EDITION

Move, Fuel, Rest: what the numbers say

Ten findings from public-health agencies and peer-reviewed research, in plain language. Each one shows its source and what it does not show. It is free to read, share and keep.

MOVE

Move: a little goes a long way

7,000 steps a day was linked to 47% lower risk of death than 2,000 steps

A 2025 review pooled studies of daily steps and health. People averaging 7,000 steps had about half the risk of dying (hazard ratio 0.53) of those averaging 2,000. Benefits levelled off around 5,000 to 7,000 steps. You do not need 10,000.

47% lower
risk of death at 7,000 vs 2,000 steps a day (hazard ratio 0.53; 95% CI 0.46 to 0.60)

5,000 to 7,000
steps a day, where the benefit began to level off

Source: Ding D, Nguyen B, Nau T, et al. Daily steps and health outcomes in adults. Lancet Public Health 2025;10:e668-e681. doi.org/10.1016/S2468-2667(25)00164-1

What this does not show: These are associations from cohort studies, not proof of cause. People who walk more differ in other ways, such as health and income.

A free tool for this: Nutrisize Health has a free exercise library (5,404 exercises, with equipment and difficulty filters) and a quick exercise log that run on your device. Handy if you want to see what your week actually looks like.

A weekly target that works for most adults

WHO and the NIH's heart institute (NHLBI) give the adult target as 150 to 300 minutes of moderate activity a week (or 75 to 150 of vigorous). The CDC states the minimum as 150 minutes moderate or 75 vigorous, plus muscle-strengthening on at least 2 days a week. NHLBI adds a line worth remembering: some physical activity is better than none.

Source: Bull FC, Al-Ansari SS, Biddle S, et al. World Health Organization 2020 guidelines on physical activity and sedentary behaviour. Br J Sports Med 2020;54:1451-1462. doi.org/10.1136/bjsports-2020-102955; Adult Activity: An Overview, CDC. https://www.cdc.gov/physical-activity-basics/guidelines/adults.html; Heart-Healthy Living: Get Regular Physical Activity, NHLBI, updated 24 March 2022. https://www.nhlbi.nih.gov/health/heart-healthy-living/physical-activity

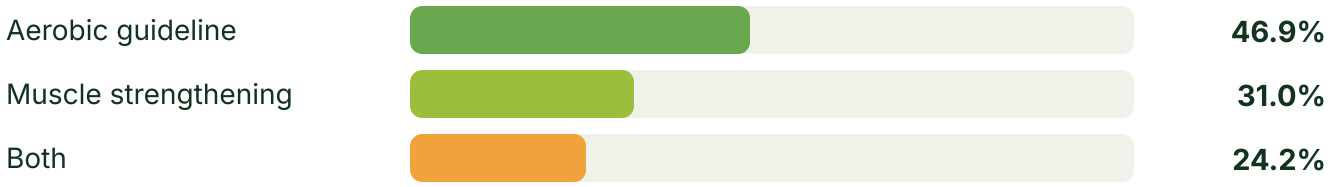
What this does not show: Benefits also appear below these levels. The numbers are guideline targets, not cliffs.

Strength is where most of us fall short

Among US adults in 2020, nearly half met the aerobic guideline, but only about one in four met aerobic and muscle-strengthening together.

US adults meeting each guideline

National Health Interview Survey, 2020, adults 18 and over (self-reported)



Source: Elgaddal N, Kramarow EA, Reuben C. Physical Activity Among Adults Aged 18 and Over: United States, 2020. NCHS Data Brief No. 443, CDC, 2022. https://www.cdc.gov/nchs/products/databriefs/db443.htm

What this does not show: Self-reported activity. Later years may differ.

FUEL

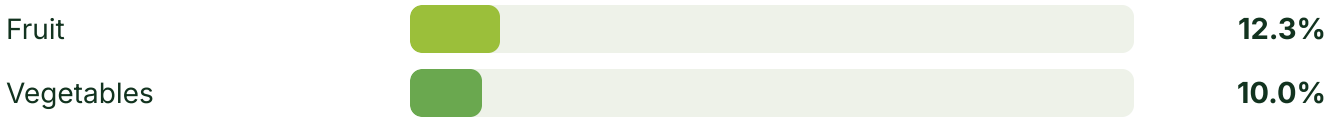
Fuel: what is on the plate

Fewer than 1 in 8 adults eat enough fruit or vegetables

In 2019, 12.3% of US adults ate enough fruit and 10.0% enough vegetables (1.5 to 2 cups of fruit and 2 to 3 cups of vegetables a day). WHO's yardstick is at least 400 g of fruit and vegetables a day for anyone over 10.

Share of US adults meeting daily recommendations

CDC Behavioral Risk Factor Surveillance System, 2019 (self-reported)



Source: Adults Meeting Fruit and Vegetable Intake Recommendations, United States, 2019. MMWR, CDC, January 2022. https://pmc.ncbi.nlm.nih.gov/articles/PMC8735562/; Healthy diet fact sheet, WHO, 26 January 2026. https://www.who.int/news-room/fact-sheets/detail/healthy-diet

What this does not show: Self-reported, 2019, before the newer Dietary Guidelines targets.

A free tool for this: Curious what is in a food you eat often? The Nutrisize Health food library lists nutrients per 100 g for 4,995 foods, with sources, free to browse.

Added sugars: about 50 g a day is the label's reference

On the Nutrition Facts label, the Daily Value for added sugars is 50 g a day (10% of a 2,000-calorie diet). A quick label rule from the FDA: 5% Daily Value or less is low; 20% or more is high. WHO advises free sugars under 10% of energy.

Source: Added Sugars on the Nutrition Facts Label, FDA (content current March 2026). https://www.fda.gov/food/nutrition-facts-label/added-sugars-nutrition-facts-label; Healthy diet fact sheet, WHO, 26 January 2026. https://www.who.int/news-room/fact-sheets/detail/healthy-diet

What this does not show: The 50 g figure is a reference on a 2,000-calorie diet, not a personal prescription.

Salt: most people eat about double the WHO level

WHO says almost every population eats too much sodium: a global average of 4,278 mg a day in 2021, against a recommendation of under 2,000 mg (under 5 g of salt, about a teaspoon). In the US the average is about 3,400 mg against a 2,300 mg limit, and more than 70% of it comes from processed and prepared foods.

4,278 mg
global average sodium intake per day, adults, 2021 (WHO)

3,400 mg
US average per day, versus a 2,300 mg limit (FDA)

Source: Sodium reduction fact sheet, WHO, 11 May 2026. https://www.who.int/news-room/fact-sheets/detail/sodium-reduction; Sodium Reduction in the Food Supply, FDA, 2024. https://www.fda.gov/food/nutrition-food-labeling-and-critical-foods/sodium-reduction-food-supply

What this does not show: Different bodies set different limits (2,000 mg WHO, 2,300 mg US). Averages hide wide differences between people.

Ultra-processed foods supply 55% of US calories

Between 2021 and 2023, ultra-processed foods made up 55.0% of calories eaten by Americans aged 1 and over. For ages 1 to 18 it was 61.9%; for adults, 53.0%.

Share of calories from ultra-processed foods

NHANES, August 2021 to August 2023 (24-hour recall)



Source: Williams AM, Couch CA, Emmerich SD, Ogburn DF. Ultra-processed Food Consumption in Youth and Adults: United States, August 2021-August 2023. NCHS Data Brief No. 536, 2025. https://cdc.gov/nchs/products/databriefs/db536.htm

What this does not show: A share of calories is not a measure of harm. Based on recall, not weighed food.

Fish: how much, and how to choose

The US Dietary Guidelines reference, quoted by EPA, is at least 8 ounces of seafood a week on a 2,000-calorie diet. For pregnant or breastfeeding women, EPA and FDA advise 8 to 12 ounces a week of lower-mercury fish. For children, 1 to 2 servings a week, with serving sizes growing from 1 ounce at ages 1 to 3 to 4 ounces from age 11.

Source: EPA-FDA Advice about Eating Fish and Shellfish, EPA, updated 1 October 2026. https://www.epa.gov/choose-fish-and-shellfish-wisely/epa-fda-advice-about-eating-fish-and-shellfish

> **What this does not show:** This is advice on mercury-aware choices, not a claim that fish prevents any disease.

Six in ten US adults use a dietary supplement

In 2021 to 2023, 60.2% of US adults and 35.7% of young people had used a dietary supplement in the past 30 days. Use rose with age, to 75.9% for adults 60 and over.

Source: Dietary Supplement Use: United States, August 2021-August 2023. NCHS Data Brief No. 561, May 2026. https://www.cdc.gov/nchs/products/databriefs/db561.htm

> **What this does not show:** The brief reports how common use is. It does not say who needs a supplement or whether any is safe or useful.

REST

Rest: sleep matters for appetite

About 1.2 hours more sleep, about 270 fewer calories a day

In a randomised trial, adults aged 21 to 40 with overweight who usually slept under 6.5 hours extended sleep by about 1.2 hours a night for two weeks and ate about 270 fewer calories a day.

+1.2 h
sleep a night (95% CI 1.0 to 1.4)

-270 kcal
energy intake per day (95% CI -393 to -147)

Source: Tasali E, Wroblewski K, Kahn E, Kilkus J, Schoeller DA. JAMA Intern Med 2022;182:365-374. doi.org/10.1001/jamainternmed.2021.8098

What this does not show: 80 adults, one centre, two weeks. It does not show a long-term effect on weight.

A free tool for this: The Nutrisize Health daily dashboard scores sleep alongside nutrition, hydration and activity, from what you log or choose to sync from Apple Health or Health Connect. Free to use.

Where Nutrisize Health fits in

Nutrisize Health is a nutrition, exercise and health-numbers reference for iPhone and Android, built from the kind of sources cited here. It is not medical advice.

- 4,995 foods with 75 nutrients, each cited
- 5,404 exercises with how-to, common mistakes and equipment filters
- A 10-KPI daily dashboard that can read Apple Health or Health Connect, if you allow it

Free to use, with optional Remove Ads and premium packs. Your health data stays on your device.

Sources

1. Elgaddal N, Kramarow EA, Reuben C. Physical Activity Among Adults Aged 18 and Over: United States, 2020. NCHS Data Brief No. 443, CDC, 2022. https://www.cdc.gov/nchs/products/databriefs/db443.htm
2. Bull FC, Al-Ansari SS, Biddle S, et al. World Health Organization 2020 guidelines on physical activity and sedentary behaviour. Br J Sports Med 2020;54:1451-1462. doi.org/10.1136/bjsports-2020-102955
3. Adult Activity: An Overview, CDC. https://www.cdc.gov/physical-activity-basics/guidelines/adults.html
4. Heart-Healthy Living: Get Regular Physical Activity, NHLBI, updated 24 March 2022. https://www.nhlbi.nih.gov/health/heart-healthy-living/physical-activity

5. Ding D, Nguyen B, Nau T, et al. Daily steps and health outcomes in adults. Lancet Public Health 2025;10:e668-e681. doi.org/10.1016/S2468-2667(25)00164-1
6. Adults Meeting Fruit and Vegetable Intake Recommendations, United States, 2019. MMWR, CDC, January 2022. https://pmc.ncbi.nlm.nih.gov/articles/PMC8735562/
7. Healthy diet fact sheet, WHO, 26 January 2026. https://www.who.int/news-room/fact-sheets/detail/healthy-diet
8. Added Sugars on the Nutrition Facts Label, FDA (content current March 2026). https://www.fda.gov/food/nutrition-facts-label/added-sugars-nutrition-facts-label
9. Sodium reduction fact sheet, WHO, 11 May 2026. https://www.who.int/news-room/fact-sheets/detail/sodium-reduction
10. Sodium Reduction in the Food Supply, FDA, 2024. https://www.fda.gov/food/nutrition-food-labeling-and-critical-foods/sodium-reduction-food-supply
11. Williams AM, Couch CA, Emmerich SD, Ogburn DF. Ultra-processed Food Consumption in Youth and Adults: United States, August 2021-August 2023. NCHS Data Brief No. 536, 2025. https://cdc.gov/nchs/products/databriefs/db536.htm
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13. Dietary Supplement Use: United States, August 2021-August 2023. NCHS Data Brief No. 561, May 2026. https://www.cdc.gov/nchs/products/databriefs/db561.htm
14. Tasali E, Wroblewski K, Kahn E, Kilkus J, Schoeller DA. JAMA Intern Med 2022;182:365-374. doi.org/10.1001/jamainternmed.2021.8098

This handbook is a compilation, paraphrased from the cited public sources, with each figure traceable to its source; it is not a peer-reviewed publication. It provides health and wellness information for educational purposes and is not medical advice. Consult your clinician before changing your diet or exercise. Published by Nutrisize Health, a product of EqualInformation, LLC, Sunnyvale, CA, USA. October 2026.

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