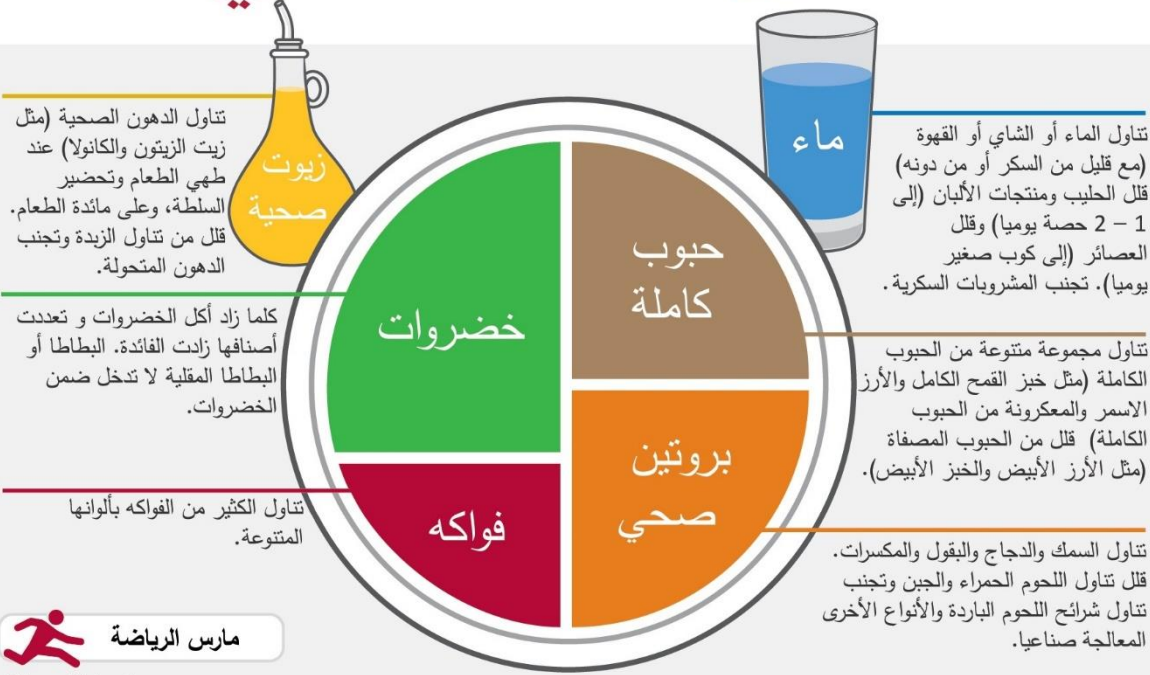


# Food Based Dietary Guidelines

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# طبق الأكل الصحي



مارس الرياضة

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The Nutrition Source  
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# Introduction

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## What are Food-based dietary guidelines (FBDGs)?

Also known as dietary guidelines, they are guidelines that intend to establish a basis for public food and nutrition, health and agricultural policies and nutrition education programs to foster healthy eating habits and lifestyles.

They provide advice on foods, food groups and dietary patterns to provide the required nutrients to the general public to promote overall health and prevent chronic diseases.

# Introduction

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- ❖ With the increasing rates of non-communicable diseases and its risk factors, there is a clear need for [political commitment](#) in developing adequate nutrition policies.
- ❖ Political actions should help prevent NCDs through various methods, including the provision of enough healthy, affordable food, especially fresh fruit and vegetables in addition to the reduction of nutritional deficiencies.
- ❖ Part of this political action should also include the translation of nutrient population goals into food-based dietary guidelines (FBDG) at the national level.
- ❖ More than 100 countries worldwide have developed food-based dietary guidelines that are adapted to their nutrition situation, food availability, culinary cultures and eating habits.

# Introduction

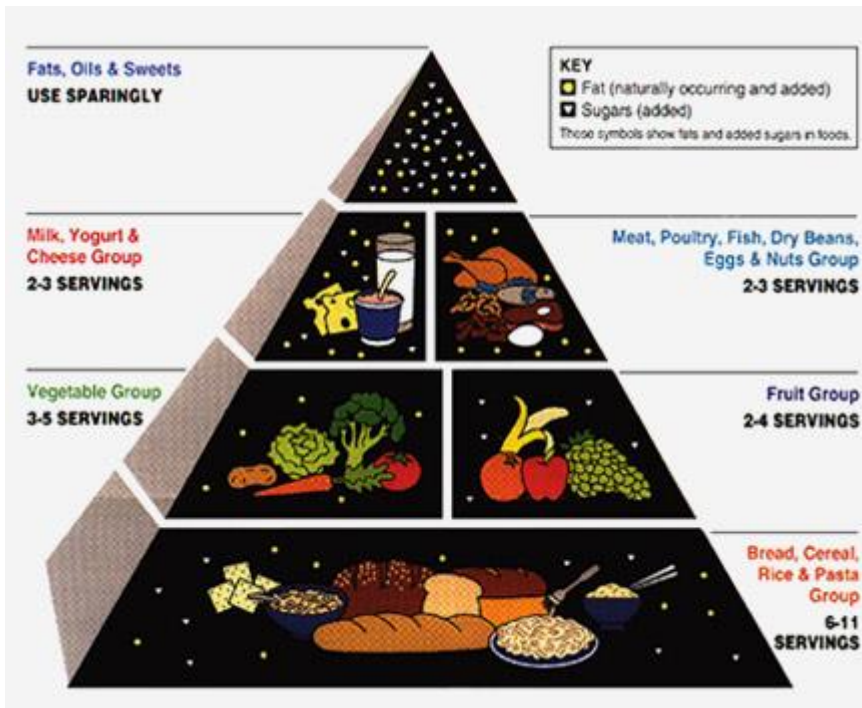
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## ❖ FDBGs need to :

- Be consistent
- Be easily understood
- Be adapted to a country's specific needs
- Ensure that the nutrient needs of the population are covered
- Contribute in reducing the risk of cardiovascular diseases
- Be in accord with public policies that promote food safety and physical activity, a healthy environment and a local food economy

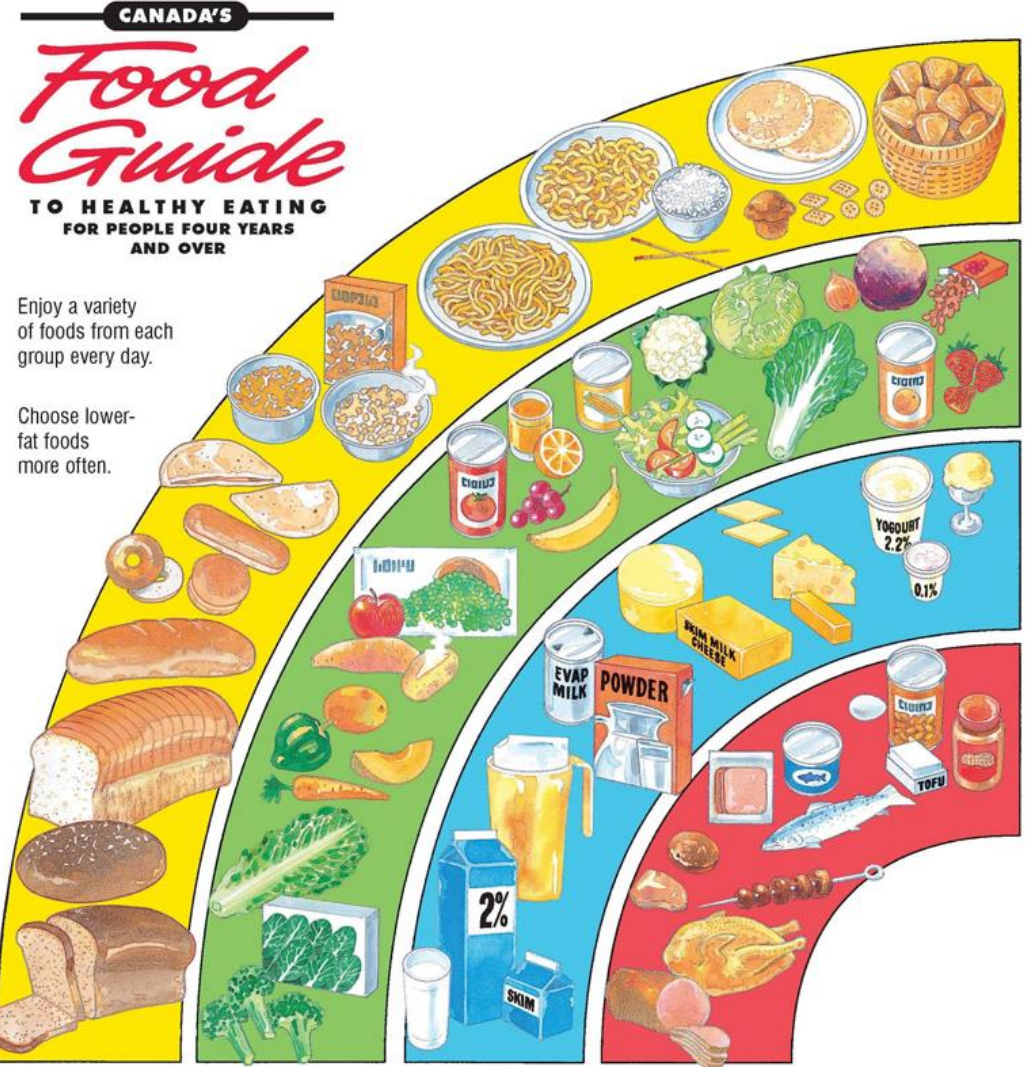
Many countries are now moving towards more holistic perspectives by addressing food combinations (meals), food safety considerations, lifestyle and sustainability aspects in their FBDGs.

# Examples





# Examples



**Grain Products**  
Choose whole grain and enriched products more often.

**Vegetables and Fruit**  
Choose dark green and orange vegetables and orange fruit more often.

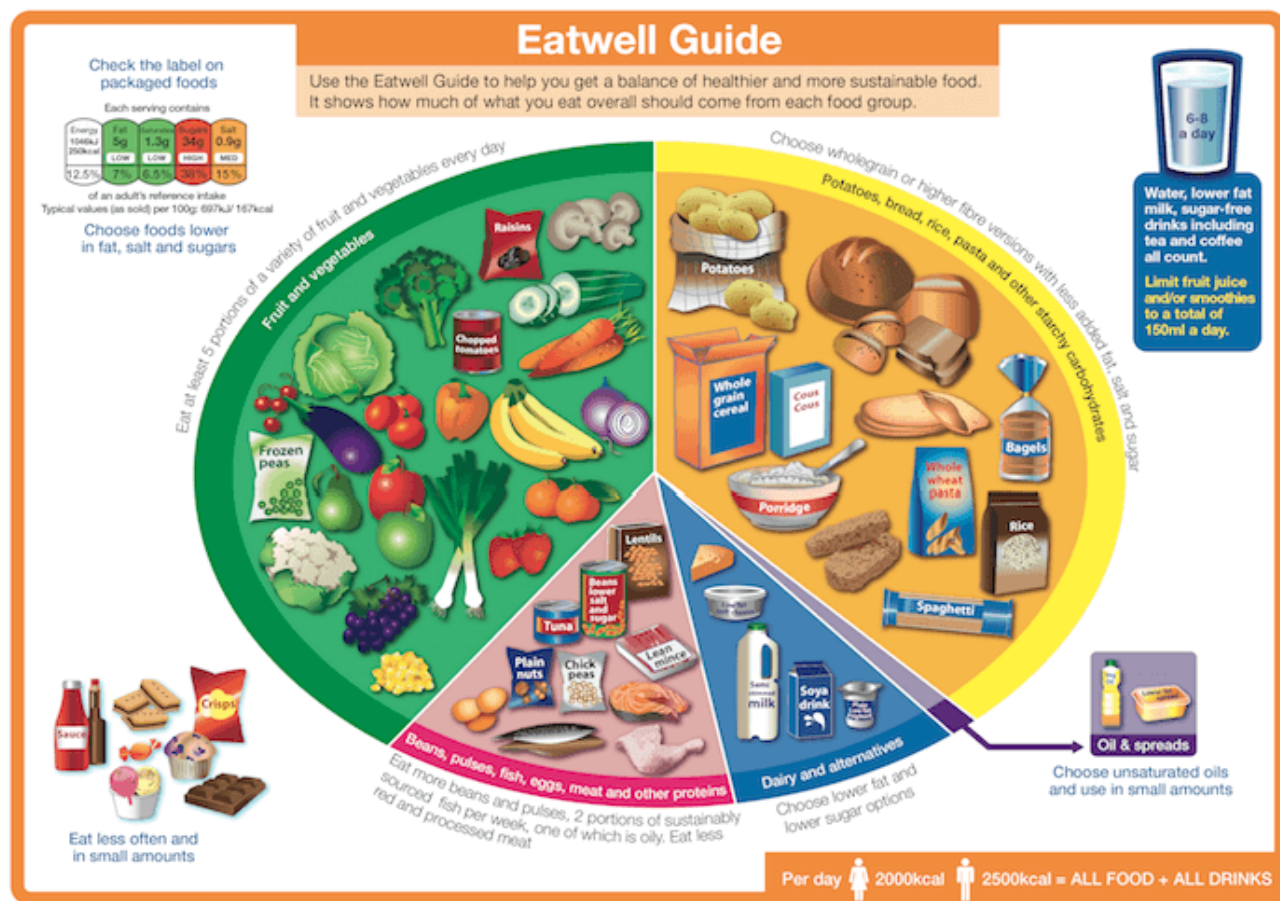
**Milk Products**  
Choose lower-fat milk products more often.

**Meat and Alternatives**  
Choose leaner meats, poultry and fish, as well as dried peas, beans and lentils more often.

Enjoy a variety of foods from each group every day.  
Choose lower-fat foods more often.



# Examples



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland © Crown copyright 2016



# Examples

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## El Plato del Bien Comer





# Examples

## Australian Guide to Healthy Eating

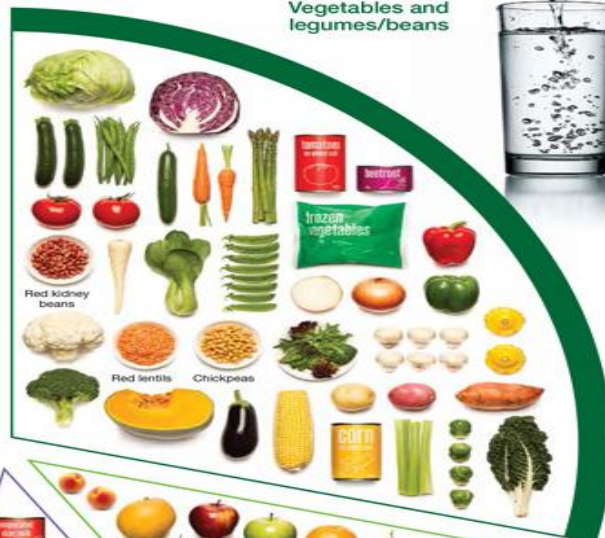
Enjoy a wide variety of nutritious foods from these five food groups every day.  
Drink plenty of water.



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Fruit



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Use small amounts



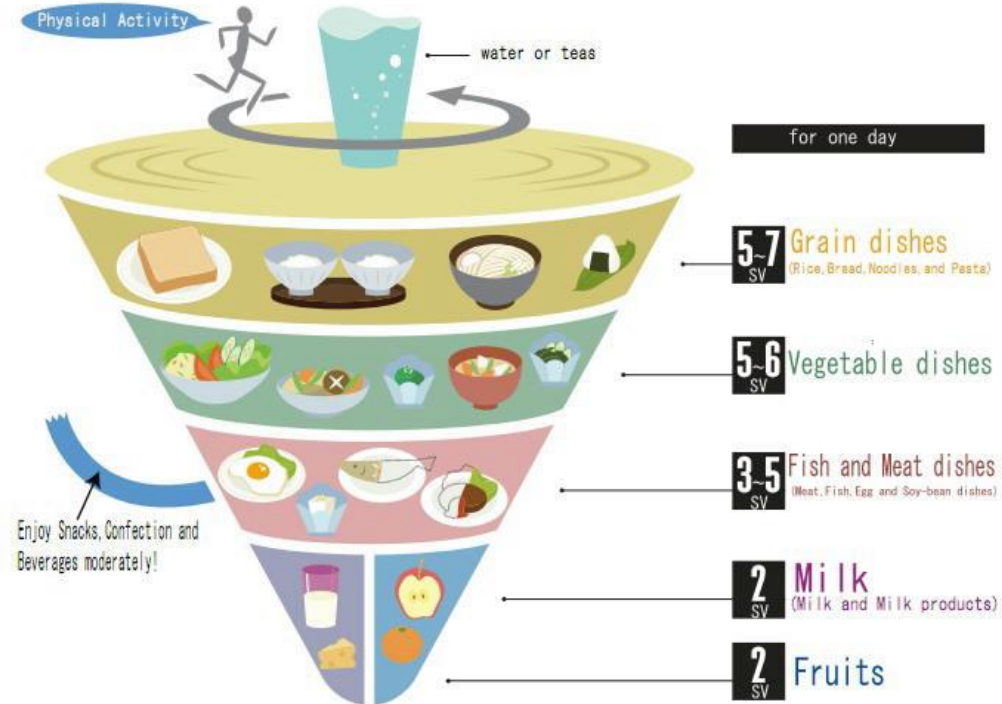
Only sometimes and in small amounts



# Examples

## Japanese Food Guide Spinning Top

Do you have a well-balanced diet?



※ SV is an abbreviation of "Serving", which is a simply countable number describing the approximated amount of each dish or food served to one person

Decided by Ministry of Health, Labour and Welfare and Ministry of Agriculture, Forestry and Fisheries.

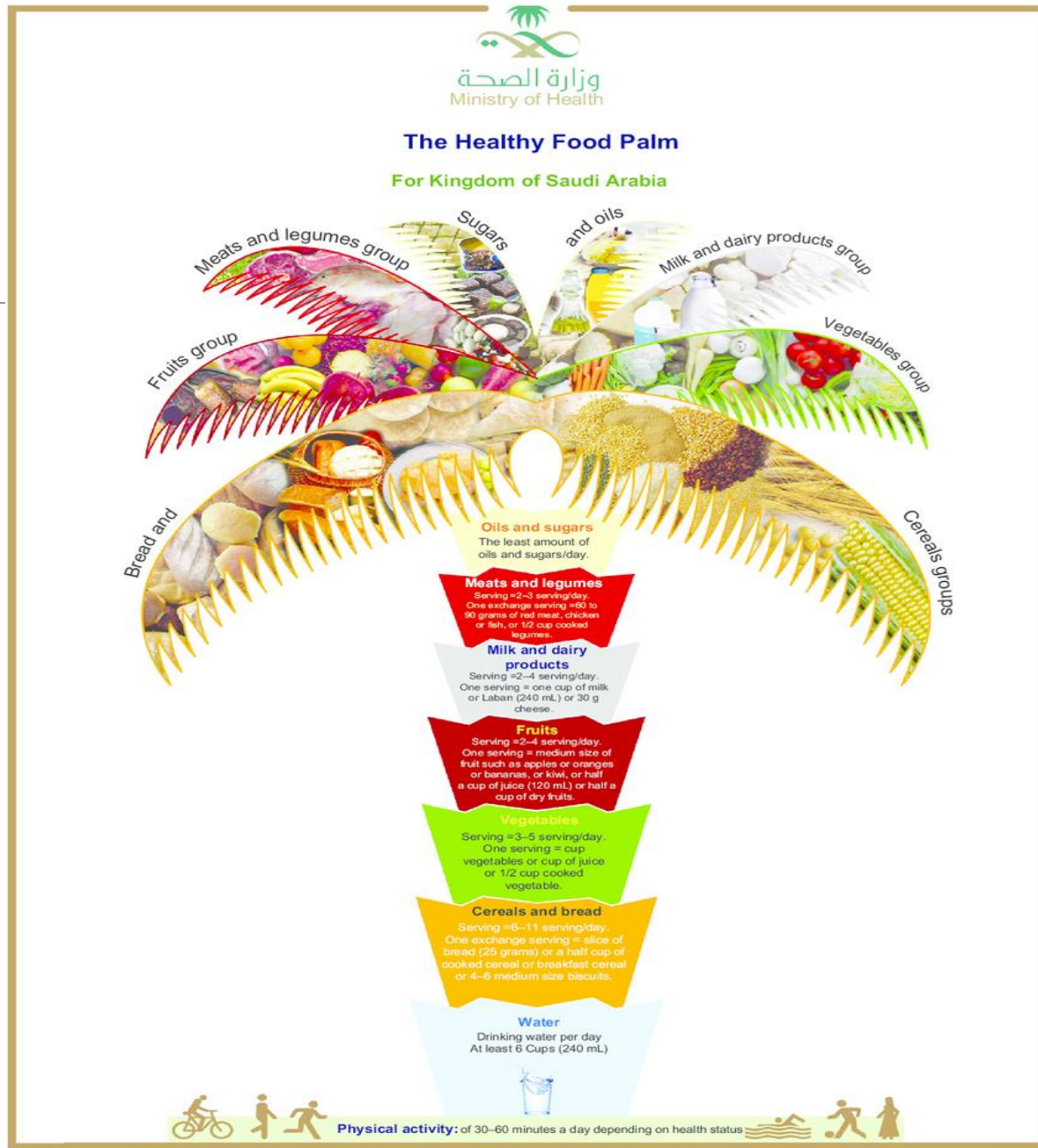


# Food Balance Wheels



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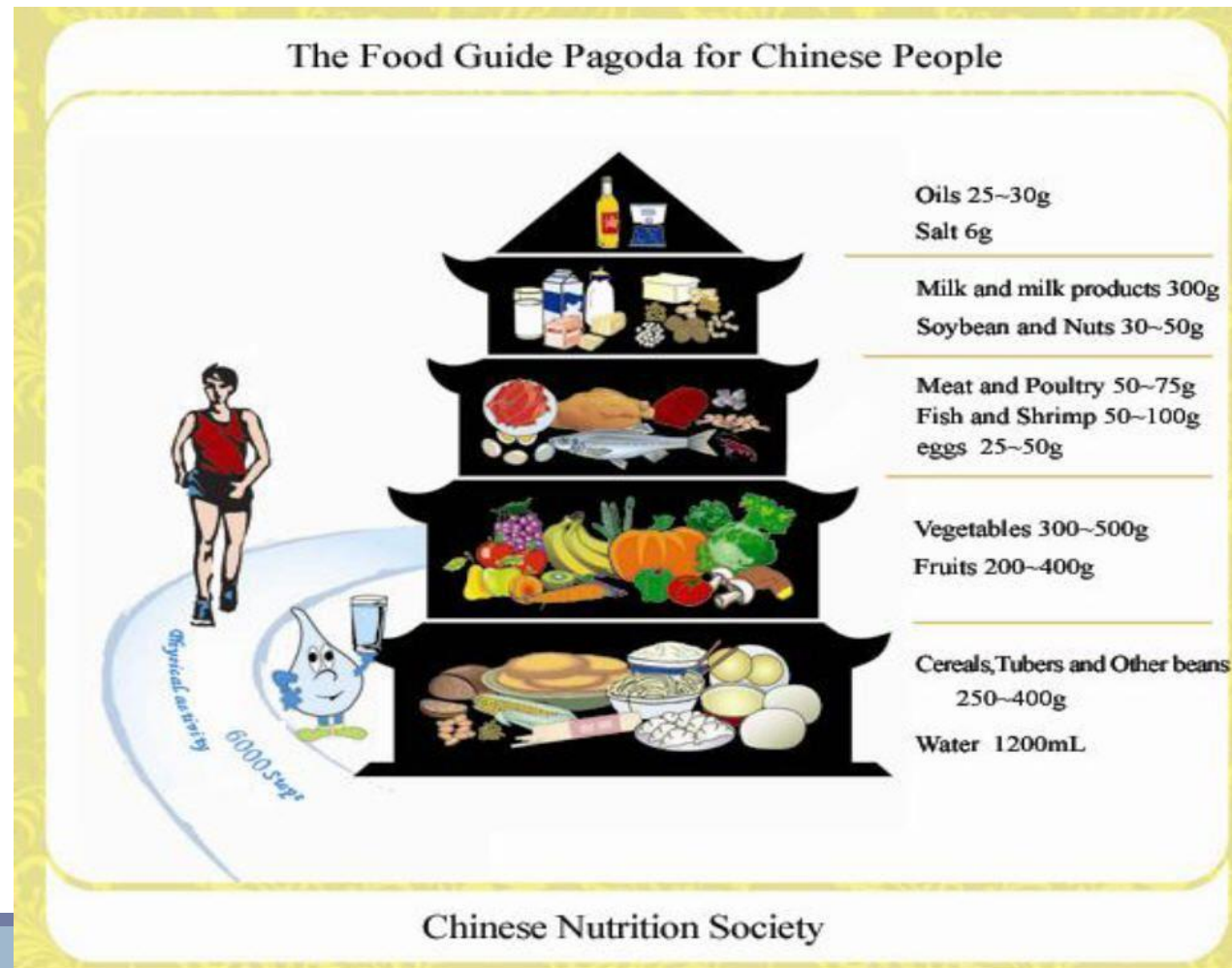
# Examples



Ministry of Health - Undersecretary of Medical Assistance Services  
General Directorate of Nutrition. Phone: 4640811 P.O.B 5253 Riyadh 11422  
Email: nutrition@moh.gov.sa-www.nutmoh.com

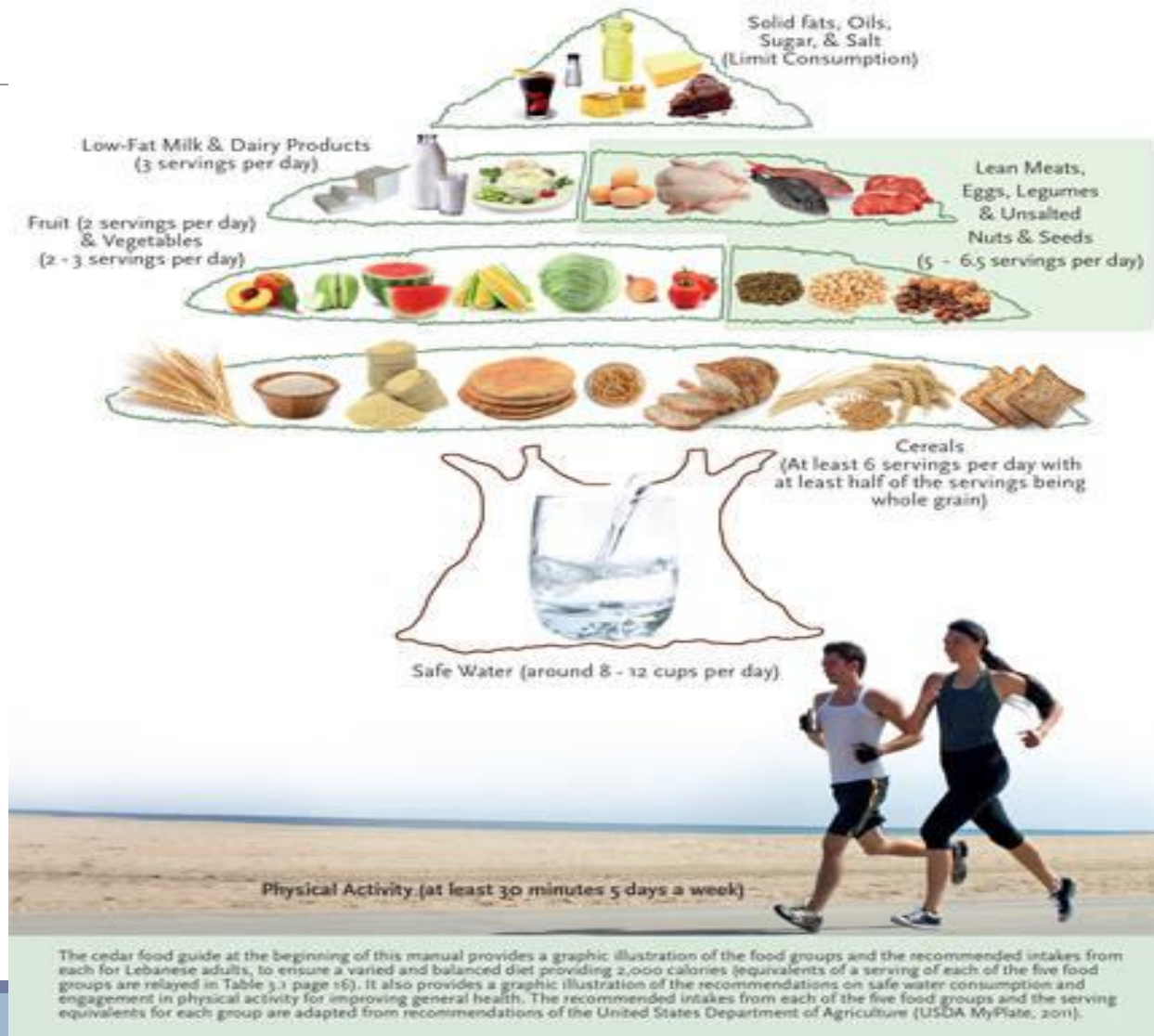


# Examples



# THE LEBANESE CEDAR FOOD GUIDE

## Examples



# Target groups

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- ❖ Food-based dietary guidelines are usually developed for all healthy individuals over two years of age.
- ❖ Many countries have also designed specific guidelines for children under two years or population groups with special nutritional needs, such as pregnant and lactating women and the elderly.

# Development

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## 1. Teams

In order to develop FBDG, representatives of various sectors are involved

This includes representatives of:

1. Agriculture
2. Health
3. Education
4. Nutrition and food science
5. Consumers
6. Non-governmental organizations
7. Food industry
8. Communications

# Development

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## 2. Sources

Various sources of information are reviewed in the process of developing FBDGs, these include:

1. Scientific evidence of the relationship between diet
2. Nutrition and health
3. Food production data
4. Food consumption data
5. Food composition
6. Cost and accessibility.



# Development

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## 2. Sources

Relevant scientific areas in the development process

1. Nutrition science: physiology and pathophysiology related to food components
2. Food science and technology
3. Educational, behavioral and social sciences
4. Agricultural and environmental sciences

# Development

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## 3. Pilot Testing

Pilot testing means a small-scale study/project that is applied in order to evaluate the various aspects of it prior to a full-scale application

The guidelines are pilot-tested with consumer groups to ensure that FBDGs are:

- Practical
- Comprehensible
- Messages are well-suited to the cultural, social and economic situation of a particular country.

# Development

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## 4. **Implementation and Evaluation**

Implementation and evaluation [mechanisms](#) should be developed in parallel with the development of the guidelines themselves.

# Development

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## 4. Implementation and Evaluation

- ❖ The implementation of FBDGs goes beyond the traditional dissemination of messages to the public through different channels and media.
- ❖ FBDGs need to be:
  - Coherently integrated in national food, agriculture, education and/or health policies and programs
  - Applied into different sectors
  - Involve a wide range of stakeholders from governments, non-governmental organizations, mass media, the private sector and communities.

# Development

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## 4. Implementation and Evaluation

Evaluation is necessary to see what works and what doesn't, and to support the evidence base.

For FBDGs, the outcomes measured would depend on the type and duration of the intervention. A full evaluation needs to consider:

- Short term indicators
- Medium term indicators
- Long term indicators



# Development

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## 4. Implementation and Evaluation

### Short term indicators

Include changes in knowledge and attitudes of the population, health professionals, decision makers and the food industry relative to the dietary guidelines

# Development

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## 4. Implementation and Evaluation

### Medium term indicators

Include increased availability and accessibility to the foods recommended; use of the dietary guidelines to set standards in public settings as a basis for developing food, agriculture and nutrition policies and programmes.

# Development

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## 4. Implementation and Evaluation

### Long term indicators

Include changes in household or commercial food production, consumption trends and dietary intake. Health outcomes, including biochemical indicators may be appropriate in assessing the effectiveness of dietary guidelines in some circumstances.