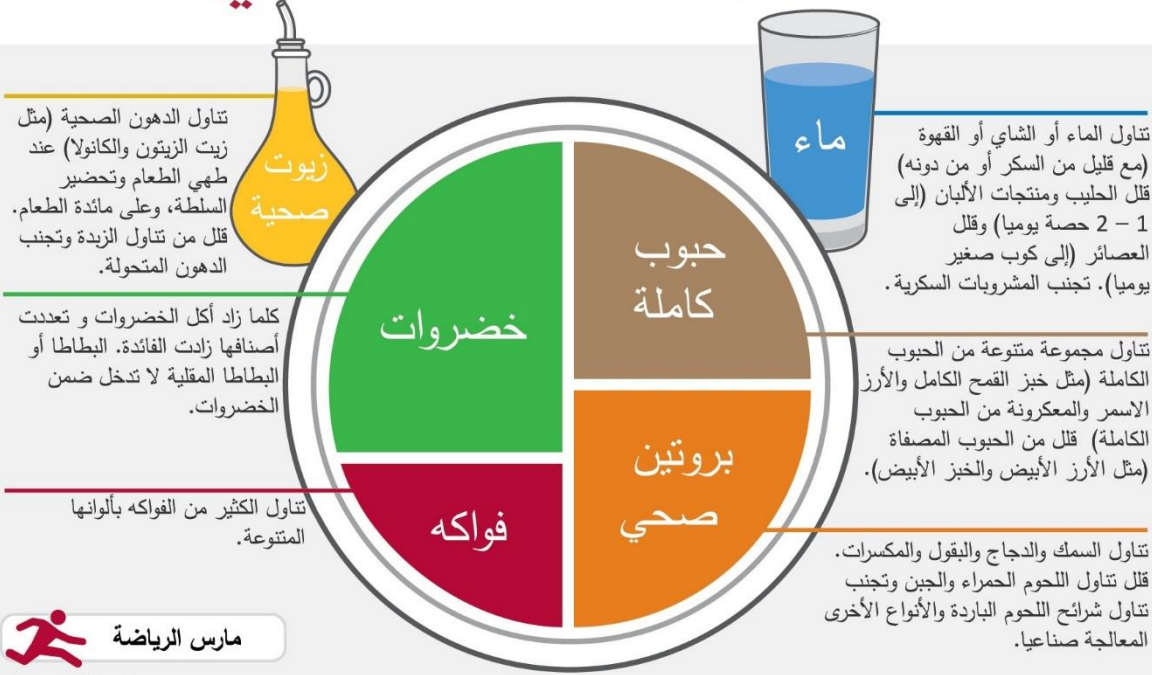


Food Based Dietary Guidelines

طبق الأكل الصحي



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Introduction

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

- ❖ 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.

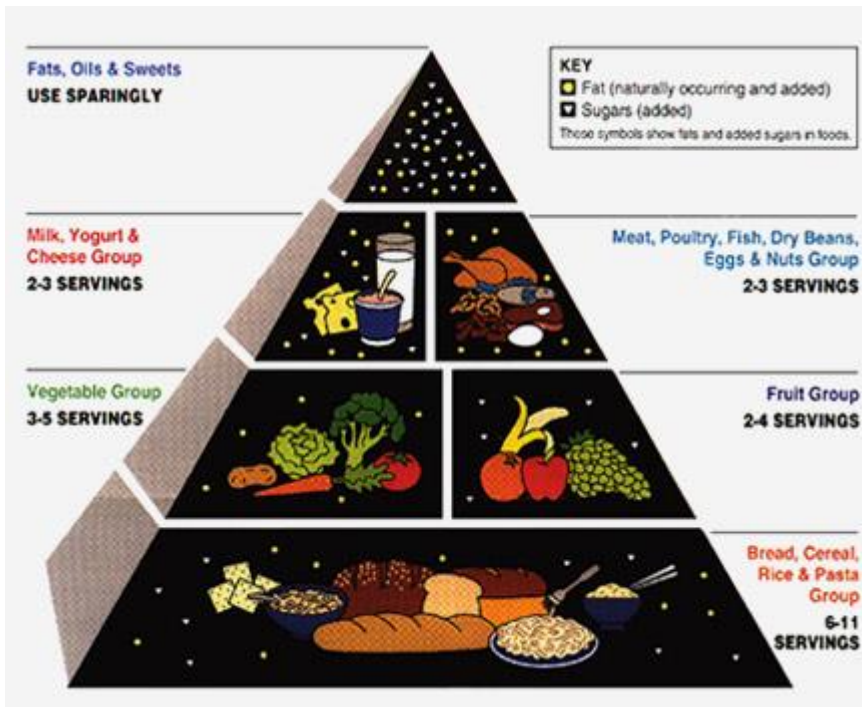
Introduction

❖ FDBGs need to :

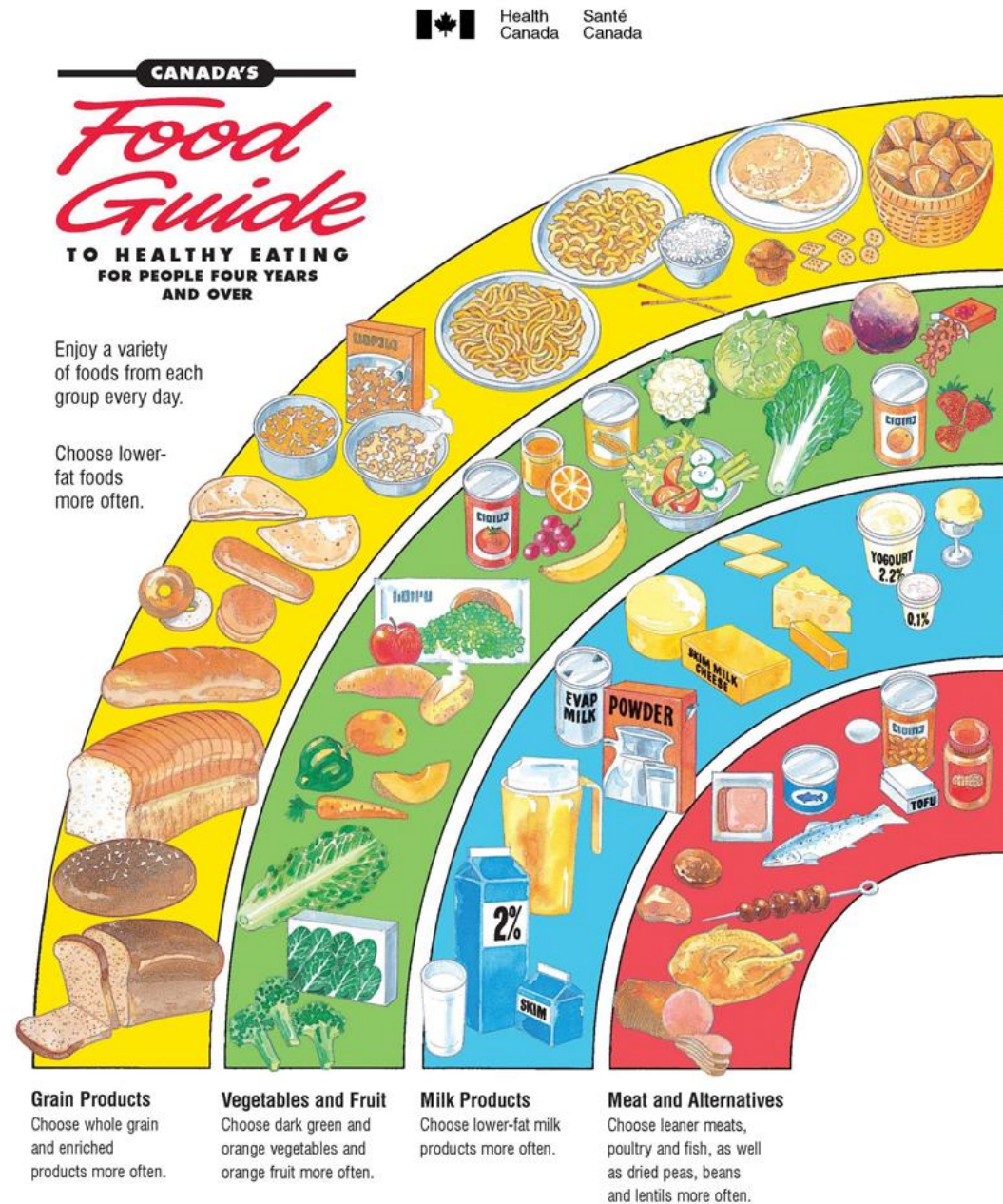
- Be consistent
- Be easily understood
- Be adapted to a country's specific needs
- Ensure that the nutrient needs of the population are covered
- Contribute in reducing the risk of cardiovascular diseases
- Be in accord with public policies that promote food safety and physical activity, a healthy environment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

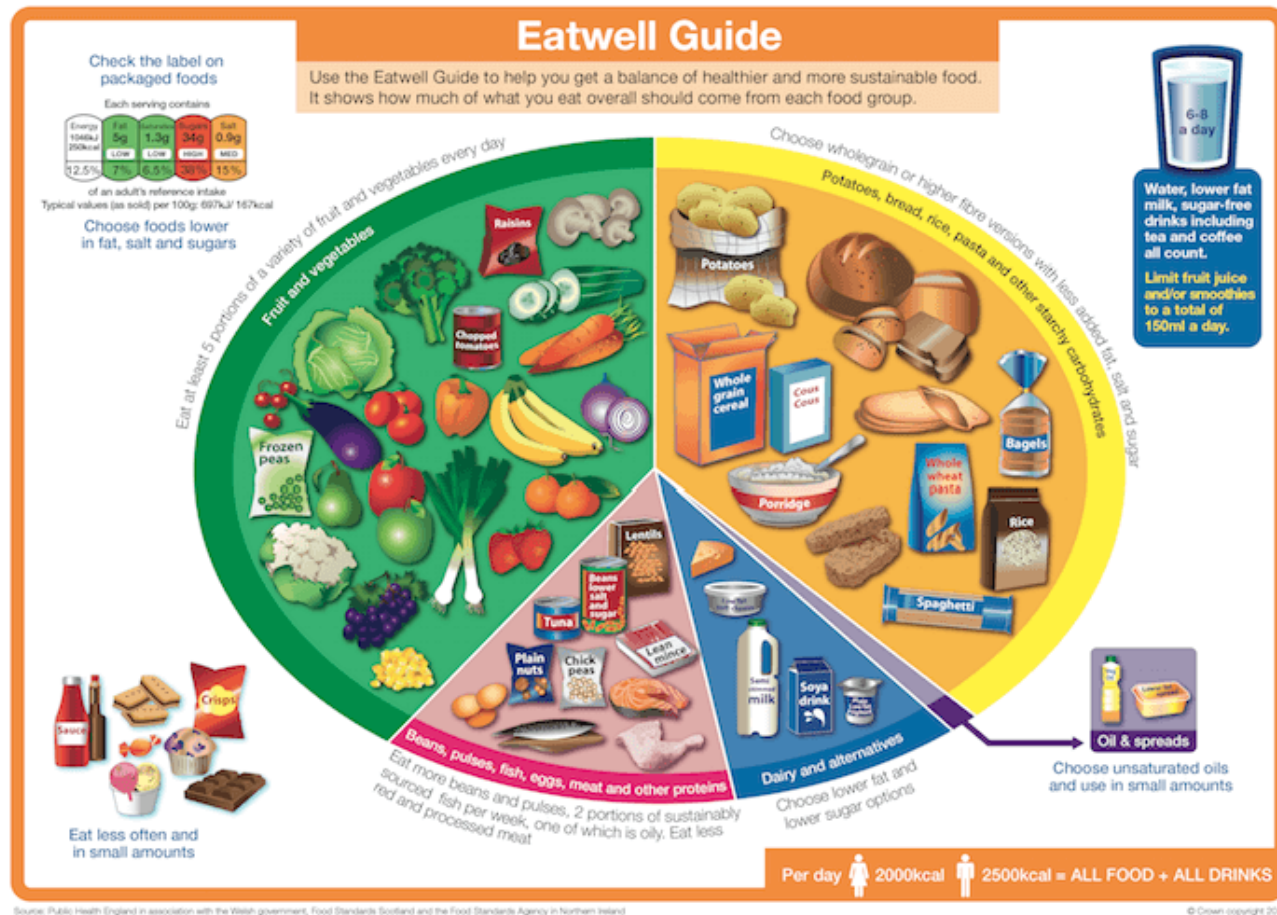
Examples



Examples



Examples



Examples

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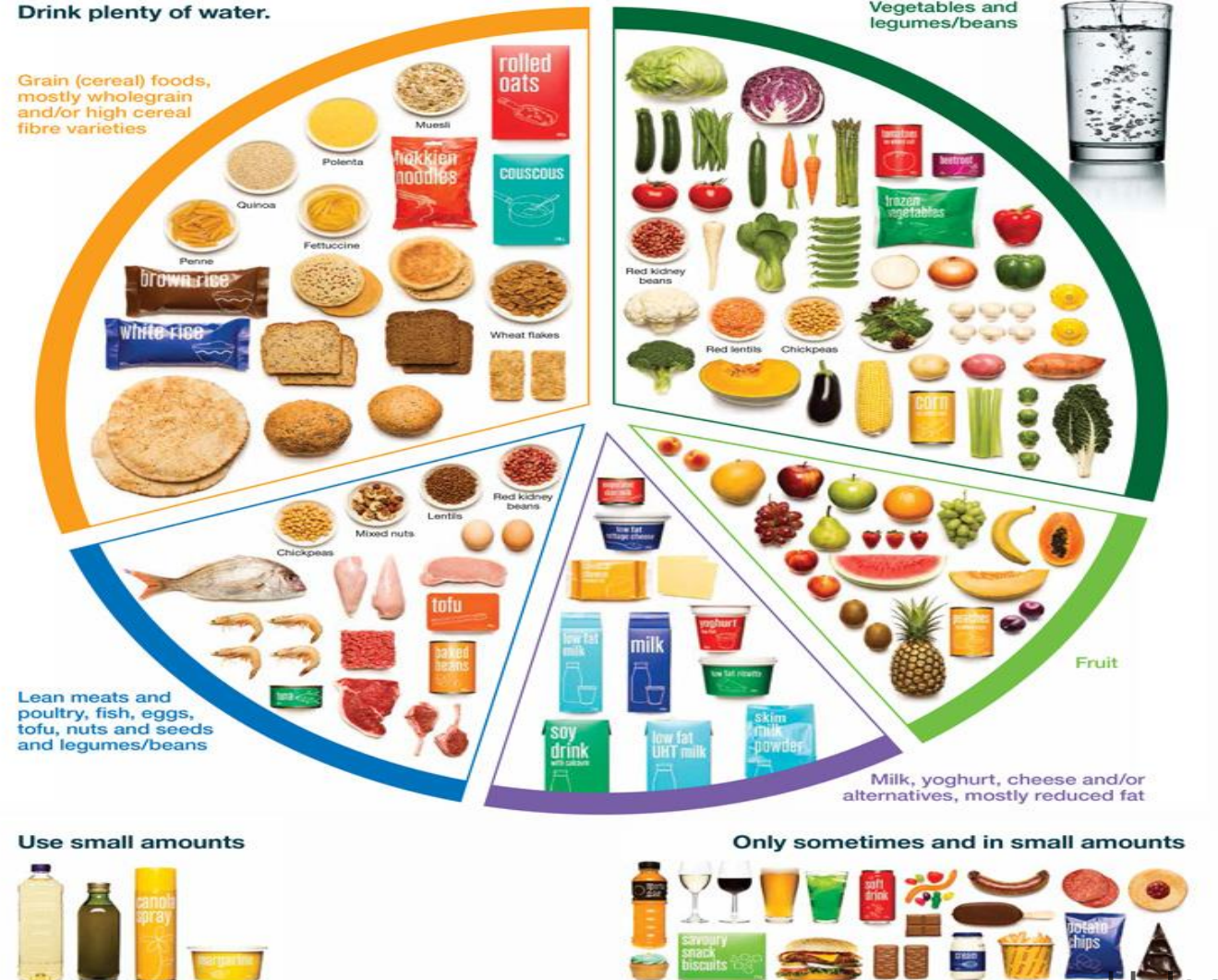




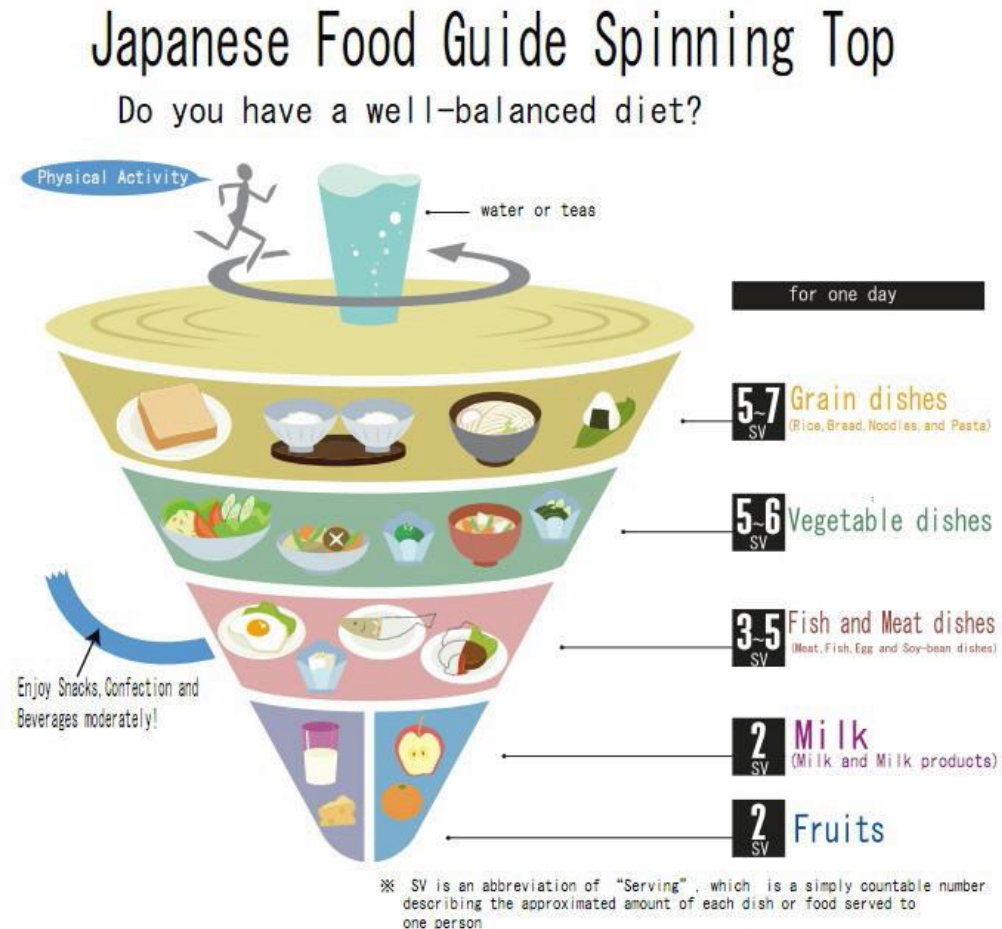
Examples

Australian Guide to Healthy Eating

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



Examples

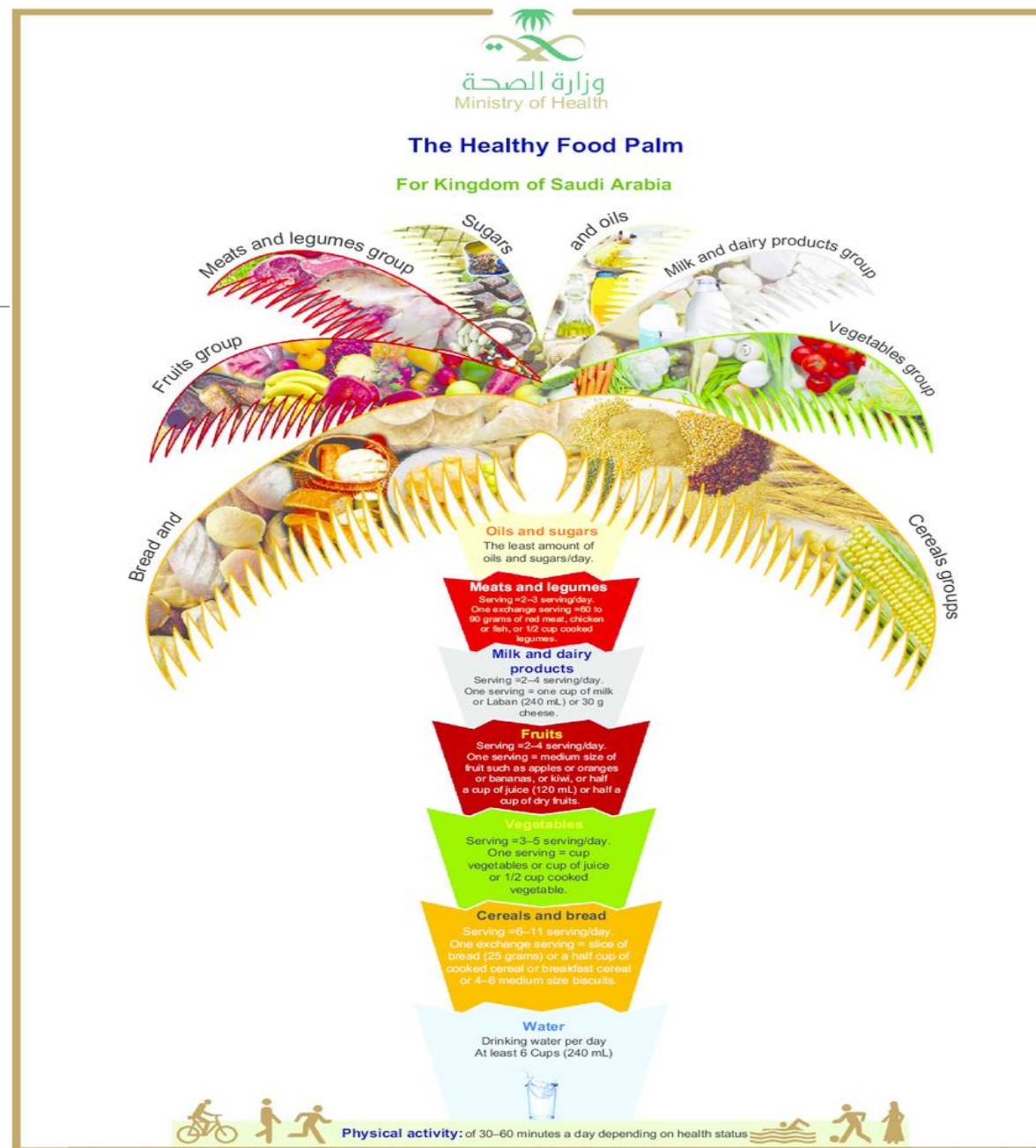


Food Balance Wheels

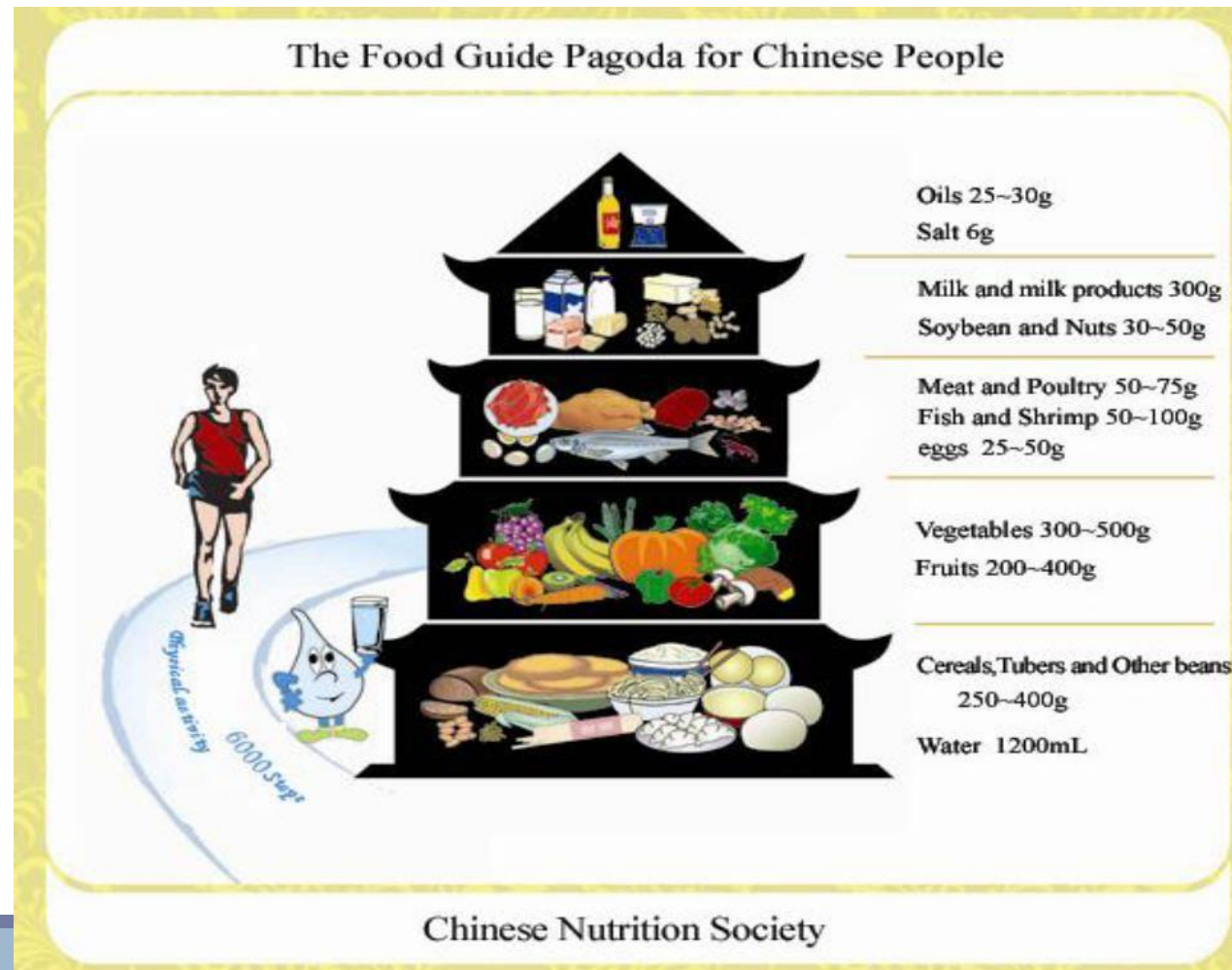


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Examples

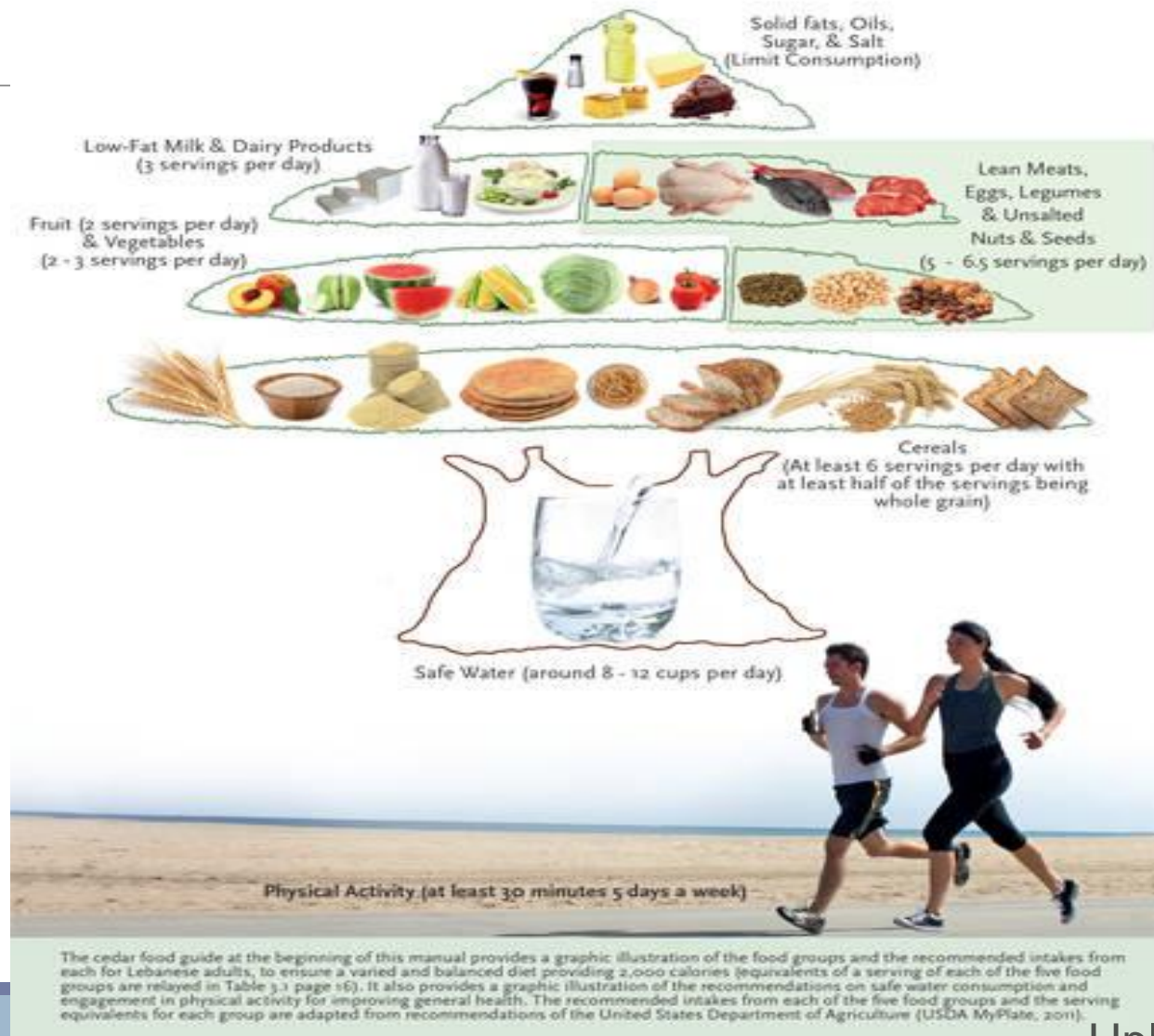


Examples



THE LEBANESE CEDAR FOOD GUIDE

Examples



Target groups

- ❖ 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

1. Teams

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

This includes representatives of:

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

Development

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

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

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

4. **Implementation and Evaluation**

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

Development

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

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

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

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

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.