

Similarities and Differences in Food based Dietary Guidelines/ Recommendations throughout Europe

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EUROPEAN PUBLIC HEALTH NUTRITION ALLIANCE(EPHNA)

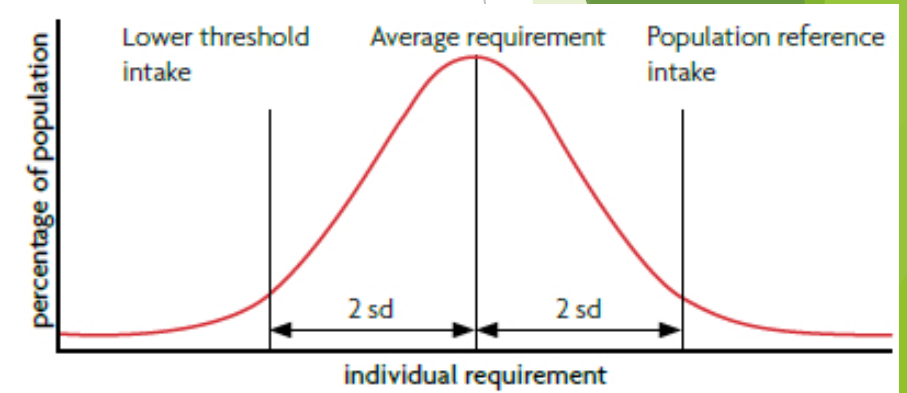
- ▶ A WORKING GROUP FOR MAPPING EUROPEAN FOOD BASED DIETARY GUIDELINES WAS SET UP IN 2017
- ▶ RESPONSIBLE MEMBERS :ANNA RITO-PORTUGAL
MARIA HASSAPIDOU-GREECE

About DRVs

- ▶ A balanced diet is one that provides adequate amounts of energy and nutrients for health and well-being.
- ▶ **Nutrient based recommendations** come in the form of Dietary Reference Values (DRVs).
- ▶ **DRVs** aim to ensure sufficient intakes of energy and essential nutrients in:
 - ▶ different groups (according to sex and age) of healthy people in a population
 - ▶ different groups of people having chronic diseases (ex. diabetes mellitus, CVDs)

DRVs

- ▶ **Population Reference Intake:** level of intake adequate for virtually all people, i.e. an optimal intake for the population as a whole.
- ▶ **Average Requirement:** level of intake adequate for half of the people, assuming a normal distribution of requirements.
- ▶ **Lower Threshold Intake:** level of intake below which, on the basis of current knowledge, almost all individuals would have an inadequate intake.
- ▶ **Adequate Intake:** the average level of a nutrient consumed by healthy populations.



Food based dietary guidelines (FBDG)

Individuals choose foods for their diet and not nutrients.

Thus the interpretation of nutrient based recommendations are preferable in the form of food based dietary guidelines (FDBG)

- ▶ FDBG provide advice on foods, food groups and dietary patterns.
- ▶ FDBG are simple messages to the general public on healthy eating to promote overall health and prevent chronic diseases.

Food based dietary guidelines (FDBG)

- ▶ Food-Based Dietary Guidelines (FBDGs) have been described as science-based recommendations in the form of guidelines for healthy eating. They should be consistent, easily understood and memorable ([EFSA 2010](#)).

FBDG

- ▶ More than 100 countries worldwide have developed FBDG that are adapted to their nutrition situation, food availability, culinary cultures and eating habits.
- ▶ Most countries have developed a graphic representation of FBDG to illustrate the proportions of different foods that should be included in a balanced diet.
- ▶ The food pyramid and the food plate are the two main graphics used by the countries.
- ▶ The use of food groups makes sure that all the basic foods are included and gives positive messages about what we should be eating as well as some information to help us avoid eating too much of certain foods.

Examples of FBDG for the general population



Food-based dietary guidelines



Background

Regions

Resources

Capacity development




Food-based dietary guidelines (also known as dietary guidelines) are intended to establish a basis for public food and nutrition, health and agricultural policies and nutrition education programmes 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.



FAO assists Member Countries to develop, revise and implement food-based dietary guidelines and food guides in line with current scientific evidence. FAO also carries out periodic reviews on progress made in the development and use of dietary guidelines, tracking changes in their overall focus and orientation.

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. In addition countries publish food guides, often in the form of food pyramids and food plates, which are used for consumer education [Read more](#)

Africa

-  Benin
-  Kenya
-  Namibia
-  Nigeria
-  Seychelles
-  Sierra Leone
-  South Africa

Asia and the Pacific

-  Afghanistan
-  Australia
-  Bangladesh
-  Cambodia
-  China
-  Fiji
-  India
-  Indonesia
-  Japan
-  Malaysia
-  Mongolia

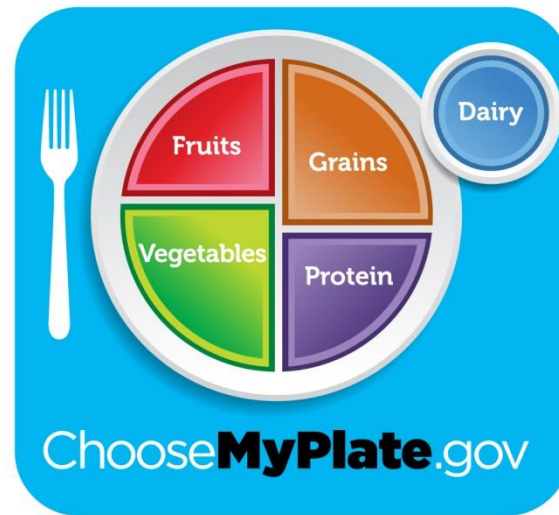
Europe

-  Albania
-  Austria
-  Belgium
-  Bosnia and Herzegovina
-  Bulgaria
-  Croatia
-  Cyprus
-  Denmark
-  Estonia
-  Finland
-  France
-  Georgia
-  Germany
-  Greece
-  Hungary
-  Iceland
-  Ireland
-  Israel
-  Italy
-  Latvia

Latin America and the Caribbean

-  Antigua and Barbuda
-  Argentina
-  Bahamas
-  Barbados
-  Belize
-  Bolivia (Plurinational State of)
-  Brazil
-  Chile
-  Colombia
-  Costa Rica
-  Cuba
-  Dominica
-  Dominican Republic
-  El Salvador
-  Grenada
-  Guatemala
-  Guyana
-  Honduras
-  Jamaica
-  Mexico

USA - My Plate

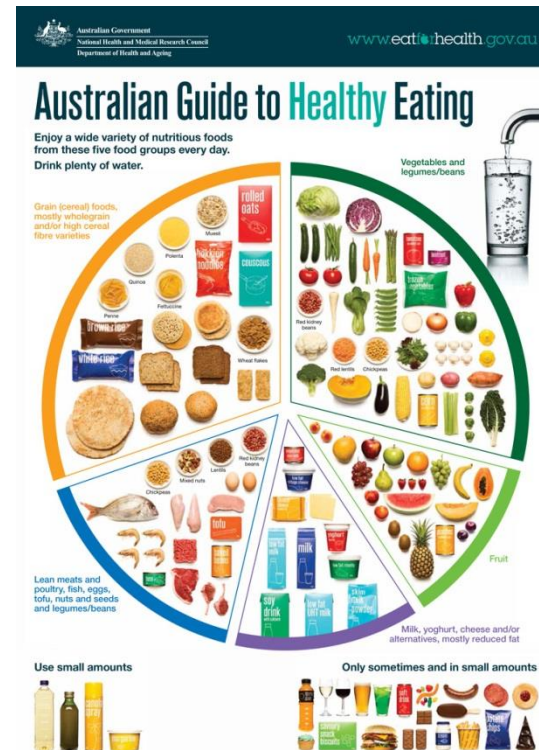


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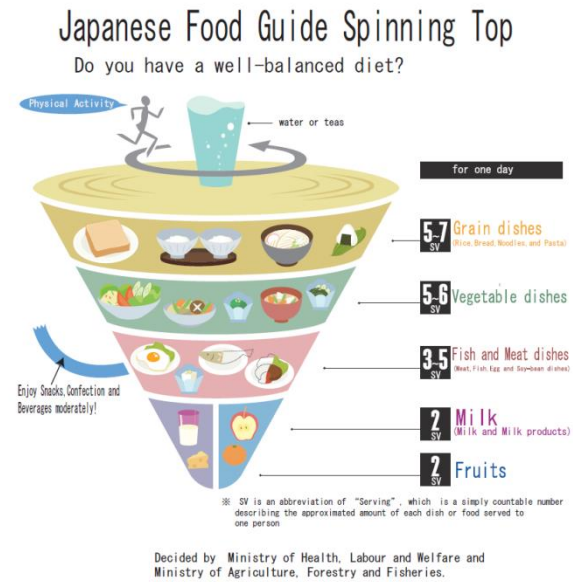


NUTRITIONAL
SCIENCES &
DIETETICS

Australia - Wheel



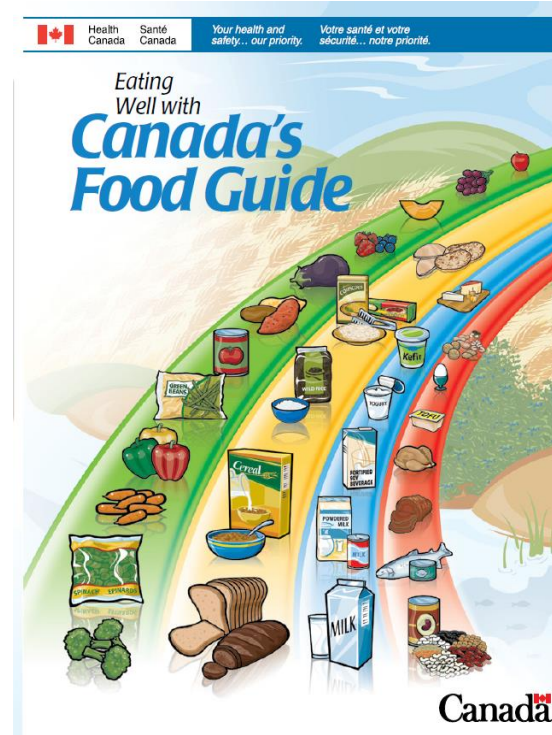
Japan - Food Guide Spinning Top



Other models



China – Dietary Pagoda



Canada - Rainbow



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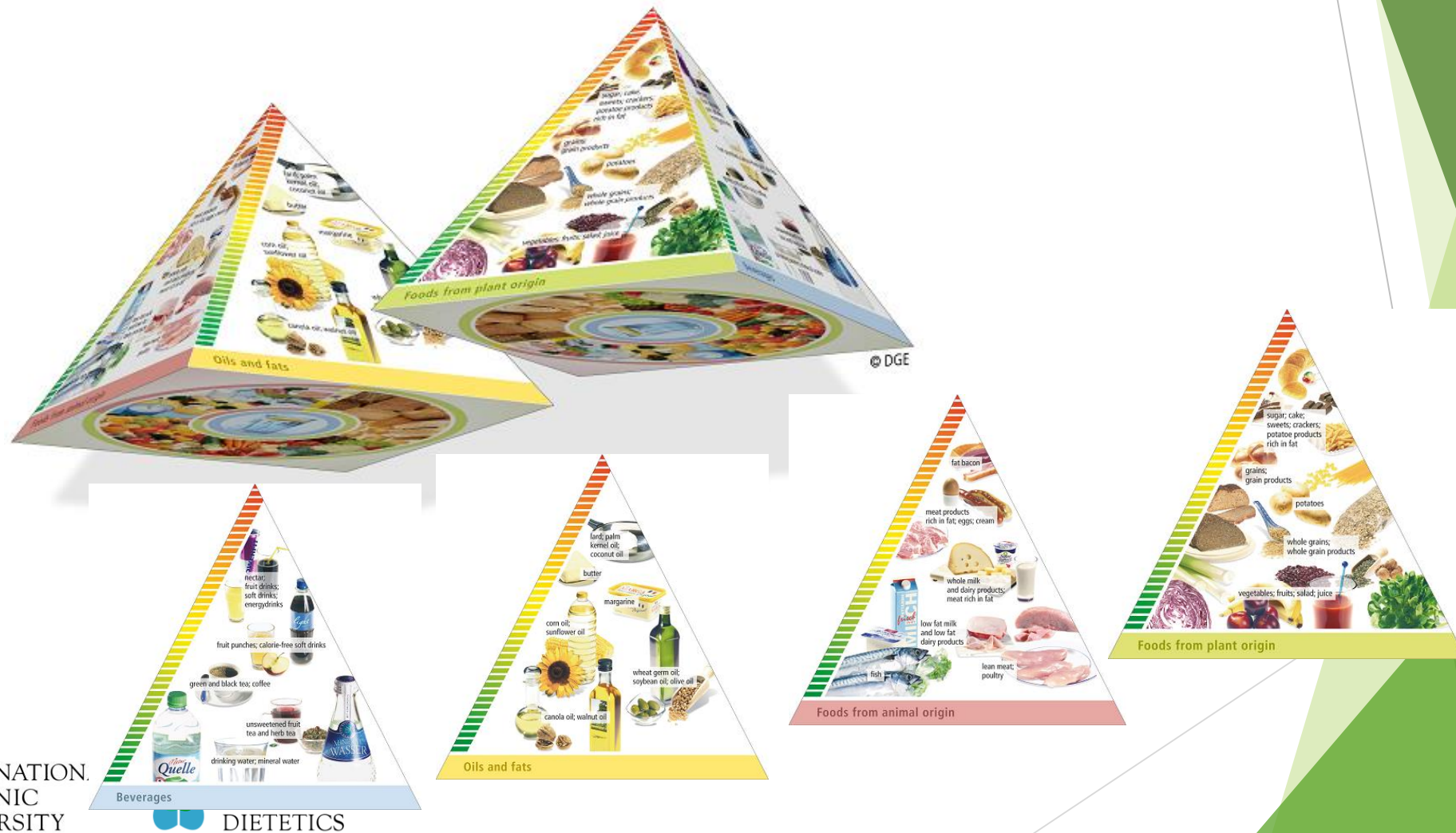


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DIETETICS

EUROPEAN GUIDELINES

- ▶ All 28 countries in the EU plus Switzerland, Iceland and Norway have FBDG. This brief presentation summarises them and identifies similarities and differences.

Germany - Nutrition Pyramid



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DIETETICS

MALTA

The Healthy Plate
A guide for eating throughout life

Select a variety of nutritious foods from each food group every day.
Drink plenty of water. Keep active. Reduce sitting time. Enjoy your meals with family and friends.


Limit your intake
Alcohol is not allowed to children
Saturated fats
Salt
Sugar


Water

Limit your intake
Saturated fats
Salt
Sugar

Food Groups:
Vegetables
Fruits
Lean meat, fish, poultry, eggs, legumes, nuts and seeds
Milk and milk products
Cereals, cereal products (preferably wholegrain) and potatoes

Logos: HESCA, MCAST, Ministry of Health, Malta Water, etc.

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SCIENCES &
DIETETICS

The Healthy Plate

A guide for eating throughout life

Select a variety of nutritious foods from each food group every day.
Drink plenty of water. Keep active. Reduce sitting time. Enjoy your meals with family and friends.

Vegetables

Fruit

Fat and oils

Milk and milk products

Cereals, cereal products (preferably wholegrain) and potatoes

Water

Limit your intake

Alcohol is not allowed in children

Limit your intake

Herbs and Spices

Lean meat, fish, poultry, eggs, legumes, nuts and seeds

Health Promotion & Disease Prevention
For children, adolescents and adults

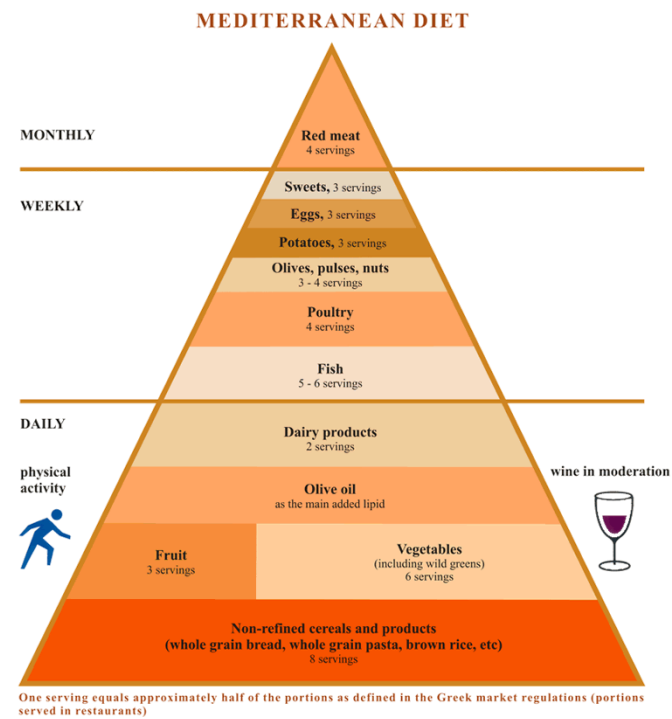
WATER

HESC
HEALTHY EATING SCHOOLS
CERTIFICATE OF MERIT

MACAST
MAGNET ACADEMY GYMNASIUM
CAMPUS OF MOUNTAIN VIEW



Greece - Nutrition Pyramid

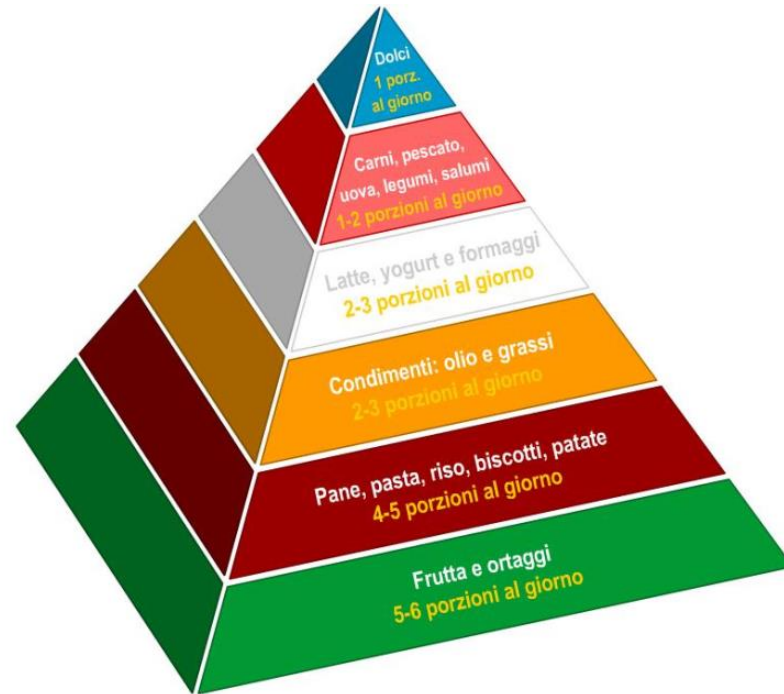


Also remember to:

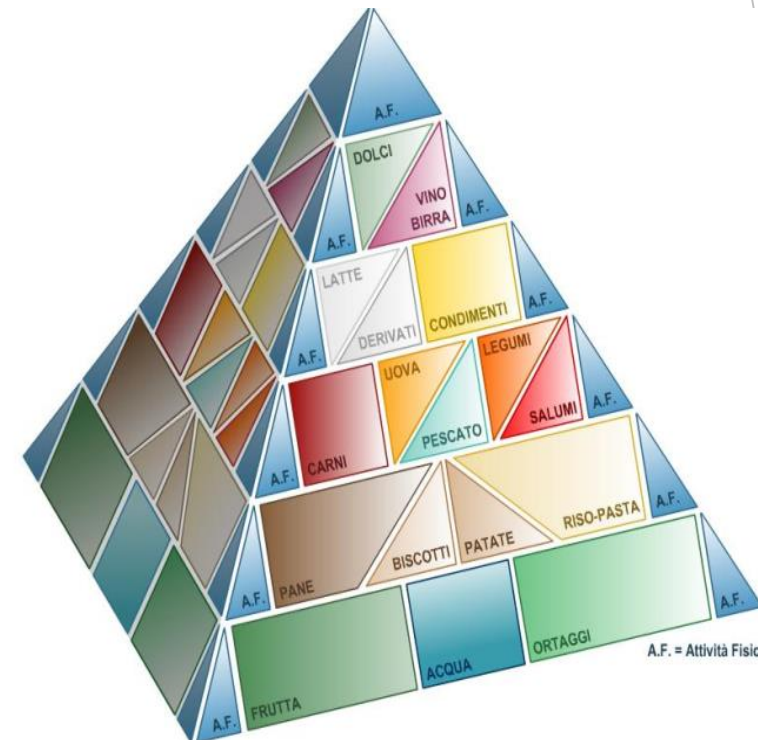
- drink plenty of water
- avoid salt and replace it by herbs (e.g oreganon, basil, thyme, etc)

Source: Supreme Scientific Health Council, Hellenic Ministry of Health

Italy - Nutrition Pyramid

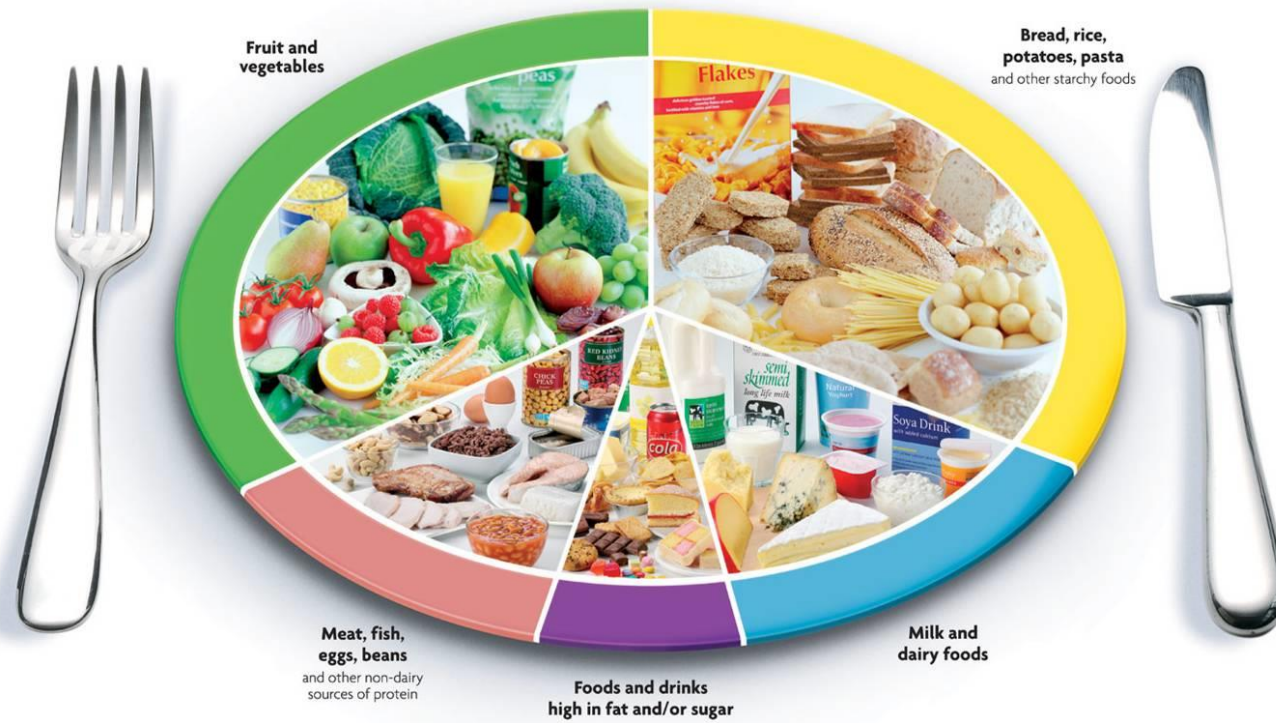


Daily nutrition pyramid



Weekly nutrition pyramid

UK - the eatwell plate



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Turkey - Four-Leaf Clover

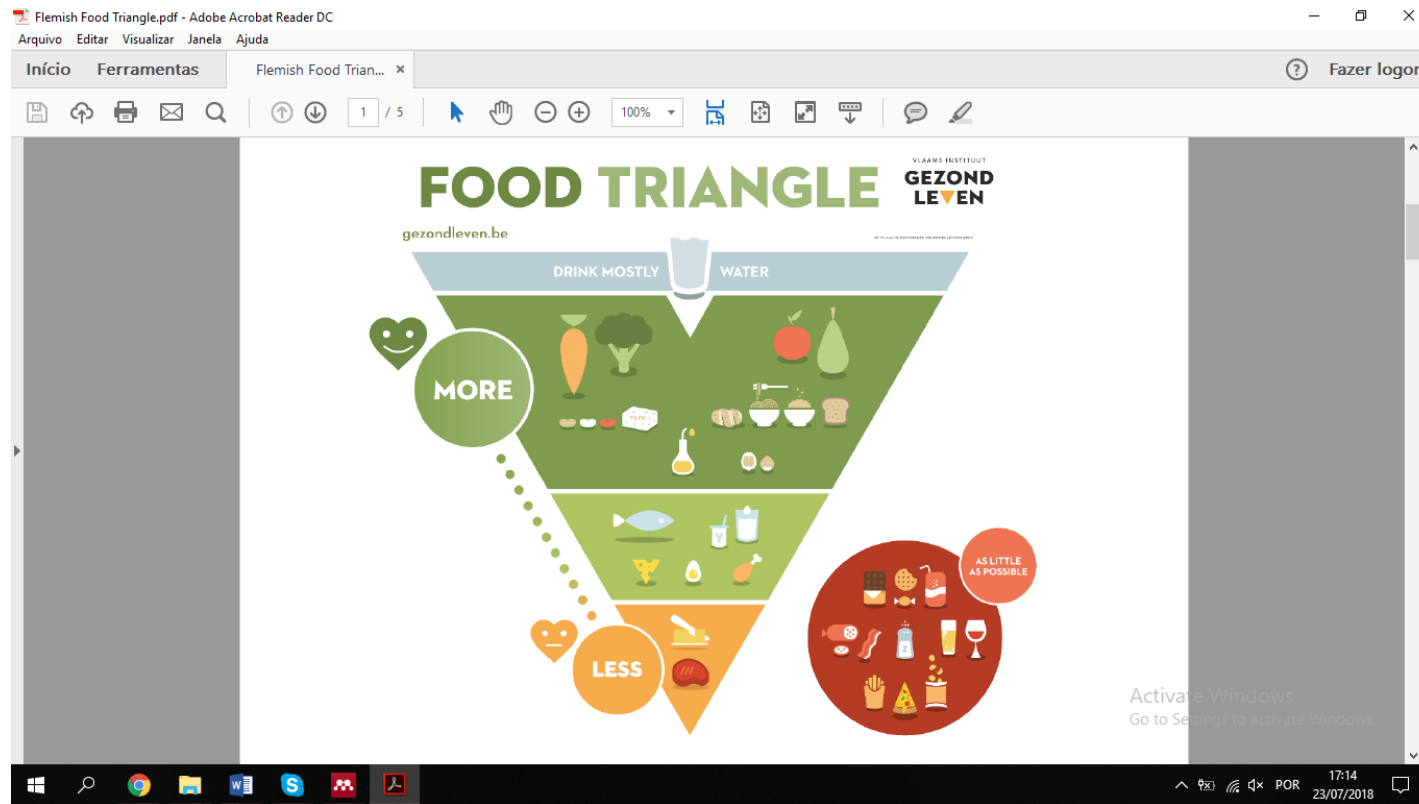


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DIETETICS

FLEMISH COMMUNITY GUIDELINES



PORTUGAL



The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern, layered effect on the right side of the slide.

Examples for these recommendations

Eat plenty of fruits and vegetables

- ▶ Fruit and vegetables should make up a large proportion of the diet.
- ▶ This group provides dietary fibre, folate, vitamin C, vitamin A, minerals and water.
- ▶ Choose a wide variety of different fruit and vegetables and aim to eat at least 5 different portions every day.



Eat 5 A DAY – what counts as 1 portion?



1 medium apple



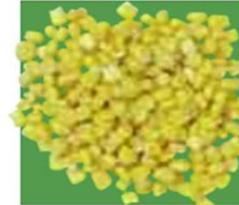
3 celery sticks



1/2 a large courgette



8 cauliflower florets



3 heaped tbsp of
canned sweetcorn



8 Brussels sprouts



12 chunks of pineapple



1 slice (2-inch slice)
of melon



2 kiwi fruit



1/2 an avocado



7 cherry tomatoes



1 medium pear



3 heaped tbsp of
cooked kidney beans



1 medium onion



1 handful of chopped
carrot sticks



2 broccoli florets



1 handful of
vegetable sticks



3 whole dried apricots



2 small satsumas



16 medium okra



2 medium plums



1 leek



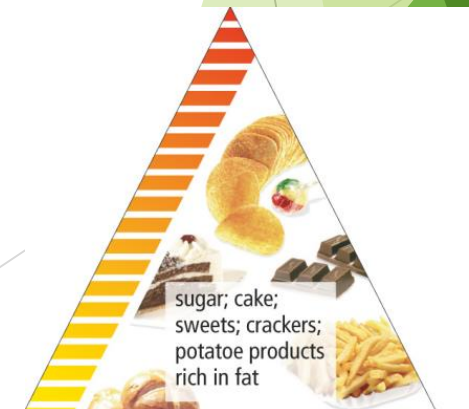
1 medium banana



3 heaped tbsp of
fresh or frozen peas

Limit intake of foods that are high in fat and/or sugar

- ▶ Foods and drinks high in fat and/or sugar should be eaten in limited amounts.
- ▶ These foods should be used sparingly if eaten every day (such as butter, spreads and oil) or not eaten too often (such as sweets, biscuits, cakes and some savoury snacks).



FBDG according to age group

FBDG according to age group

- ▶ Different age groups
 - ▶ Infants (from birth to the 12th month)
 - ▶ Children and adolescents (1-18 years)
 - ▶ Adults (18-65 years)
 - ▶ Older (>65 years)

Examples of Dietary Recommendations for children



Ex.1; Greece



- National Dietary Recommendations published in 2014, by the Ministries of Health, Education and Agriculture.
- 4 different age groups.
- Useful and easy to read both by experts and public.

Ex.2; United Kingdom

- ▶ Young children & adolescents (1-4, -5-11, 12-18 years old).
- ▶ Food based dietary guidelines.
- ▶ Food portions & meal type examples - use of photos.



Examples of Dietary Recommendations for adults



Nordic Nutrition Recommendations 2012
Integrating nutrition and physical activity



De officielle
Kostråd

Spis varieret,
ikke for meget
og vær fysisk
aktiv

Spis frugt og
mange grøntsager

Spis mere
fisk

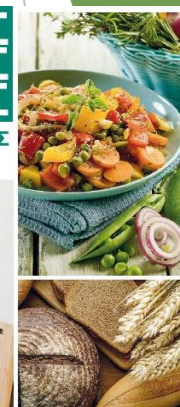
Vælg
mager kød
og koldskål

Vælg mager
mælkeprodukter

Spis mad
med mindre
salt

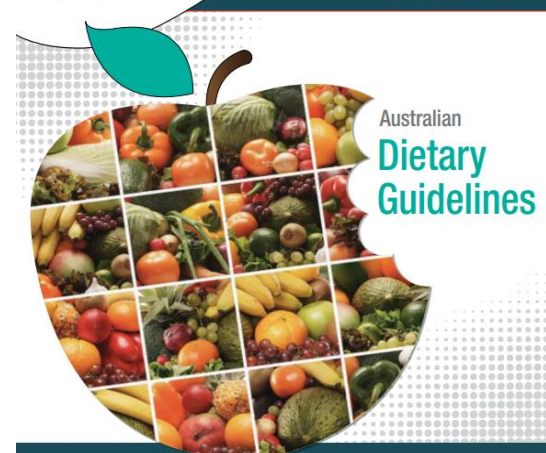
Spis mindre
sukker

**ΕΘΝΙΚΟΣ
ΔΙΑΤΡΟΦΙΚΟΣ
ΟΔΗΓΟΣ**
ΓΙΑ ΕΝΗΛΙΚΕΣ



Australian Government
National Health and Medical Research Council
Department of Health and Ageing

EAT FOR HEALTH



Australian
**Dietary
Guidelines**

www.eatforhealth.gov.au

Republic of Turkey
Ministry of Health
General Directorate of Primary Health Care
Food Safety Department Community Nutrition Division

**DIETARY GUIDELINES FOR
TURKEY**



November - 2006
Ankara, TURKEY

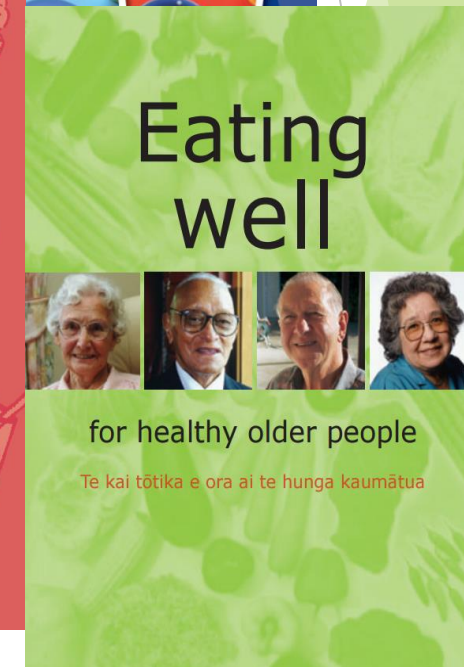
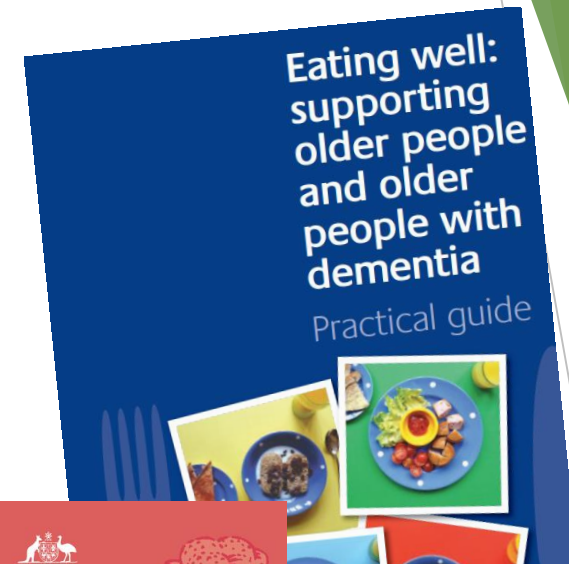
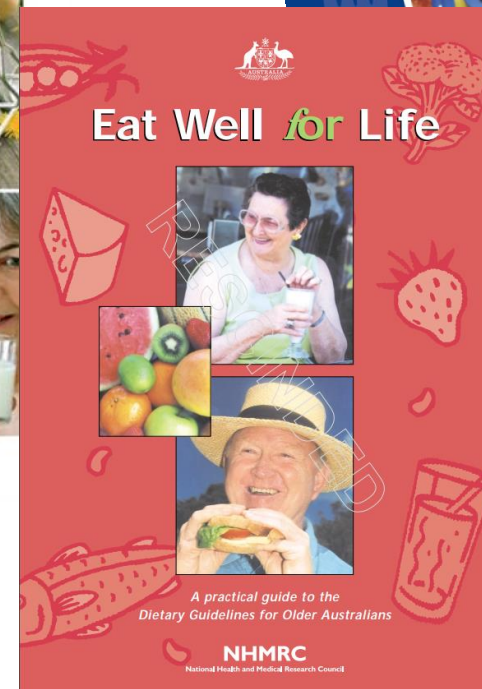
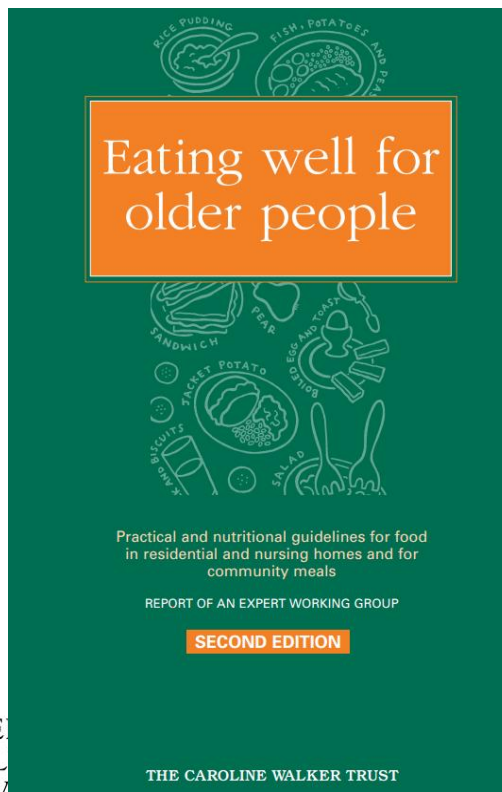


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Ανbefalinger om kosthold,
ernæring og fysisk aktivitet

Examples of Dietary Recommendations for older people



FBDG for chronic diseases

Diabetes mellitus

- ▶ Advices to follow a diet that keeps the blood sugar level as close to normal as possible.
- ▶ Eat a diet low in saturated and total fat
- ▶ Eat a diet moderate in sodium and sugar
- ▶ Eat 5 portions of F&V per day
- ▶ Choose a diet rich in whole grains
- ▶ Moderate use of alcohol
- ▶ Eat the same time everyday, at least within 1 hour of regular time
- ▶ Eat about the same amount of cho with each meal

DASHdiet

6-8

servings per day
of whole grains

4-5

servings per day
of vegetables

4-5

servings per day
of fruits

2-3

servings per day of
fat-free or low-fat dairy

4-5

servings per week of
nuts, seeds, legumes

6

Less than
servings per day of
lean meat, poultry, fish

5

Less than
servings per week
of sweets

2-3

servings per day
of fats and oils



Source: National Heart, Lung and Blood Institute

The DASH diet (Dietary Approaches to Stop Hypertension) has been shown to help lower blood pressure and prevent heart disease, stroke, diabetes and even some forms of cancer. It focuses on eating more fresh fruits and vegetables.

This is a guide to how much of each food group you should eat every day, based on eating 2,000 calories per day.

UKHealthCare.
Gill Heart Institute

Dietary Management of obesity in adults: Pitfalls & opportunities in Europe

Joint position paper of the NWG of EASO and
the ESDN Obesity of EFAD

Hassapidou M., · Govers E., · Malrooney H. · Vlassopoulos A., · Androutsos O., · Blaak E. E.,
· Raben A., · Rito A. · Handjieva-Darlenska T. · Polovina P.S.

HEALTH EVIDENCE NETWORK SYNTHESIS REPORT 58

What national and subnational interventions and policies based on Mediterranean and Nordic diets are recommended or implemented in the WHO European Region, and is there evidence of effectiveness in reducing noncommunicable diseases?

Jessica Renzella | Nick Townsend | Jo Jewell | João Breda | Nia Roberts | Mike Rayner | Kremlin Wickramasinghe



Similarities

- ▶ The concept of variety is embodied in all food guides.
- ▶ Nearly all convey the concept of proportionality, namely that different food groups should be consumed in differing amounts.
- ▶ Most FBDGs convey the concept of moderating or limiting consumption of some food types, such as sugars/sweets and fats/oils.
- ▶ Most countries encourage consumption of 5 food groups, with the most common set of 5 groups being: starchy staples (variously defined); fruits; vegetables; dairy foods; and other “protein foods” (also variously defined). The most common 4-group combination is: starchy staples; fruits and vegetables; dairy; and other “protein foods.”

Similarities

- ✓ Eat plenty of fruits and vegetables 5 portions per day or more, or 400 gr.
- ✓ Eat plenty of starchy foods, including bread, potatoes, rice and pasta and prefer wholegrain products.
- ✓ Have a moderate intake of foods of animal origin, including meat, fish, eggs and dairy products.
- ✓ Choose more fish.
- ✓ Choose less fatty meats and meat products.
- ✓ Choose healthy oils and fats.
- ✓ Limit intake of foods that are high in fat and/or sugar.
- ✓ Drink enough fluids.

DIFFERENCES

- ▶ In milk and dairy products : 3 servings a day of milk, yoghurt, and cheese(Ireland),consume daily a glass of yoghurt or milk (200 ml) and 50 g cheese.(Bulgaria)and a general recommendation in Spain(Dairy products are the basis of the diet and should be consumed daily.)
- ▶ In Potatoes: Most countries include it in starchy foods but recommendations vary like:200-250 g potatoes (cooked) every day (Germany) and 2-3 times a week(Greece)
- ▶ Nuts: Include them in different groups like vegetables or meat group.At least one day a week, eat meat substitutes (legumes) instead of meat(Belgium),increase the consumption of legumes.(Czechia),eat legumes at least 2-3 times per week.(Spain)
- ▶ Fats and oils: Most countries have a key message to limit animal fat and increase the consumption of vegetable fats or total fat (Czechia, Germany) and others recommend as healthy choices specific fats like olive oil (Greece, Spain)

Conclusions

- ▶ It is helpful to understand which elements of diet are commonly used or considered important for diet quality in most European countries.
- ▶ Similarities In most FBDG: to consume fruits and vegetables and starchy staples as the bulk of the diet; to limit salt, sugar, and fat; and to consume a diversity of types of food in appropriate proportions. Largely, these most common messages align with WHO guidance.
- ▶ European FBDG development should warrant increased attention to ecological impacts of diets and guidance incorporating sustainability; and enhanced handling of sociocultural factors including economic disparities, rapid dietary transitions toward junk/ultra processed food consumption, and differences in dietary patterns of social minority groups. At the same time as FBDG are better tailored to individual populations, further European recommendations around healthy and sustainable diets would be helpful for use and adaptation in country-level FBDG.
- ▶ Furthermore European FBDGs will be very helpful if countries decide to adopt the same front of pack labelling for European foods