



# Overzicht modellen voeding internationaal

12/09/2017

# INHOUD

1. Methodologie
  - A. Onderzoeksvragen voeding
  - B. Literatuuronderzoek
2. Overzicht modellen
  - A. België
  - B. Piramides
  - C. Schijven/cirkels
  - D. Borden
  - E. Andere modellen
  - F. Tips/regels

# 1. METHODOLOGIE

## A. Onderzoeksvragen voeding

- Inclusiecriteria
- Exclusiecriteria

## B. Literatuuronderzoek:

- PUBMED-search
- Reviews
- Grijs literatuur

## A. Onderzoeksvragen voeding

- ❑ Wat zijn de nationale aanbevelingen voor voeding in het buitenland? (Food-Based Dietary Guidelines, FBDG)
- ❑ Naar welke modellen of varianten worden deze vertaald voor intermediairs? (voorlichtingsmodellen)
- ❑ Via welke modellen of varianten wordt er gecommuniceerd naar einddoelgroepen? (afgeleiden)

# Inclusiecriteria

- ❑ Landen:
  - Europese landen
  - Australië, Brazilië, Canada, Nieuw-Zeeland, Verenigde Staten
- ❑ < 10 jaar oud
- ❑ Aanbevelingen voor niet-chronisch zieken

## Exclusiecriteria

- > 10 jaar
- Guidelines enkel op niveau van voedingsstoffen
- Al dan niet bereiken van guidelines door bepaalde bevolkingsgroepen
- Interventies, concrete projecten

## B. Literatuuronderzoek: PUBMED–search (1)

### □ Zoektermen:

- Food guide
- Food–based dietary guidelines
- National
- Nutrition communication
- Nutrition recommendation
- Nutrition education
- Visual aid – model – guideline
- Pyramid – wheel – circle

## Literatuuronderzoek: PUBMED–search (2)

- ❑ PUBMED 1: (((pyramid) OR wheel) OR circle)) AND (((("food guide") OR food based dietary guidelines) OR "nutrition recommendations") OR "nutrition education")
  - 96 hits, 29 weerhouden
- ❑ PUBMED 2: (((FBDG) OR food based dietary guidelines)) AND (((((pyramid) OR wheel) OR circle) OR visual aid\*) OR graphic)
  - 44 hits, 0 weerhouden
- ❑ PUBMED 3: (((FBDG) OR food based dietary guidelines)) AND (disseminat\*)
  - 52 hits, 2 weerhouden
- ❑ PUBMED 4: ("Knowledge translation") AND ((FBDG) OR food based dietary guidelines)
  - 21 hits, 0 weerhouden



## Literatuuronderzoek: PUBMED–search (3)

- PUBMED 5: "food guide"[Title/Abstract]
  - 180 hits, 40 weerhouden
- PUBMED 6: (Food based dietary guidelines[Title/Abstract]) AND national
  - 40 hit, 10 weerhouden
- PUBMED 7: (("Nutrition Policy"[Mesh] AND "last 10 years"[PDat])) AND ("Guidelines as Topic"[Mesh] AND "last 10 years"[PDat])
  - 409 hit, 52 weerhouden
- PUBMED 8: (("Nutrition Policy"[Mesh] AND "last 10 years"[PDat])) AND (disseminat\* AND "last 10 years"[PDat])
  - 58 hit, 13 weerhouden

## Literatuuronderzoek: reviews

- ❑ Altamirano Martinez, M. B., Cordero Munoz, A. Y., Macedo Ojeda, G., Marquez Sandoval, Y. F., & Vizmanos, B. (2015). A Review of Graphical Representations Used in the Dietary Guidelines of Selected Countries in the Americas, Europe and Asia. *Nutrición Hospitalaria*, 32(3), 986–996.
- ❑ *Food-Based Dietary Guidelines in Europe*. (2009). Retrieved from <http://www.eufic.org/article/en/expid/food-based-dietary-guidelines-in-europe/>
- ❑ Montagnese, C., Santarpia, L., Buonifacio, M., Nardelli, A., Caldara, A. R., Silvestri, E., . . . Pasanisi, F. (2015). European food-based dietary guidelines: a comparison and update. *Nutrition*, 31(7–8), 908–915.

# Literatuuronderzoek: grijze literatuur (1)



Deutsche Gesellschaft für Ernährung e.V. (Duitsland)



(Finland)



Embætti  
landlæknis  
Directorate of Health

(IJsland)



eerlijk over eten  
**Voedingscentrum**

(Nederland)

## Literatuuronderzoek: grijze literatuur (2)

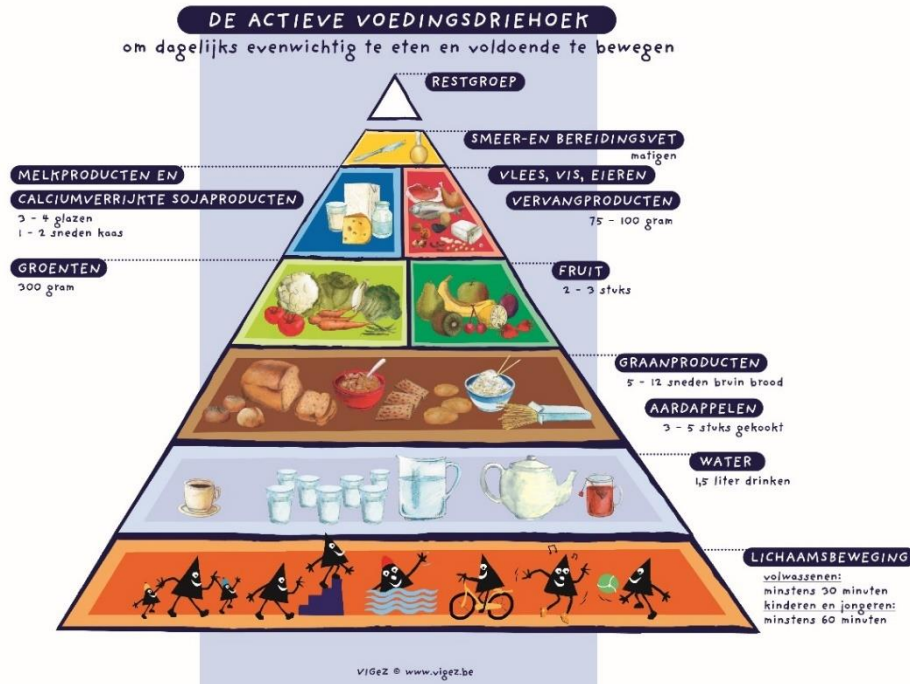
- ❑ *Food-based dietary guidelines*. (2016). Retrieved from <http://www.fao.org/nutrition/nutrition-education/food-dietary-guidelines/en/>
- ❑ *Nutrition Landscape Information System (NLIS)*. (2016). Retrieved from <http://apps.who.int/nutrition/landscape/report.aspx>

## 2. OVERZICHT MODELLEN

- A. België
- B. Piramides
- C. Schijven/cirkels
- D. Borden
- E. Andere modellen
- F. Tips/regels

# A. België (Vlaanderen)

- Jaar: 2012
- Organisatie: Vlaams Instituut voor Gezondheidspromotie en Ziektepreventie (VIGeZ)



# België (Wallonië) (1)

- Jaar: 2011
- Organisatie: Food in Action, in samenwerking met het Insitut Paul Lambin



# België (Wallonië) (2)

- Jaar: 2005
- Organisatie: Insitut Paul Lambin

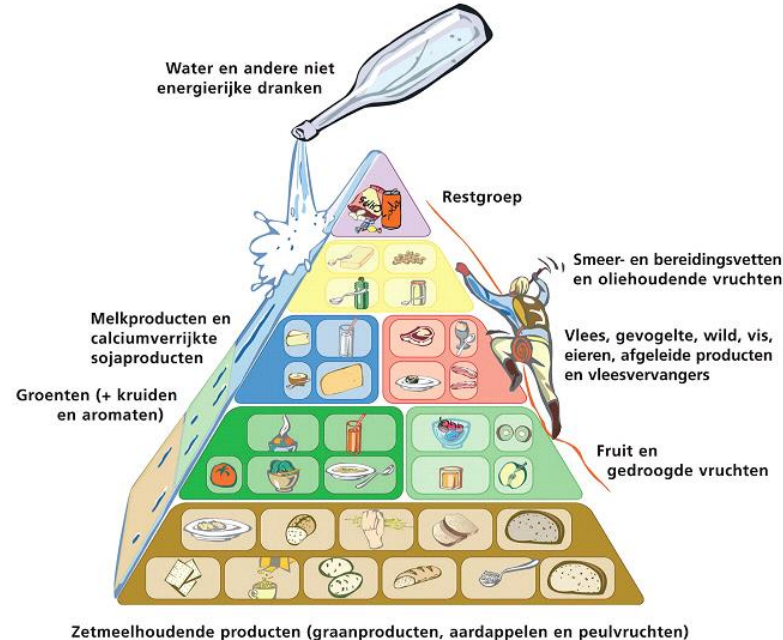




# België (Wallonië) (3)

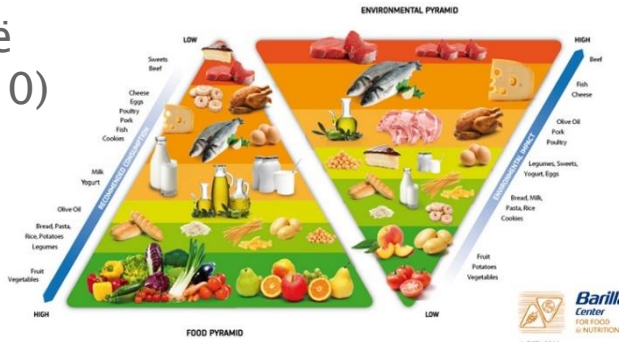
- ❑ Jaar: ?
- ❑ Organisatie: Centre d'Information et de Recherche sur les Intolérances et l'Hygiène Alimentaires (CIRIHA)

## DE VOEDSELPYRAMIDE

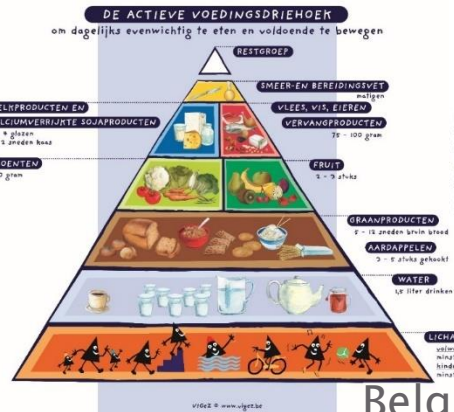


# B. PIRAMIDES

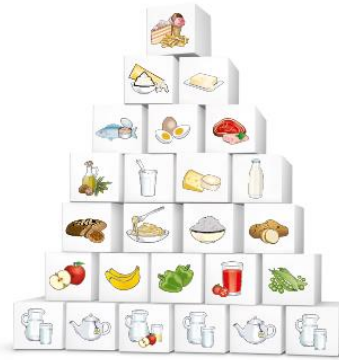
Italië (2010)



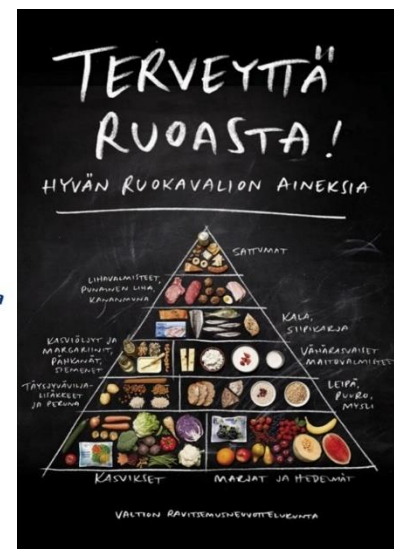
Zwitsersland (2011)



België (Vlaanderen)



Oostenrijk (2010)



Finland (2014)  
Duitsland (2013)



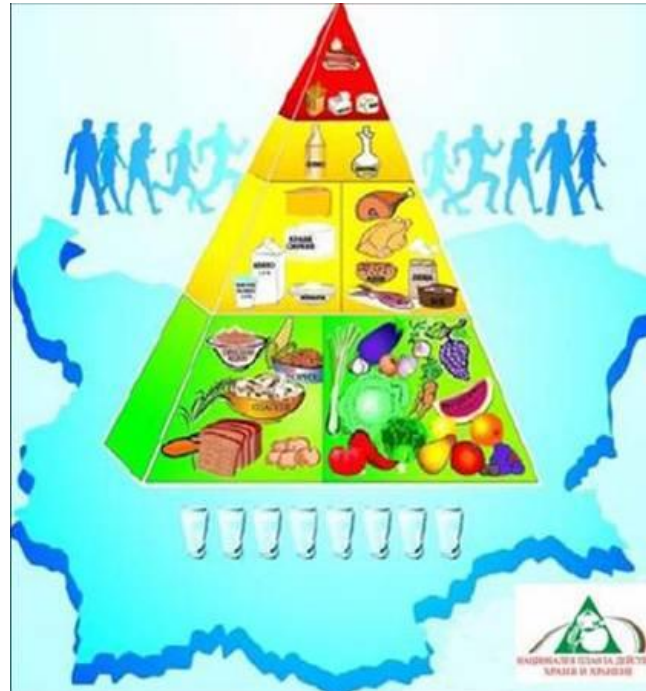
# Albanië

- Jaar: 2008
- Organisatie: Department of Public Health



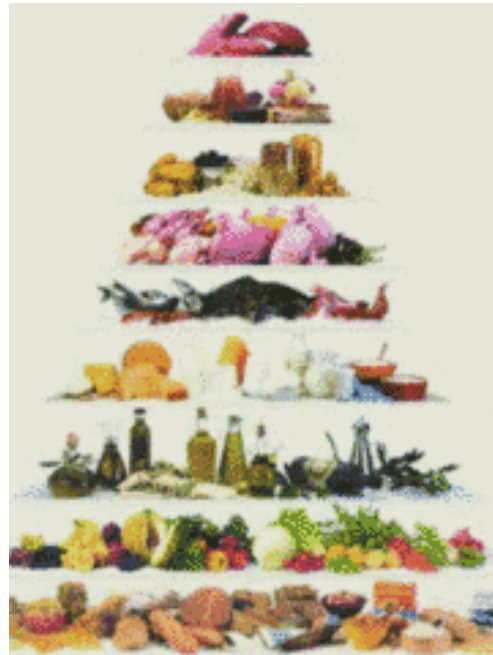
# Bulgarije

- Jaar: 2006
- Organisatie: National Center of Public Health Protection



# Cyprus

- Jaar: 2007
- Organisatie: Ministry of Health



# Duitsland (1)

- ❑ Jaar: 2013
- ❑ Organisatie: Deutsche Gesellschaft für Ernährung e.V. (DGE)



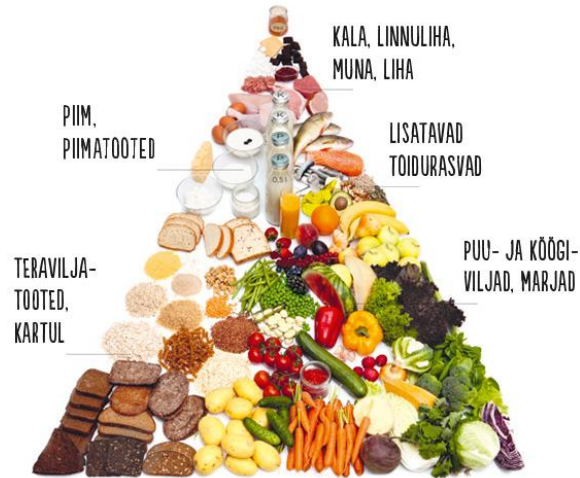
## Duitsland (2)

- Jaar: ?
- Organisatie: AID infodienst agriculture, food and nutrition



# Estland

- Jaar: 2015
- Organisatie: Estonian Society of Nutritional Science and the National Institute for Health Development (Ministry of Social Affairs)



Nädala näitlikud toidukogused 2000 kcal energiavajaduse korral

## TOITU MITMEKESISELT:

- ✓ Söö iga päev midagi viiest toidugrupist!
- ✓ Varieeri toite toidugruppide sees!

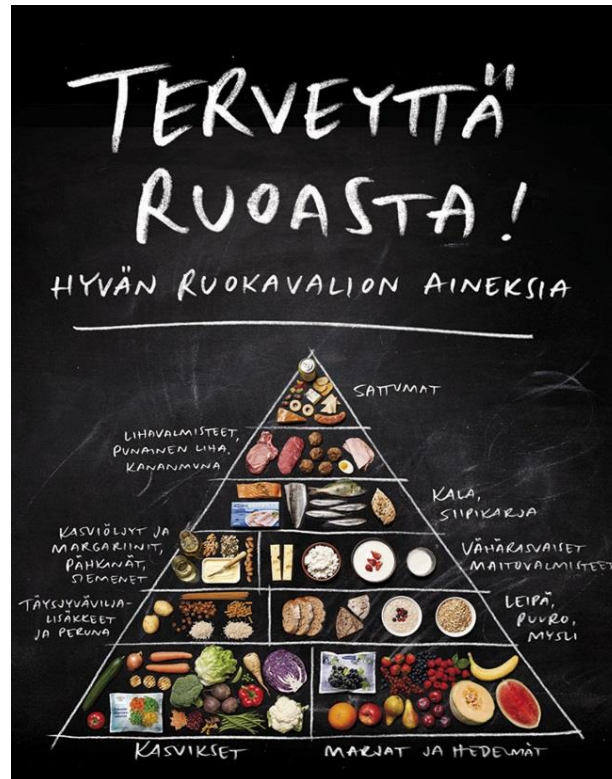
## PEA MEELES!





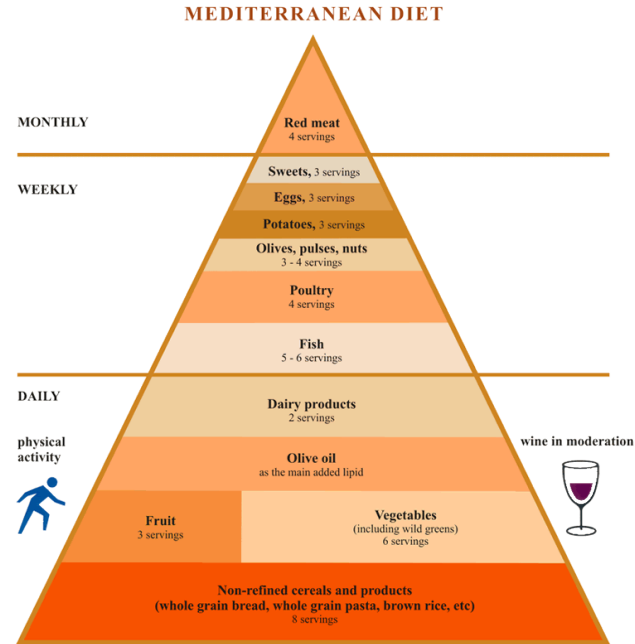
# Finland

- Jaar: 2014
- Organisatie: Valtion ravitsemus-neuvottelukunta (VRN)



# Griekenland

- Jaar: 1999
- Organisatie: Supreme Scientific Health Council, Hellenic Ministry of Health



One serving equals approximately half of the portions as defined in the Greek market regulations (portions served in restaurants)

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

# Ierland

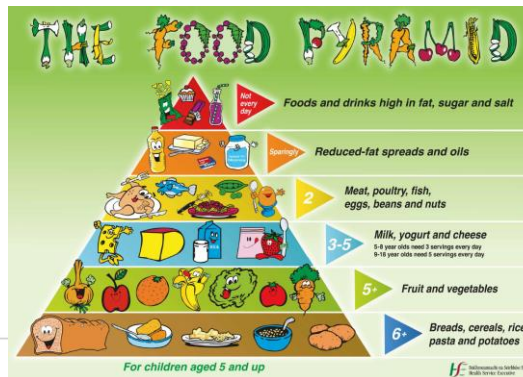
Jaar: 2012

Organisatie: Health Service Executive

Use the

## FOOD PYRAMID

to plan your daily healthy food choices



**Alcohol weekly lower risk limits**

Men:	Women:
17 standard drinks. (170g alcohol over a week)	11 standard drinks. (110g alcohol over a week)

Standard drinks (SD) contain roughly 10g of pure alcohol

1 SD = 1/2 pint beer = single measure spirit = small glass wine



Drink at least 8 cups of fluid a day – water is best



Food Pyramid for adults and children aged 5 years and over.

**GEZOND LEVEN**

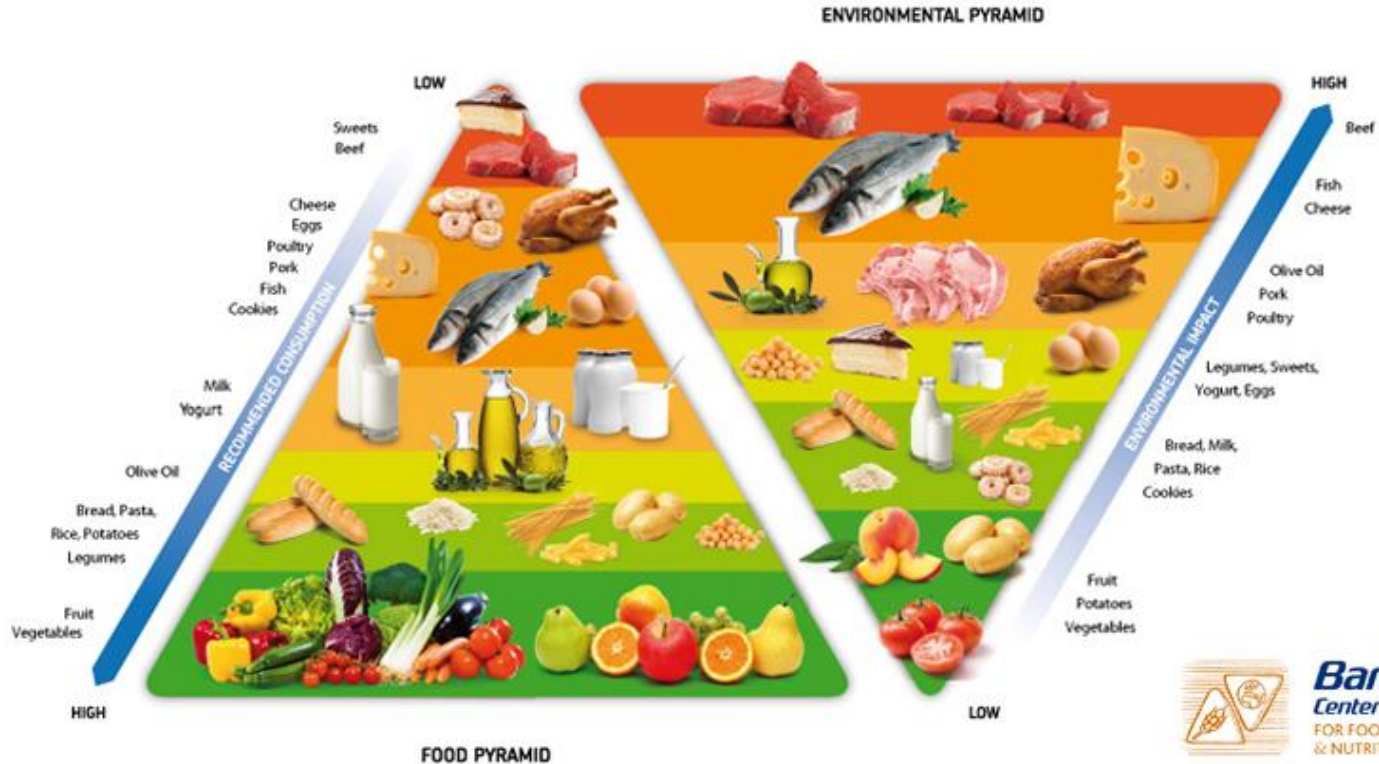
# Israël

- Jaar: 2008
- Organisatie: State of Israel Ministry of Health, Public Health Services



# Italië

- Jaar: 2010
- Organisatie: Barilla Center for Food & Nutrition



**Barilla**  
Center  
FOR FOOD  
& NUTRITION

**EZOND**  
**.EVEN**

# Kroatië (adolescenten)

- Jaar: 2012
- Organisatie: Ministry of Health, in collaboration with the Ministry of Education, the Croatian Institute of Public Health and clinical hospitals



# Letland

- Jaar: 2008
- Organisatie: Ministry of Health



# Luxemburg

- Jaar: 2015?
- Organisatie: Le gouvernement du Grand-Duché de Luxembourg

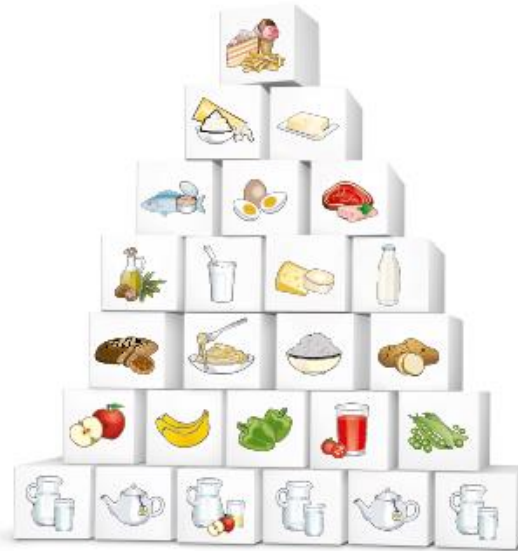


© aid infodienst, Idee: Sonja Mannhardt



# Oostenrijk

- Jaar: 2010
- Organisatie: Bundesministerium für gesundheit



Die 7 Stufen zur Gesundheit

						
Alkoholfreie Getränke	Gemüse, Hülsenfrüchte und Obst	Getreide und Erdäpfel	Milch und Milchprodukte	Fisch, Fleisch, Wurst und Eier	Fette und Öle	Fettas, Süßes und Salziges
Täglich mindestens 1,5 Liter Wasser und alkoholfreie bzw. wenigalkoholische Getränke	Täglich 3 Portionen Gemüse und 2 Portionen Obst und 3 Portionen Obst, 3 Portionen Obst	Täglich 4 Portionen Getreide, Brot, Nudeln, Backwaren (z.B. Brot) (z.B. Porridge für spezielle Diäten und Getreide, vorzugsweise Vollkorn)	Täglich 3 Portionen Milchprodukte (einschließlich Käse, Joghurt, Quark)	Wöchentlich 1-2 Portionen Fisch, 2 Portionen Fleisch, 3 Portionen Wurst, 3 Portionen Wurst, 3 Portionen Wurst, 3 Portionen Wurst	Täglich 1-2 Portionen pflanzliche Öle, Nüsse oder Samen, Butter, Back- und Backfett und tierische Fettprodukte sparsam	Wenig fett-, zucker- und salzreiche Lebensmittel und wenig salzige Getränke

# Polen

- Jaar: 2016
- Organisatie: National Food and Nutrition Institute.



## PIRAMIDA ZDROWEGO ŻYWIENIA I AKTYWNOŚCI FIZYCZNEJ\*

### CO TO JEST PIRAMIDA ZDROWEGO ŻYWIENIA I AKTYWNOŚCI FIZYCZNEJ?

Jest to jak najprostsze i jak najkrótsze ogólne przedstawienie kompleksowej idei żywienia, której realizacja daje szansę na zdrowe długie życie oraz zachowanie sprawności intelektualnej i fizycznej do późnych lat życia.

### JAK ROZUMIEĆ / CZYTAĆ PIRAMIDĘ?

Piramida to graficzny opis odpowiednich proporcji różnych, niezbędnych w codziennej diecie, grup produktów spożywczych. Im wyższe piętro piramidy, tym mniejsza ilość i częstotliwość spożywania produktów z danej grupy żywności.

### DO KOGO KIEROWANA JEST PIRAMIDA?

Piramida kierowana jest do osób zdrowych w celu zachowania dobrego stanu zdrowia. Należy pamiętać, że w przypadku współistnienia chorób cywilizacyjnych (typu otyłość, cukrzyca, choroba niedokrwienna serca, nadciśnienie, osteoporoza) konieczna może być modyfikacja proponowanych zaleceń w porozumieniu z lekarzem i dietetykiem. W wielu przypadkach ww. chorób stosowanie się do podanych w piramidzie zasad może zahamować rozwój tych chorób w ich pierwszej fazie.



Spożywanie zalecanych w piramidzie różnorodnych produktów spożywczych w odpowiednich ilościach i proporcjach oraz codzienna aktywność fizyczna są kluczem do zdrowia i dobrego samopoczucia.

\* Prezentowana piramida jest schematem ideowym. Trwają prace nad szatą graficzną.

# Roemenië

- ❑ Jaar: 2006
- ❑ Organisatie: Ministry of Health, the National Food and Nutrition Committee



# Slovenië

□ Jaar: 2015

□ Organisatie: National Institute of Public Health

**NIJZ** Nacionalni inštitut za javno zdravje

## Z ZDRAVO PREHRANO IN GIBANJEM DO ZDRAVJA

**ZIVILA, KI IJH UZIVAMO REDKO**  
Škoder, kisa/diska smetana, margarole, piškoti, pitloce, šušketine, kava, sladkosti, pasta ...

**ZIVILA, KI IJH UZIVAMO V MANJŠI KOLIČINAH**  
Oreški, različna vrsta kakovostnih rastlinskih olj, surovo maslo, mehka margarina, oljce, semena ...

**Meso, ribe in zamenjave**  
Tovarniško  
Vsi dan, 200 g do 300 g mesa na dan.  
Ena enota je 1 sendvič, pol sendviča, večja parovnik, pol mletega mesa, 2 žlici jemanja parovnik, mesnih izdelkov in skisane šunka, pilšavica/parovnik, 4 svinjske, 1 kava, 1 kava, 4 žlice kuhinjskega olja, kava, kava, soja, škarje.

**Milko in mlečni izdelki**  
Vsi dan, 200 g do 4 enote na dan.  
Ena enota je 1 skodelica (2 dl) skodranega mleka, 1 skodelica jogurta, pol litra majoneze, 1 skodelica sira, 3 velike šlice masla.

**Žita, žirni izdelki in druge**  
vsiljke/kuhane strošje  
Vsi dan, 200 g do 350 g mesa na dan.  
Ena enota je pol kosa kruha, pol muke žemlje, 2 veliki žlici krompirja/kuhanega krompirja, kuhinjske ribiz/kuhani krompir, 1 triletnje vseh kuhinjskih.

**Zelenjava**  
Vsi dan (100- do 200 g na dan)  
200 g do 300 g mesa na dan.  
Ena enota je 1 žlica kuhinjskega krompirja/kuhanega krompirja, 1 žlica kuhinjskega krompirja, 1 žlica kuhinjskega krompirja, 1 žlica kuhinjskega krompirja, 1 žlica kuhinjskega krompirja, 1 žlica kuhinjskega krompirja.

**Sadje**  
Vsi dan (100krat na dan)  
200 g do 4 enote na dan.  
Ena enota je 1 majhni plod banane, 1 majhni majhni krompir, 15 gramov jagod, 1 kruha, 1 kava/veliki krompir, 1 ravnice luberice, 1 pomaranča.

**Telecina**  
Vsi dan  
večkrat na dan.  
Voda, mineralna voda, mineralna voda in različni čaj.

Bodite zmerno telesno dejavni (npr. hitra hoja, lahkonotno kolesarjenje po ravnem terenu, počasno plavanje) vsaj 150 minut na teden, npr. 5-krat na teden po pol ure, ali visoko intenzivno telesno dejavnost (tek, hoja po stopnicah, aerobika, tenis) vsaj 75 minut na teden, npr. 3-krat na teden po 25 minut.

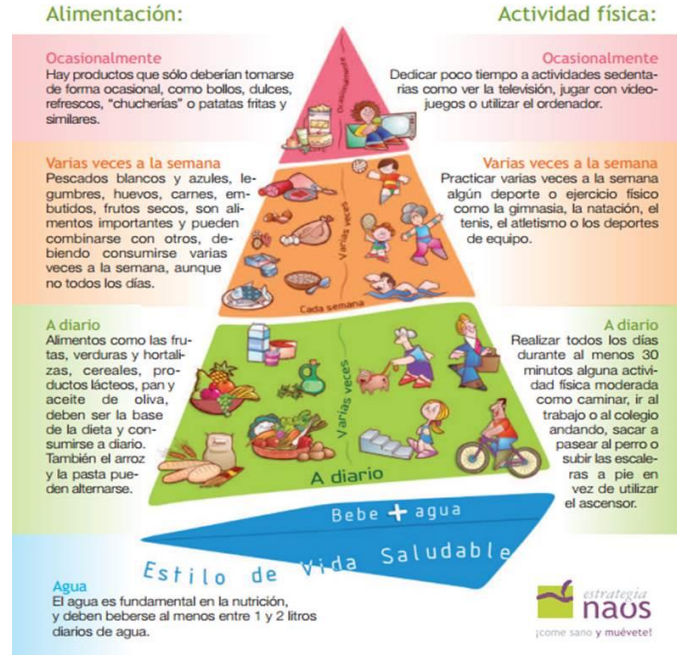
Priporočljivo je sestavljati pestre obroke iz živil vseh skupin, hkrati pa upoštevati uravnoteženost obrokov glede hranil in energijske vrednosti.

**GEZOND  
LEVEN**

# Spanje (1)

- ❑ Jaar: 2005
- ❑ Organisatie: Spaanse Agentschap voor Consumentenzaken, voedselzekerheid en voeding (Aecosan)

## Pirámide Naos



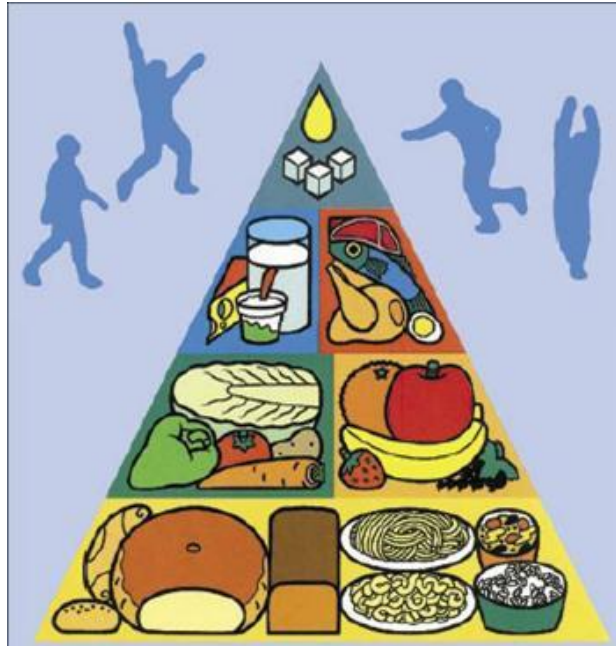
# Spanje (2)

- Jaar: 2014
- Organisatie: Iberoamerican Nutrition Foundation (FINUT)



# Tsjechische Republiek

- ❑ Jaar: ?
- ❑ Organisatie: Ministry of Health of the Czech Republic,  
National Institute of Health



# Zwitserland

- Jaar: 2011
- Organisatie: Schweizerische Gesellschaft für Ernährung (SGE), Bundesamt für Lebensmittelsicherheit und Veterinärwesen (BLV)

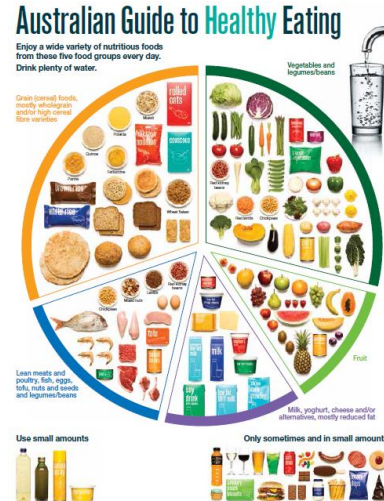




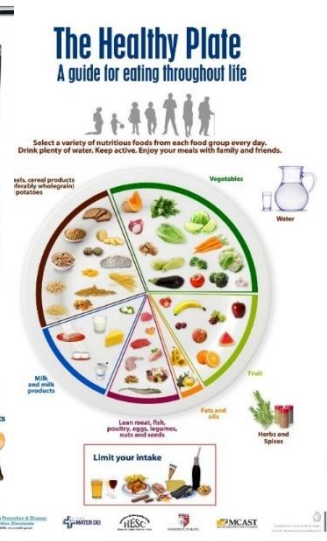
# C. SCHIJVEN/CIRKELS



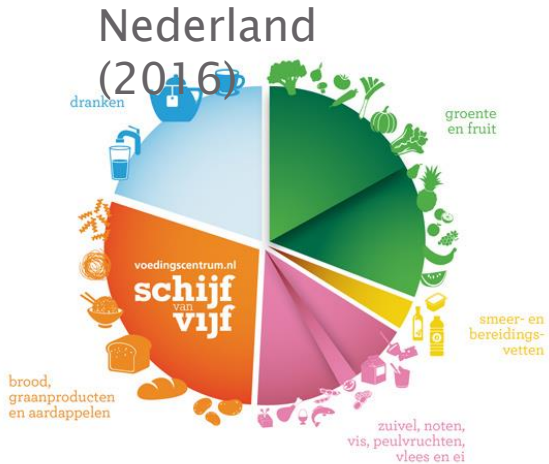
IJsland (2006)



Australië (2011)



Malta (2015)



Nederland (2016)



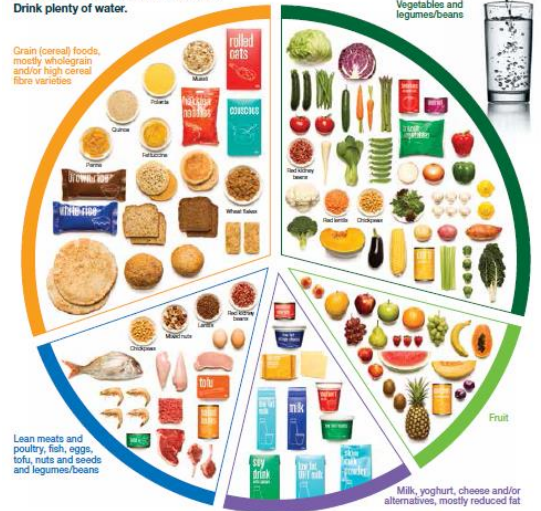
Verenigd Koninkrijk

# Australië

- Jaar: 2011
- Organisatie: Australian Government, National Health and Medical Research Council, Department of Health and Ageing

## Australian Guide to Healthy Eating

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



Use small amounts



Only sometimes and in small amounts



# Duitsland

- Jaar: 2013
- Organisatie: Deutsche Gesellschaft für Ernährung e.V. (DGE)



# IJsland

- Jaar: 2006
- Organisatie: Embætti landlæknis. Directorate of Health



# Malta

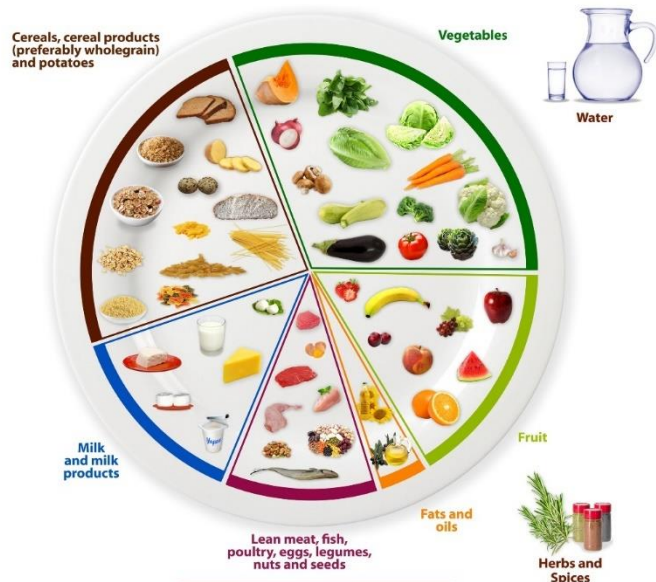
- Jaar: 2015
- Organisatie: Health Promotion & Disease Prevention Directorate

## 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. Enjoy your meals with family and friends.



# Nederland

- Jaar: 2016
- Organisatie: Voedingscentrum



# Portugal

- ❑ Jaar: 2012?
- ❑ Organisatie: Directorate-General of Health of the Ministry of Health (DGS: Direção-Geral da Saúde Edecred Portugal)



# Slovenië

- ❑ Jaar: 2007
- ❑ Organisatie: National Institute of Public Health

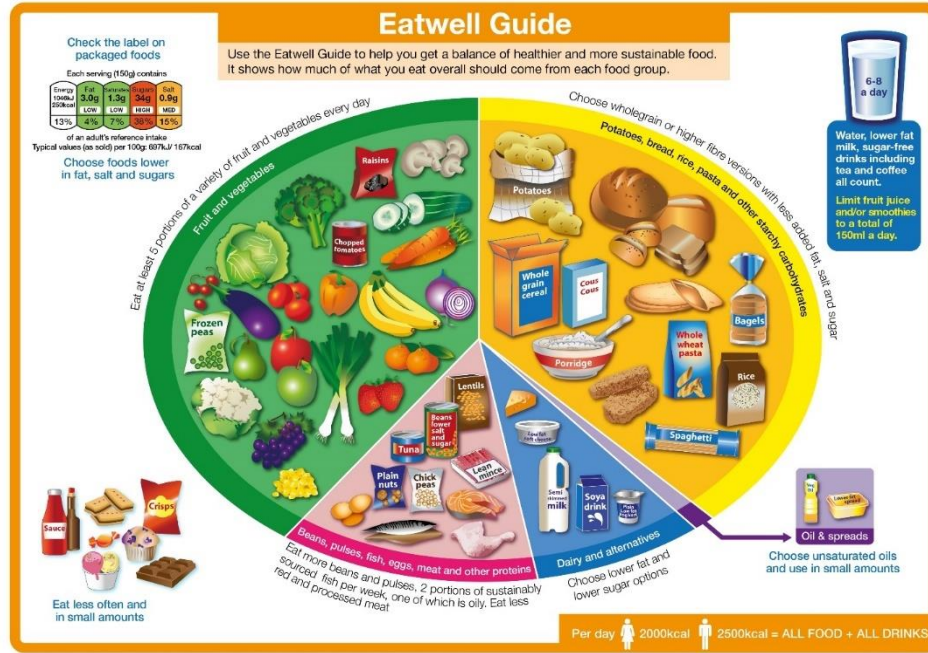


V svojo vsakodnevno prehrano vključujte vseh šest skupin živil: zelenjavo, sadje, žita in žitne izdelke, mleko in mlečne izdelke, meso in mesne izdelke ter maščobe. Pri tem upoštevajte razmerja, kot so prikazana na krožniku.

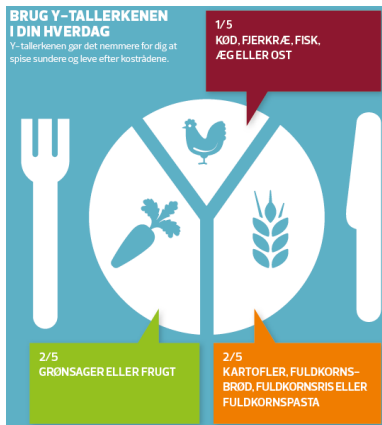


# Verenigd Koninkrijk

- Jaar: 2016
- Organisatie: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland



# D. BORDEN



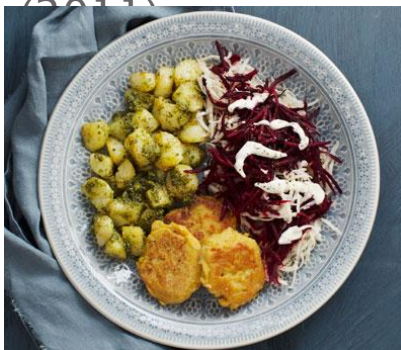
Denemarken  
(2013)



Ijsland  
(2014)



Zwitserland  
(2011)



Zweden  
(2015)  
Verenigde Staten  
(2015)



Finland (2014)



**GEZOND  
LEVEN**

# Brazilië (1)

□ Jaar: 2014

□ Organisatie: Ministry of Health



Freshly squeezed orange juice, roll with butter, and papaya



Milk, couscous, eggs and banana



Coffee with milk, cassava cake, cheese, and papaya



Coffee with milk, tapioca (made from cassava), and banana

## Brazilië (2)



Rice, beans, baked chicken leg, beetroot and cornmeal with cheese



Rice, beans, omelet and sautéed jilo



Feijoadá, rice, onion, and tomato vinaigrette, cassava flour, sautéed cole and orange



Tomato salad, rice, beans, grilled beef and fruit salad

## Brazilië (3)



Rice, beans, bovine liver and sautéed zucchini



Green leaf salad, rice, beans, eggs and apple



Vegetable soup, cassava flour and acai berry



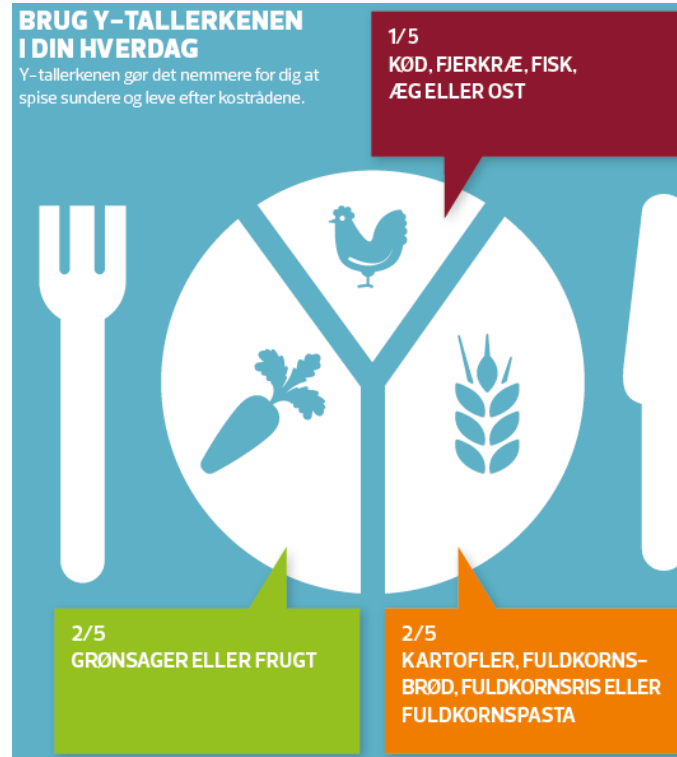
Green leaf salad, pasta and chicken

## Brazilië (4)



# Denemarken

- Jaar: 2013
- Organisatie: The Danish Health Authority



# Finland

- Jaar: 2014
- Organisatie: Valtion ravitsemus-neuvottelukunta (VRN)





# IJsland

- Jaar: 2014
- Organisatie: Embætti landlæknis, Directorate of Health



# Slovenië (1)

- ❑ Jaar: 2007
- ❑ Organisatie: National Institute of Public Health



## Slovenië (2)



## Slovenië (3)

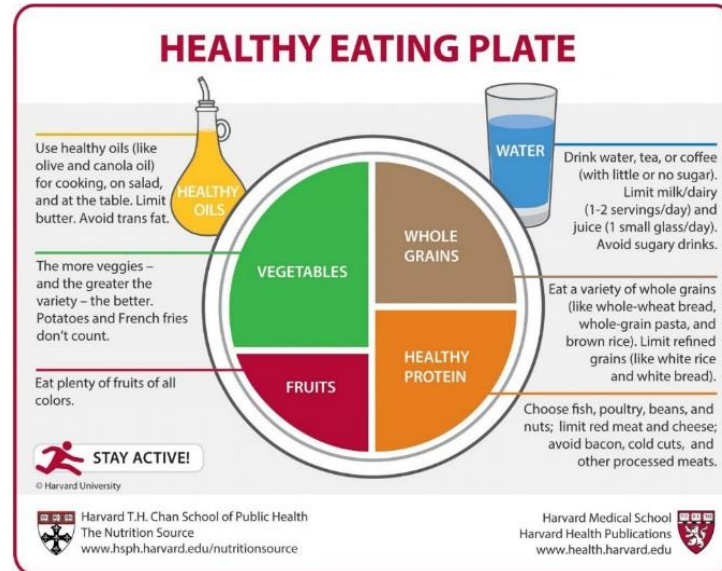
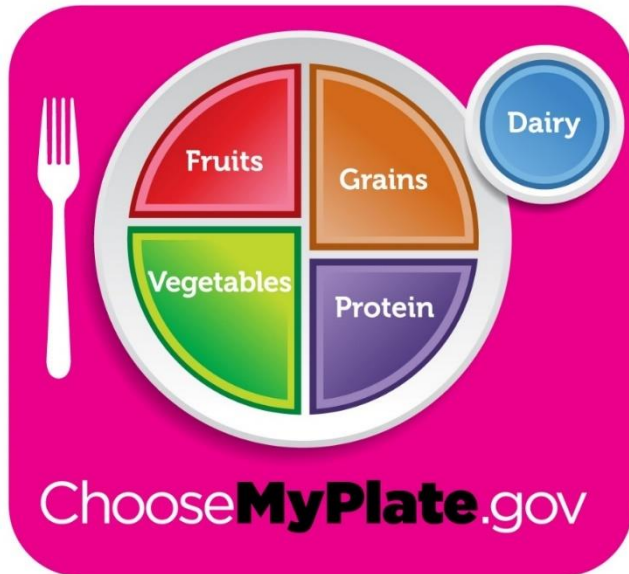


# Verenigde Staten

□ Jaar: 2015

□ Organisatie:

- United States Department of Agriculture (USDA), Center for Nutrition Policy and Promotion
- (Harvard School of Public Health & Harvard Health Publication)



# Zweden

❑ Jaar: 2015?

❑ Organisatie: Livsmedelsverket (National Food Agency)



# Zwitserland

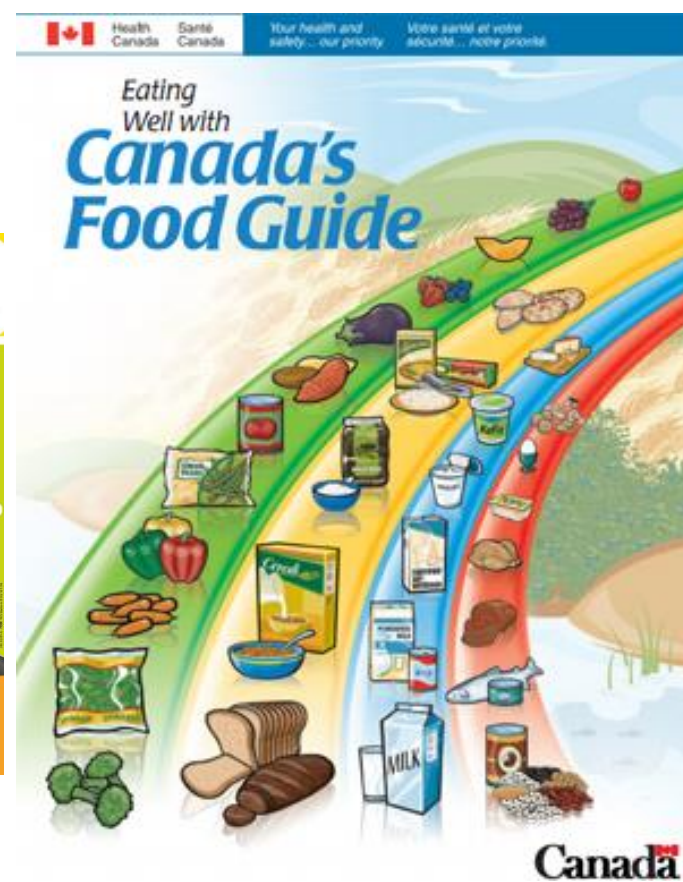
- Jaar: 2011
- Organisatie: Schweizerische Gesellschaft für Ernährung (SGE), Bundesamt für Lebensmittelsicherheit und Veterinärwesen (BLV)



## E. ANDERE MODELLEN



Frankrijk (2011)

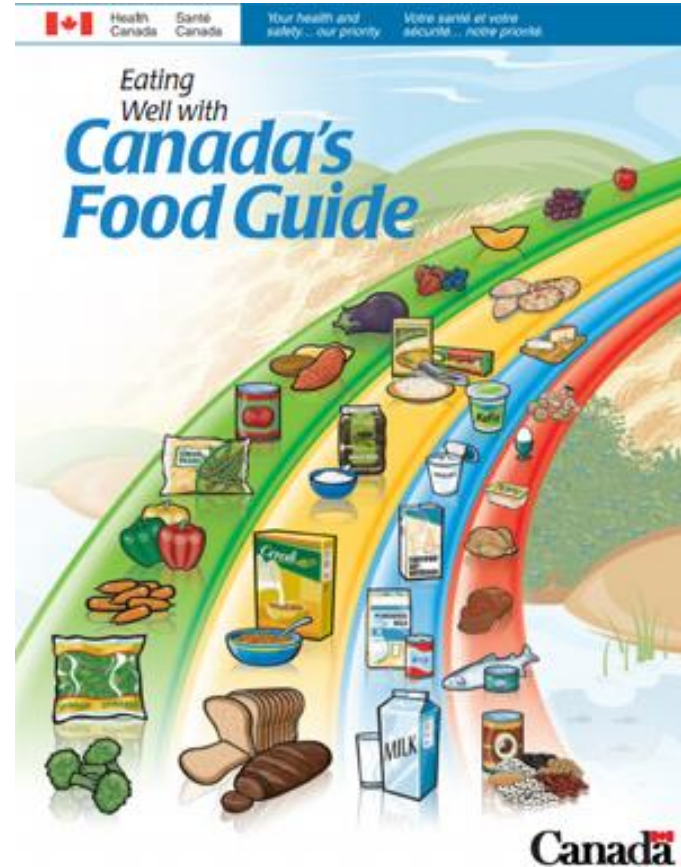


Canada  
(2011)



# Canada

- Jaar: 2011
- Organisatie: Health Canada, Office of Nutrition Policy and Promotion



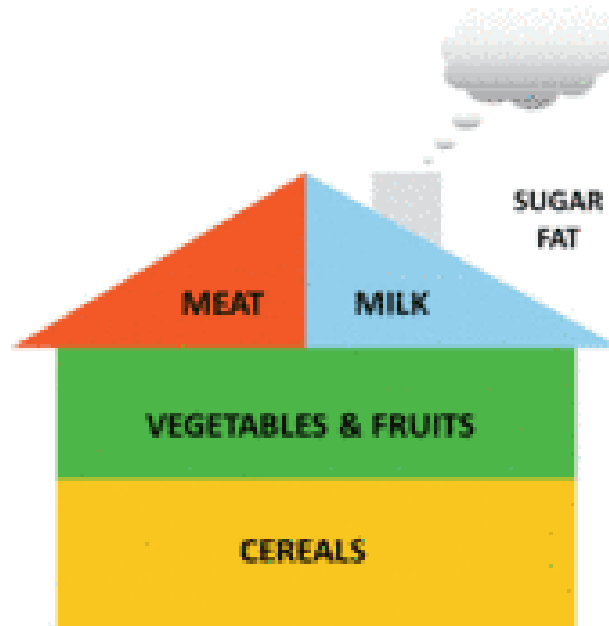
# Frankrijk

- ❑ Jaar: 2011
- ❑ Organisatie: Institut national de prévention et d'éducation pour la santé; Manger, bouger. Programma national nutrition santé.



# Hongarije

- Jaar: 2004
- Organisatie: National Institute for Food and Nutrition Science (NIFNS)



# Turkije

- Jaar: 2006
- Organisatie: The Ministry of Health of Turkey










# F. TIPS/REGELS



Denemarken (2013)

## Nederland (2016)

### Volop uit de Schijf van Vijf

-  Veel groente en fruit
-  Vooral volkoren, zoals volkorenbrood, volkoren pasta en couscous en zilvervliesrijst
-  Minder vlees en meer plantaardig. Varieer met vis, peulvruchten, noten, eieren en vegetarische producten
-  Genoeg zuivel, zoals melk, yoghurt en kaas
-  Een handje ongezouten noten
-  Zachte of vloeibare smeer- en bereidingsvetten
-  Voldoende vocht, zoals kraanwater, thee en koffie

### Buiten de Schijf van Vijf: niet te veel en niet te vaak

- Kleine porties
- Niet te veel zout, suiker en verzadigd vet



### MORE

vegetables, fruit and berries  
fish and shellfish  
nuts and seeds  
exercise



### SWITCH TO

wholegrain  
healthy fats  
low-fat dairy products



### LESS

red and processed meat  
salt  
sugar  
alcohol



## Zweden (2015)

# Brazilië (1)

- Jaar: 2014
- Organisatie: Ministry of Health

## FOUR RECOMMENDATIONS AND ONE GOLDEN RULE

.....

### *Make natural or minimally processed foods the basis of your diet*

Natural or minimally processed foods, in great variety, mainly of plant origin, are the basis for diets that are nutritious, delicious, appropriate, and supportive of socially and environmentally sustainable food systems

### *Use oils, fats, salt, and sugar in small amounts for seasoning and cooking foods and to create culinary preparations*

As long as they are used in moderation in culinary preparations based on natural or minimally processed foods, oils, fats, salt, and sugar contribute toward diverse and delicious diets without rendering them nutritionally unbalanced.

### *Limit the use of processed foods, consuming them in small amounts as ingredients in culinary preparations or as part of meals based on natural or minimally processed foods*

The ingredients and techniques used in the manufacture of processed foods—such as vegetables in brine, fruits in syrup, cheeses and breads - unfavourably alter the nutritional composition of the foods from which they are derived.

### *Avoid ultra-processed foods*

Because of their ingredients, ultra-processed foods —such as packaged snacks, soft drinks, and instant noodles—are nutritionally unbalanced. As a result of their formulation and presentation, they tend to be consumed in excess, and displace natural or minimally processed foods. Their means of production, distribution, marketing, and consumption damage culture, social life, and the environment.

### *The golden rule. Always prefer natural or minimally processed foods and freshly made dishes and meals to ultra-processed foods*

Opt for water, milk, and fruits instead of soft drinks, dairy drinks, and biscuits Do not replace freshly prepared dishes (broth, soups, salads, sauces, rice and beans, pasta, steamed vegetables, pies) with products that do not require culinary preparation (packaged snacks and soups, instant noodles, pre-prepared frozen dishes, sandwiches, cold cuts and sausages, industrialised sauces, ready-mixes for cakes), and stick to homemade desserts, avoiding industrialised ones.

## Brazilië (2)

# TEN STEPS TO HEALTHY DIETS

### 1 MAKE NATURAL OR MINIMALLY PROCESSED FOODS THE BASIS OF YOUR DIET

Natural or minimally processed foods, in great variety, and mainly of plant origin, are the basis for diets that are nutritionally balanced, delicious, culturally appropriate, and supportive of socially and environmentally sustainable food systems. Variety means foods of all types — cereals, legumes, roots, tubers, vegetables, fruits, nuts, milk, eggs, meat — and diversity within each type — such as beans and lentils, rice and corn, potato and cassava, tomatoes and squash, orange and banana, chicken and fish.

### 2 USE OILS, FATS, SALT, AND SUGAR IN SMALL AMOUNTS WHEN SEASONING AND COOKING NATURAL OR MINIMALLY PROCESSED FOODS AND TO CREATE CULINARY PREPARATIONS

As long as they are used in moderation in dishes and meals based on natural or minimally processed foods, oils, fats, salt, and sugar contribute to diverse and delicious diets without making them nutritionally unbalanced

# Brazilië (3)

## 3 LIMIT CONSUMPTION OF PROCESSED FOODS

The ingredients and methods used in the manufacture of processed foods — such as vegetables in brine, fruits in syrup, cheeses and breads — unfavourably alter the nutritional composition of the foods from which they are derived. In small amounts, processed foods can be used as ingredients in dishes and meals based on natural or minimally processed foods.

## 4 AVOID CONSUMPTION OF ULTRA-PROCESSED FOODS

Because of their ingredients, ultra-processed foods such as salty fatty packaged snacks, soft drinks, sweetened breakfast cereals, and instant noodles, are nutritionally unbalanced. As a result of their formulation and presentation, they tend to be consumed in excess, and displace natural or minimally processed foods. Their means of production, distribution, marketing, and consumption damage culture, social life, and the environment.

## 5 EAT REGULARLY AND CAREFULLY IN APPROPRIATE ENVIRONMENTS AND, WHENEVER POSSIBLE, IN COMPANY

Make your daily meals at regular times. Avoid snacking between meals. Eat slowly and enjoy what you are eating, without engaging in another activity. Eat in clean, comfortable and quiet places, where there is no pressure to consume unlimited amounts of food. Whenever possible, eat in company, with family, friends, or colleagues: this increases the enjoyment of food and encourages

eating regularly, attentively, and in appropriate environments. Share household activities that precede or succeed the consumption of meals.

## 6 SHOP IN PLACES THAT OFFER A VARIETY OF NATURAL OR MINIMALLY PROCESSED FOODS

Shop in supermarkets and municipal and farmers markets, or buy directly from producers or other places, that sell varieties of natural or minimally processed foods. Prefer vegetables and fruits that are locally grown in season. Whenever possible, buy organic and agro-ecological based foods, preferably directly from the producers.

## 7 DEVELOP, EXERCISE AND SHARE COOKING SKILLS

If you have cooking skills, develop them and share them, especially with boys and girls. If you do not have these skills — men as well as women — acquire them. Learn from and talk with people who know how to cook. Ask family, friends, and colleagues for recipes, read books, check the internet, and eventually take courses. Start cooking!

## 8 PLAN YOUR TIME TO MAKE FOOD AND EATING IMPORTANT IN YOUR LIFE

Plan the food shopping, organise your domestic stores, and decide on meals in advance. Share with family members the



## Brazilië (4)

responsibility for all activities related to meals. Make the preparation and eating of meals privileged times of conviviality and pleasure. Assess how you live so as to give proper time for food and eating.

### 9 OUT OF HOME, PREFER PLACES THAT SERVE FRESHLY MADE MEALS

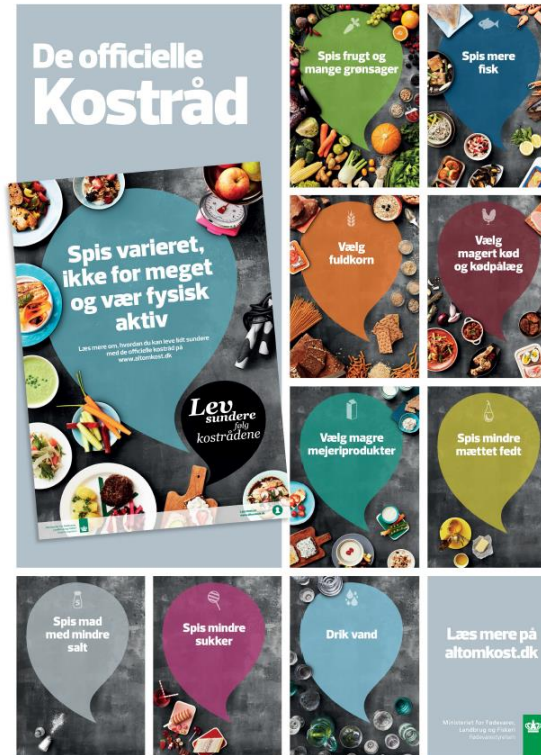
Eat in places that serve fresh meals at good prices. Self-service restaurants and canteens that serve food buffet-style charged by weight are good choices. Avoid fast food chains

### 10 BE WARY OF FOOD ADVERTISING AND MARKETING

The purpose of advertising is to increase product sales, and not to inform or educate people. Be critical and teach children to be critical of all forms of food advertising and marketing.

# Denemarken

- ❑ Jaar: 2013
- ❑ Organisatie: The Danish Health Authority



# Letland

□ Jaar: 2016

□ Organisatie: Ministry of Health

## Špikeris par bērnu ēdināšanu izglītības iestādēs\*

Rūpējoties par bērnu veselību, no 01.01.2016. stājas spēkā šādi grozījumi:

### Ēdināšanu nodrošina ar svaigi pagatavotu ēdienu no dabīgiem pārtikas produktiem!

#### Ēdienu pagatavošanā neiekļauj:

- Apstrādātus zvejniecības produktus, piemēram, zivju pirkstīnus, rūpnieciski ražotas zivju kolektes u.c.
- Bezalkoholiskos dzērienus, kuriem pievienots kofeīns, aminoskābes, aromatizētāji un noteiktas pārtikas piedevas.
- Cukura un miltu konditorejas izstrādājumus, kas satur daļēji hidrogenētus augu taukus un noteiktas pārtikas piedevas.

#### P papildus kvalitātes kritēriji noteikti:

- Galas produktiem (nesatur sojas pupas, to produktus un atsevišķas pārtikas piedevas);
- Majonēzē, kečupam un tomātu mērcei (noteikts maksimāli pieļaujamais pievienotā sāls un cukura daudzums, nesatur noteiktas pārtikas piedevas).

### Izglītības iestāžu kafējnīcās & uzskodu/ dzērienu automātos drīkst izplatīt:

- Svaigus un žāvētus augļus, ogas un dārzeņus, kā arī sukādes bez noteiktām pārtikas piedevām.
- Negraudzētus riekstus un sēklas bez pievienota cukura, sāls un noteiktām pārtikas piedevām.
- Pienu un raudzētus piena produktus ar samazinātu tauku daudzumu, kā arī saliktus piena produktus (piemēram, jogurtu, pienu ar augļu vai ogu piedevām), ar noteiktu pievienotā cukura un sāls daudzumu, bez noteiktām pārtikas piedevām.
- Sieru, kurā tauku saturs sausnā  $\leq 45\%$ .
- Dzeramo ūdeni, avota ūdeni un dabīgos minerālūdeņus; augļu sulas, kā arī izglītības iestādē pagatavotu tēju, kakao, kafiju u.c.
- Šokolādi, kas satur ne mazāk kā 43 % kopējās kakao sausnas.
- Sausmaizītes (galetes), sausīnus un barankas ar samazinātu pievienotā cukura daudzumu, kas nesatur daļēji hidrogenētus augu taukus un pārtikas piedevas.

\*Grozījumi Ministru kabineta 2012. gada 13. marta noteikumos Nr. 172 "Noteikumi par uztura normām izglītības iestāžu izglītojamiem, sociālās aprūpes un sociālās rehabilitācijas institūciju klientiem un ārstniecības iestāžu pacientiem" (14.07.2015.)

Materiāls sagatavots 2016.gadā

Veselības ministrija

# Nederland

- ☐ Jaar: 2016
- ☐ Organisatie: Voedingscentrum

## Volop uit de Schijf van Vijf



Veel groente en fruit



Vooral volkoren, zoals volkorenbrood, volkoren pasta en couscous en zilvervliesrijst



Minder vlees en meer plantaardig. Varieer met vis, peulvruchten, noten, eieren en vegetarische producten



Genoeg zuivel, zoals melk, yoghurt en kaas



Een handje ongezouten noten



Zachte of vloeibare smeer- en bereidingsvetten



Voldoende vocht, zoals kraanwater, thee en koffie


## Buiten de Schijf van Vijf: niet te veel en niet te vaak


- Kleine porties
- Niet te veel zout, suiker en verzadigd vet



# Noorwegen (1)

- Jaar: 2014?
- Organisatie: Norwegian Directorate of Health



  
**THE NORWEGIAN DIETARY GUIDELINES  
- IN SHORT**

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**CHOOSE MORE:**  
Vegetables, fruit and berries  
Fish and fish products  
Physical activity


**CHOOSE INSTEAD:**  
Whole grain over refined grain products  
Cooking oils and soft margarine over butter  
Low-fat over full-fat dairy products  
Water over sugary drinks

**CHOOSE LESS:**  
Red meat and processed meat  
Salt and foods that are high in salt  
Sugar, sugary drinks and candy  
Inactivity


Eat a variety of foods  
and be physically active.

The Keyhole can help you make healthier  
choices when shopping for food.

  
[helsenorge.no/kostrad](https://helsenorge.no/kostrad)

 **Helsetidrektoratet**  
Norwegian Directorate of Health

## Noorwegen (2)




**HEALTHY CHOICES MADE EASY**

---


Compared with the same types of foods, products with the Keyhole symbol meet one or more of the following requirements:

- Less saturated fat
- Less sugar
- Less salt
- More fibre and wholegrain

The Keyhole is for everyone. You can find the Keyhole on a number of different food products.



[helsenorge.no/keyhole](https://helsenorge.no/keyhole)

 HelseDirektoratet  
The Norwegian Directorate of Health

15.07.18: Photos / PHOTO: Lisa Westland / Tripsave

# Slovenië

☐ Jaar: 2007

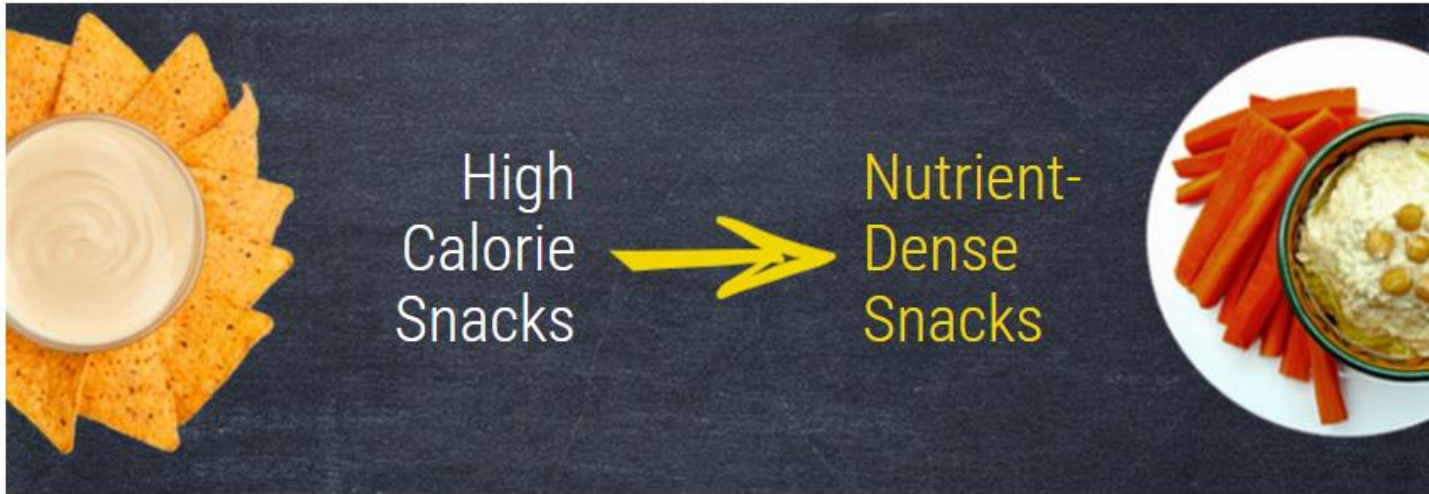
☐ Organisatie: National  
Institute of Public Health

- 1\_\_\_ V jedi uživajte in jejte redno. Izbirajte pestro hrano, ki naj vsebuje več živil rastlinskega kot živalskega izvora.
- 2\_\_\_ Izbirajte živila iz polnovrednih žit in žitnih izdelkov.
- 3\_\_\_ Večkrat dnevno jejte pestro zelenjavo in sadje. Izbirajte lokalno pridelano in svežo zelenjavo ter sadje.
- 4\_\_\_ Nadzorujte količine zaužite maščobe in nadomestite večino nasičenih maščob (živalskih maščob) z nenasičenimi rastlinskimi olji.
- 5\_\_\_ Nadomestite mastno meso in mastne mesne izdelke s stročnicami, ribami, perutnino ali pustim mesom.
- 6\_\_\_ Dnevno uživajte priporočene količine manj mastnega mleka in manj mastnih mlečnih izdelkov.
- 7\_\_\_ Jejte manj slano hrano.
- 8\_\_\_ Omejite uživanje sladkorja in sladkih živil.
- 9\_\_\_ Zaužijte dovolj tekočine.
- 10\_\_\_ Omejite uživanje alkohola.
- 11\_\_\_ Hrano pripravljajte zdravo in higiensko.
- 12\_\_\_ Bodite telesno dejavni, in sicer toliko, da bo vaša telesna masa normalna.

# Verenigde Staten

- Jaar: 2015
- Organisatie: United States Department of Agriculture (USDA), Center for Nutrition Policy and Promotion

## Empower People To Make Healthy Shifts





WHO

Jaar: 2015



### BREASTFEED BABIES AND YOUNG CHILDREN

- From birth to 6 months, the only food fed babies exclusively is breast milk (i.e. give them no other food or drink), and feed them "on demand" (i.e. as often as they want every day and night)
- At 6 months of age, introduce a variety of safe and additional foods to complement breastfeeding, and continue to breastfeed until babies are 2 years of age or beyond
- Don't add salt or sugars to food for babies and young children

**Why?** Cow's milk, breast milk provides all the nutrients and fluids that babies need for their first 6 months of life. They will need their first 6 months of breast milk for optimal development. It also helps breastfed babies have better resistance against common childhood illnesses such as diarrhoea, pneumonia and other infections. In a few cases, those who are breast fed in their first 6 months are more likely to be overweight or obese as adults. However, more research is needed on this.



### EAT A VARIETY OF FOODS

- Eat a combination of different foods, including staple foods (e.g. cereals such as wheat, barley, rice, maize and rice) or starch tubers or roots such as potatoes, yam, cassava, legumes (e.g. beans and lentils), vegetables, fruit and food from animal sources (e.g. milk, fish, eggs and meat)

**Why?** Eating a variety of whole grains, vegetables and fresh foods every day helps children and adults to obtain essential nutrients and avoid overeating. It also helps maintain a diet that is high in sugar, fat and salt which can lead to long-term weight gain and obesity. Eating a healthy diet can help prevent chronic diseases. Eating a healthy diet is especially important for young children's growth and development. It also helps all people to have a better and more active life.



### EAT PLENTY OF VEGETABLES AND FRUIT

- Eat a wide variety of vegetables and fruit
- For a snack, choose raw vegetables and fresh fruit rather than foods that are high in sugars, fats or salt
- Avoid overcooking vegetables and fruit because this can lead to the loss of important vitamins
- When eating canned or dried vegetables and fruit, choose varieties without added salt and sugars

**Why?** Vegetables and fruit are an important source of vitamins, minerals, dietary fibre, plant protein and other food factors. People who eat more vegetables and fruit have a significantly lower risk of obesity, heart disease, stroke, diabetes and certain types of cancer.



### EAT MODERATE AMOUNTS OF FATS AND OILS

- Use unrefined vegetable oils (e.g. olive, soy) or animal oils (e.g. rapeseed, sunflower) or corn oil, high in saturated fats (e.g. butter, lard, coconut) and palm oil
- Choose white meat (e.g. poultry) and fish, which are generally low in fat. In preference to red meat, eat only lean red meats
- Where possible, opt for low-fat or reduced-fat varieties of milk and dairy products
- Avoid processed, baked and fried foods that contain industrially produced trans fats

**Why?** Fats and oils are an essential source of energy, and eating too much fat, particularly the wrong kind of fat, can be harmful to health. For example, people who eat more red meat, fat and trans-fat are at a higher risk of heart disease and stroke. Lean red meat is a source of iron, but the saturated fat and trans fats in it are not. People who eat more processed meats (e.g. processed meats like ham, salami, sausage, hot dogs, bologna, and luncheon meats) are at a higher risk of heart disease and stroke.



### EAT LESS SALT AND SUGARS

- When cooking and preparing food, limit the amount of salt and high sodium condiments (e.g. soy sauce and fish sauce)
- Avoid foods (e.g. snacks) that are high in salt and sugar
- Limit intake of soft drinks or soda and other drinks that are high in sugars (e.g. fruit, juice, sports and energy drinks)
- Choose fresh fruits instead of sweet snacks such as confectionery and biscuits

**Why?** People who eat more salt are at a higher risk of heart disease and stroke. People who eat more sugar are at a higher risk of becoming overweight or obese, and an increased risk of developing type 2 diabetes. People who eat more soft drinks or other drinks that are high in sugars are at a higher risk of becoming overweight or obese, and an increased risk of developing type 2 diabetes.

GEZOND LEVEN

# Zweden

□ Jaar: 2015

□ Organisatie: Livsmedelsverket (National Food Agency)

## MORE

vegetables, fruit and berries  
fish and shellfish  
nuts and seeds  
exercise



## SWITCH TO

wholegrain  
healthy fats  
low-fat dairy products



## LESS

red and processed meat  
salt  
sugar  
alcohol

