

Rekomandime për një ushqyerje të shëndetshme në Shqipëri [Recommendations on healthy nutrition in Albania] - Food-based dietary guidelines - Adolescents|Adult men and women|All population groups|Elderly|Infants and young children|Preschool-age chil...

Programme: Rekomandime për një ushqyerje të shëndetshme në Shqipëri [Recommendations on healthy nutrition in Albania]

Programme Data

Programme Description

Albania uses a food pyramid representing six food groups: cereals at the bottom of the pyramid; fruits and vegetables on the second level; dairy products and animal source foods on the third level; and fats and products high in sugar and fat at the top.

Publishing institution: Department of Public Health

Tirana

<http://www.shendetesia.gov.al/>

PDF available at the FAO website at

<http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/c...>

Program type

National

References

The information has been retrieved from the FAO Food-based dietary guidelines website at <http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/c...>

Implementing organisations

Action data

Start date	January 2008
Country(ies):	Albania
Topic:	Food-based dietary guidelines
Target group:	Adolescents Adult men and women All population groups Elderly Infants and young children Preschool-age children (Pre-SAC) School age children (SAC)

Typical problems **Solutions**