

GNPR 2016-2017: Promotion of healthy diet and prevention of obesity and diet-related NCDs (q12a) Dietary guidelines for Bangladesh - Food-based dietary guidelines - Adolescents|Adult men and women|All population groups|Elderly|Infants and young chil...

Programme: GNPR 2016-2017: Promotion of healthy diet and prevention of obesity and diet-related NCDs (q12a) Dietary guidelines for Bangladesh

Programme Data

Programme Description

These programmes and actions were reported by countries for the 2nd WHO Global Nutrition Policy Review 2016-2017 module on actions related to healthy diets, overweight and diet-related NCDs. More actions and programmes reported can be accessed through the country page.

Program type

References

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

These FBDGs were also reported to the WHO (2018) Global Nutrition Policy Review. Country progress in creating enabling policy environments for promoting healthy diets and nutrition http://www.who.int/nutrition/publications/policies/global_nut_policyrevi...

The Global Nutrition Policy Review 2016?2017 is the report of the second comprehensive analysis of nutrition-related policy environment, coordination mechanisms, available capacities and actions being taken in 176 Member States (91%) and one area which responded to the survey carried out between July 2016 and December 2017.

Implementing organisations

Action data

Start date	January 2013
Country(ies):	Bangladesh
Topic:	Food-based dietary guidelines
Target group:	Adolescents Adult men and women All population groups Elderly Infants and young children Lactating women (LW) Pregnant women (PW) Preschool-age children (Pre-SAC) School age children (SAC)

Implementation details : Bangladesh uses a food pyramid divided into five levels of consumption. At the bottom of the pyramid is rice, bread and other cereals to be eaten liberally. On the second level one finds vegetables and fruits to be eaten liberally too. Then comes fish, meat, eggs and pulses followed by milk and dairy products, all to be eaten in moderation. Fats, oils and sugar are at the apex of the pyramid and should be eaten sparingly

Publishing institution: Bangladesh National Nutrition Council, Ministry of Health and Family Welfare
<http://www.birdem-bd.org/>
PDF available at the FAO website at
<http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/c...>

Typical problems Solutions