

GNPR 2016-2017: Promotion of healthy diet and prevention of obesity and diet-related NCDs (q12a) ????????? [Dietary guidelines for Chinese residents] - Food-based dietary guidelines - Adolescents|Adult men and women|All population groups|Elderly|Inf...

Programme: GNPR 2016-2017: Promotion of healthy diet and prevention of obesity and diet-related NCDs (q12a) ????????? [Dietary guidelines for Chinese residents]

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

Other

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 2007
Country(ies):	China
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 : China uses the 'Food Guide Pagoda', which is divided into five levels of recommended consumption corresponding to the five Chinese food groups. Cereals (in the form of rice, corn, bread, noodles and crackers) and tubers make up the base of the pagoda and, together with vegetables and fruits (on the second level), should make up the majority of any meal. Meat, poultry, fish and shrimps, and eggs (on the third level) should be eaten regularly in small quantities. A recommendation to eat milk, dairy products, beans and bean products is included in the fourth level. Fat, oil and salt, placed on the roof of the pagoda, should be eaten in moderation. Recommendations to drink plenty of water and to do physical activity are also included in the food guide.
Publishing institution: Chinese Nutrition Society
<http://www.cnsoc.org/>
PDF available at the FAO website at
<http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/c...>

Typical problems Solutions

