

GNPR 2016-2017: Promotion of healthy diet and prevention of obesity and diet-related NCDs (q12a) Eesti toitumis-ja toidusoovitused [Estonian food and nutrition recommendations] - Food-based dietary guidelines - Adolescents|Adult men and women|All p...

Programme: GNPR 2016-2017: Promotion of healthy diet and prevention of obesity and diet-related NCDs (q12a) Eesti toitumis-ja toidusoovitused [Estonian food and nutrition recommendations]

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 2006
Country(ies):	Estonia
Topic:	Food-based dietary guidelines
Target group:	Adolescents Adult men and women All population groups Elderly Preschool-age children (Pre-SAC) School age children (SAC)

Implementation details : 2006 (dietary guidelines), 2007 (pregnant and lactating women), 2008 (the elderly), 2009 (pre-school and school-age children), 2009 (adolescents)
Estonia uses a food pyramid which has physical activity and water at the base. The foods at the bottom of the pyramid (starches, fruits and vegetables) should make up the largest parts of any meal. Low-fat dairy products and other animal source foods are recommended to be eaten in moderation on a daily basis. On the higher levels of the pyramid are oil, butter and nuts; and on the apex products high in sugar (ice-cream, soft drinks, honey, biscuits, etc.).
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<http://toitumine.ee/trukised>
PDF available at http://www.terviseinfo.ee/images/ETLS_avalikuks_aruteluks.pdf and at the FAO website at <http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/c...>

Typical problems Solutions

