

????? ?????????? ?????? [Food-based dietary guidelines for Iran] - Food-based dietary guidelines - Adult men and women

Programme: ????? ?????????? ?????? [Food-based dietary guidelines for Iran]

Programme Data

Programme Description

The food guide chosen is a pyramid divided into Iran's food groups: bread and cereals at the base, vegetables and fruits on the second layer; and milk, dairy, meat, fish, eggs, legumes and nuts on the third layer. Oils, fats, salt and products high in these are placed at the apex of the pyramid with the recommendation to eat them sparingly

Publishing institution: Ministry of Health and Medical Education

<http://www.behdasht.gov.ir/>

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 2006
Country(ies):	Iran (Islamic Republic of)
Topic:	Food-based dietary guidelines
Target group:	Adult men and women

Typical problems	Solutions
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