

GNPR 2016-2017: Promotion of healthy diet and prevention of obesity and diet-related NCDs (q12a) Food-based dietary guidelines for Jamaica: Healthy eating - Active living. - Food-based dietary guidelines - Adolescents|Adult men and women|All populat...

Programme: GNPR 2016-2017: Promotion of healthy diet and prevention of obesity and diet-related NCDs (q12a) Food-based dietary guidelines for Jamaica: Healthy eating - Active living.

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 2015

Country(ies): Jamaica

Topic: Food-based dietary guidelines

Target group: Adolescents
Adult men and women
All population groups

Implementation details : The food guide is a plate depicting the recommended proportions of six foods groups for healthy eating. It promotes variety, adequacy, balance and control. The food groups include staples such as corn, tubers, rice and plantain; vegetables; fruits; fats and oils including fat-rich foods such as avocado and coconut; animal-source foods including fish, meat, eggs and dairy products; and legumes and nuts. The size of each food group segment reflects the volume the group should contribute to the total daily diet. In addition, the food guide promotes the drinking of water and participation in physical activity.

Products whose intake is recommended to be reduced,, such as salty and sugary food and highly-processed products, are not depicted in the food guide.

Publishing institution: Ministry of Health

<http://moh.gov.jm/>

PDF available at the FAO website at

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

Typical problems Solutions