
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_policyreview...

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 2010
Country(ies): Malaysia
Topic: Food-based dietary guidelines
Target group: Adolescents, Adult men and women, Elderly, Infants and young children, Lactating women (LW), Pregnant women (PW), Preschool-age children (Pre-SAC), School age children (SAC)

Implementation details: The Malaysian food pyramid is divided into four levels corresponding to six food groups. At the base there are rice, cereals, noodles and tubers, to be eaten moderately, on the second layer vegetables and fruits to be eaten in abundance; animal source foods and legumes are recommended to be eaten in moderation; and fats, sugar and salt to be eaten in smaller quantities.

Publishing institution: Technical Working Group on Nutrition Guidelines for National Coordinating Committee on Food and Nutrition
