

GNPR 2016-2017: Promotion of healthy diet and prevention of obesity and diet-related NCDs (q12a) Food-based dietary guidelines for South Africans - Food-based dietary guidelines - Infants and young children|Preschool-age children (Pre-SAC)

Programme: GNPR 2016-2017: Promotion of healthy diet and prevention of obesity and diet-related NCDs (q12a) Food-based dietary guidelines for South Africans

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 2012

Country(ies): South Africa

Topic: Food-based dietary guidelines

Target group: Infants and young children
Preschool-age children (Pre-SAC)

Implementation details : The South African food guide displays seven food groups to be eaten regularly: starchy foods; vegetables and fruits, dry beans, peas, lentils and soya; chicken, fish, meat and eggs; milk, maas, yoghurt; fat and oil; and water.
It only shows food groupings (composed of local and affordable foods) that are necessary for healthy eating, and unlike other food guides, it does not include items whose consumption should be limited, such as highly processed foods high in sugar, fat and salt.
The size of each food group segment reflects the volume the group should contribute to the total daily diet.
Publishing institution: Medpharm Publications (Pty) Ltd
<http://www.doh.gov.za/>
PDF available at the FAO website at
<http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/c...>

Typical problems **Solutions**