

GNPR 2016-2017: Promotion of healthy diet and prevention of obesity and diet-related NCDs (q12a) Türkiye'ye Özgü Beslenme Rehberi [Dietary guidelines for Turkey] - Food-based dietary guidelines - Adolescents|Adult men and women|Elderly|Infants and ...

Programme: GNPR 2016-2017: Promotion of healthy diet and prevention of obesity and diet-related NCDs (q12a) Türkiye'ye Özgü Beslenme Rehberi [Dietary guidelines for Turkey]

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

Other

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 2014
Country(ies):	Türkiye
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 : Turkey's food guide is a four-leaf clover divided into four basic food groups: milk and dairy; meat, eggs, fish, legumes and seeds; vegetables and fruit; and bread and cereal. The use of the clover is symbolic, because in Turkey it symbolizes happiness. In addition the leaves are heart-shaped, suggesting health and love. The bottom half of the circle is surrounded by the statement 'adequate and balanced nutrition'. Above there are olive branches, which symbolize peace and make reference to olive oil, a very important component of the Mediterranean diet. Publishing institution: The Ministry of Health of Turkey, General Directorate of Primary Health Care, Food Safety Department, Community Nutrition Division <http://www.saglik.gov.tr/EN/ana-sayfa/2-0/20160316.html> PDF available at the FAO website at <http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/c...>

Typical problems Solutions