

## Guías alimentarias basadas en alimentos para la población uruguaya [Food-based dietary guidelines for Uruguayans ] - Food-based dietary guidelines - All population groups

Programme: Guías alimentarias basadas en alimentos para la población uruguaya [Food-based dietary guidelines for Uruguayans ]

### Programme Data

#### Programme Description

The Uruguayan food guide is a disk that displays food groups to be eaten regularly as part of a healthy diet: cereals and pulses, fruits and vegetables, milk and cheese, meat, fish and eggs, fats and oils, sugar and sugary products (in small quantities), all accompanied by plenty of water.

The size of each food group segment reflects the volume the group should contribute to the total daily diet.

Publishing institution: Ministry of Public Health

<http://www.msp.gub.uy/>

PDF available at the FAO website at

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

#### 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/regions/c...>

#### Implementing organisations

### Action data

Start date: January 2005  
Country(ies): Uruguay  
Topic: Food-based dietary guidelines  
Target group: All population groups

**Typical problems**    **Solutions**