

## GNPR 2016-2017: Promotion of healthy diet and prevention of obesity and diet-related NCDs (q12a) National Guidelines for Healthy Diet and Lifestyles - Food-based dietary guidelines - Adolescents|Adult men and women|Lactating women (LW)|Pregnant wom...

Programme: GNPR 2016-2017: Promotion of healthy diet and prevention of obesity and diet-related NCDs (q12a) National Guidelines for Healthy Diet and Lifestyles

### 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

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...](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

Country(ies):

Vanuatu

Topic:

Food-based dietary guidelines

Target group:

Adolescents  
Adult men and women  
Lactating women (LW)  
Pregnant women (PW)  
Preschool-age children (Pre-SAC)  
School age children (SAC)

Implementation details :

The guidelines for healthy diet and lifestyles are presented as 9 short clear and simple statements: Eat a variety of foods from the three food groups in the right amounts each day, choose fresh local foods. Energy foods such as yams, cassava, taro, sweet potato, breadfruit, rice, bread. Protective foods such as fruits like papaya, ripe bananas, mangoes and vegetables like long beans, island cabbage, tomatoes, cucumber, capsicums, carrots. Body building foods such as fish, lean beef and pork, chicken without skin, eggs, dried beans, milk and milk products. Choose or prepare foods with less salt, fat and sugar Maintain a healthy weight by eating healthy and being physically active every day. Drink plenty of water each day. Feed babies with only breast milk and nothing else for the first six months. Continue some breastfeeding for at least two years. Make sure food is safe to eat. Avoid smoking tobacco, drugs and other harmful substances. Avoid heavy drinking of alcohol and kava Take time to relax, enjoy time with family and friends.

**Typical problems      Solutions**