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 a...

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**

**References**

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**

<table>
<thead>
<tr>
<th>Fecha de inicio</th>
<th>January 2014</th>
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</thead>
<tbody>
<tr>
<td>País(es):</td>
<td>Turkey</td>
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<tr>
<td>Tópico:</td>
<td>Food-based dietary guidelines</td>
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<tr>
<td>Grupo de interés:</td>
<td>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)</td>
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<tr>
<td>Detalles de la implementación:</td>
<td>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.</td>
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**Typical problems**

<table>
<thead>
<tr>
<th>Solutions</th>
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