

南美洲 South America

膳食指南资料汇总

Compilation of Food-Based Dietary Guidelines



中国营养学会

Chinese Nutrition Society

Brazil 巴西 (2014)

Use oils, fats, sugar and salt in moderation.

Limit consumption of ready-to-consume food and drink products

Eat regular meals, paying attention, and in appropriate environments.

Eat in company whenever possible.

Buy food at places that offer varieties of fresh foods. Avoid those that mainly sell products ready for consumption.

Develop, practice, share and enjoy your skills in food preparation and cooking.

Plan your time to give meals and eating proper time and space.

When you eat out, choose restaurants that serve freshly made dishes and meals. Avoid fast food chains.

Be critical of the commercial advertisement of food products.