

欧洲 Europe

膳食指南资料汇总

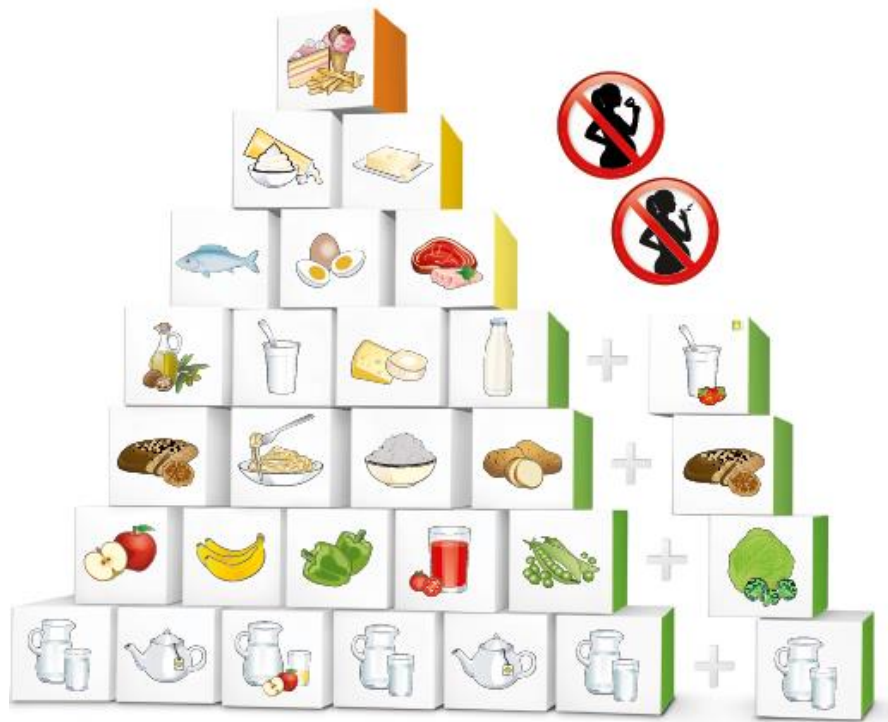
Compilation of Food-Based Dietary Guidelines



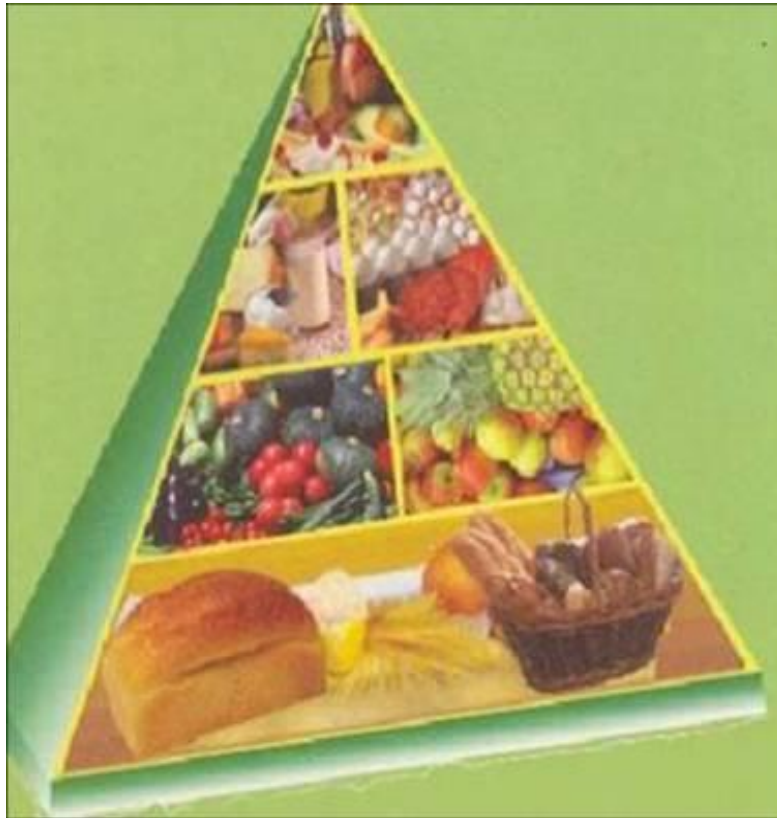
中国营养学会

Chinese Nutrition Society

1 Austria 奥地利



2 Albania 阿尔巴尼亚 (2008)



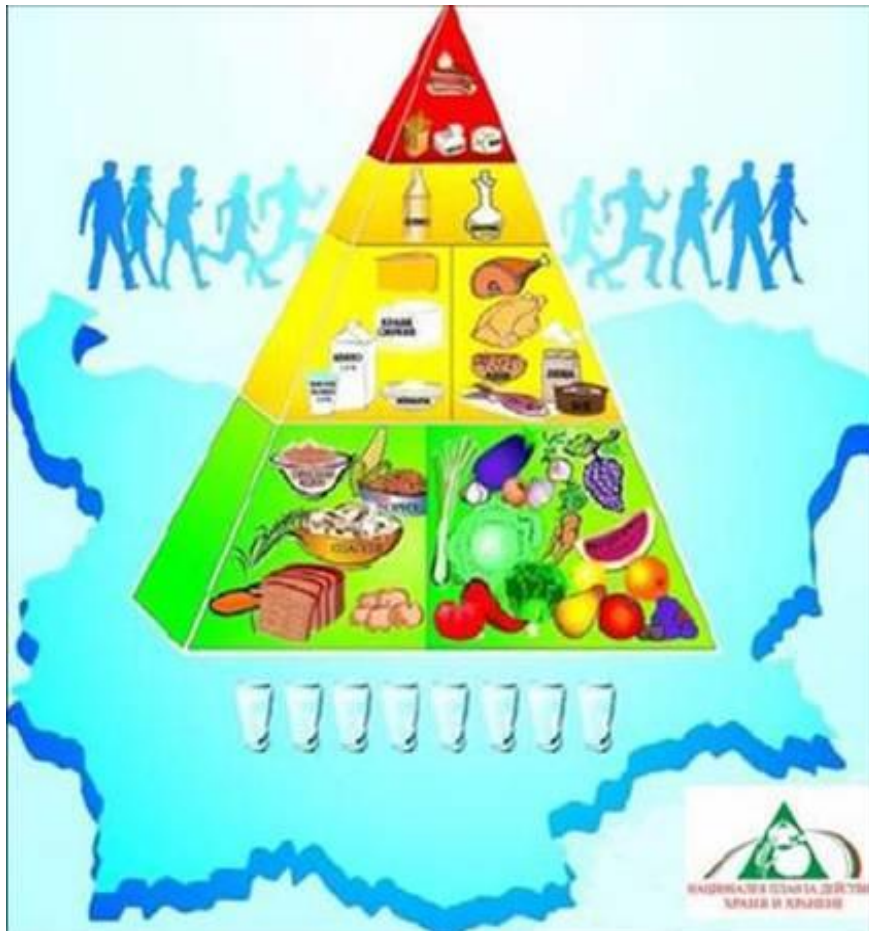
1. Take a healthy diet based on different kind of vegetal and animal food.
2. Take bread, grains, rice or potatoes.
3. Take various kinds of vegetables and fruits many times per day (at least 400g/day) possibly fresh and locally produced.
4. Keep your body weight within the recommended limits (one BMI about 20-25), maintaining everyday a moderate level of physical activity. $BMI = \text{Weight (kg)} / \text{height}^2$ (m).
5. Keep under control the consumption of fat (no more than 30% of the daily energy) and substitute saturated fat with light vegetal oils such as light margarines.
6. Substitute greasy meat and meat by-products with peas, kidney beans, lentils, fish, poultry, or beef.
7. Use milk and its by-products (sour cream, yoghurt, cheese, etc.) which have low rates of fat and salt.
8. Choose food containing less sugar and do not use too much sugar, reducing the sweet beverages and deserts.
9. Choose a diet which contains little salt. The total consume of salt must not exceed one tea spoon (6g) per day including salt found in bread and other processed food. Use iodine salt.
10. If you do consume alcohol, you should not take more than 2 beverages (each containing 10g alcohol) per day.
11. Prepare safety food and hygienically clean. Stew, bake, toast, stream cook, microoven cook, in order to reduce fat.
12. Encourage breastfeeding only. Breastfeeding of your baby should go on throughout the first year of life.

3 Belgium 比利时



- (1) An adequate energy balance
- (2) Increasing fruit and vegetables intake (at least 400 grams a day)
- (3) Reduction in fat intake (maximum 35% of total energy intake) and qualitative improvement
- (4) Reducing the intake of added simple sugars and increasing complex sugars intake
- (5) Reducing sodium intake, substituting iodine enriched salt for salt intake
- (6) Reducing specific micronutrients deficiencies (iron, vitamin D, calcium, folic acid, iodine)
- (7) Increasing water intake (at least 1.5 liter a day)

4 Bulgaria 保加利亚 (2006)

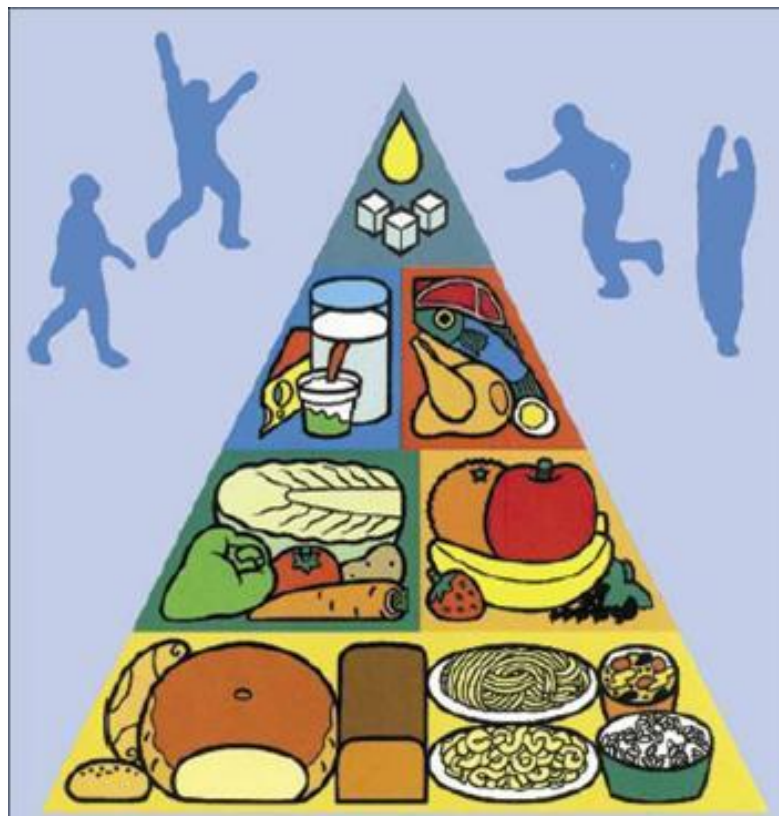


1. Eat a nutritious diet with variety of foods. Do eat regularly, take enough time and enjoy your food in friendly environment.
2. Consume cereals as an important source of energy. Prefer wholegrain bread and other wholegrain products.
3. Eat a variety of vegetables and fruits more than 400 grams every day, preferably raw.
4. Prefer milk and dairy products with low fat and salt content.
5. Choose lean meat, replace meat and meat products often with fish, poultry or pulses.
6. Limit total fat intake, especially animal fat. Replace animal fats with vegetable oils when cooking.
7. Limit the consumption of sugar, sweets and confectionery, avoid sugar-containing soft drinks.
8. Reduce intake of salt and salty foods.
9. If you drink alcoholic beverages, you should consume moderate quantities.
10. Maintain a healthy body weight and be physically active every day.
11. Drink plenty of water every day.
12. Prepare and store the food in a way to ensure its quality and safety.

5 Croatia 克罗地亚



6 Czech Republic 捷克



7 Denmark 丹麦 (2005)



- Eat fruit and vegetables 6 pieces per day
- Eat fish and fish products several times a week
- Eat potatoes, rice, pasta and wholemeal bread every day
- Limit the intake of sugar, particularly from soft drinks, confectionery and cakes
- Eat less fat, particularly fats from meat and dairy products
- Eat a varied diet and maintain a normal weight
- Quench your thirst with water
- Engage in physical activity at least 30 minutes a day

8 Estonia 爱沙尼亚



9 France 法国 (2002)



— Fruits and vegetables: at least five servings a day (80-100g per serving): all forms including freshly pressed juice.

— Dairy: three servings a day (three or four for children and adolescents): for example, one yoghurt (125g), quark (100g), fresh cheese or cottage cheese (60g), cheese (30g) or one glass of milk.

— Starchy foods at each meal according to appetite: these include bread, rusks, cereals and legumes. Products with complex carbohydrates and wholegrain are preferred.

— Meat, fish and eggs: once or twice a day. Fish at least twice a week (100g per serving).

— Fat products: limited (includes butter and cream). Vegetable oils, oily fish and nuts are preferred, as are cooking methods requiring little fat.

— Sweet products: limited.

— Salty foods (prepared foods, meats, crackers, snacks): limited. Not more than 8g of salt a day.

— Water: as much as needed during and between meals. Herbal infusions may be used as an alternative. Tap water is as healthy as mineral water.

— Alcohol: more than two standard glasses for women and three for men (wine, beer, champagne or liquor) increases the risk of certain illnesses.

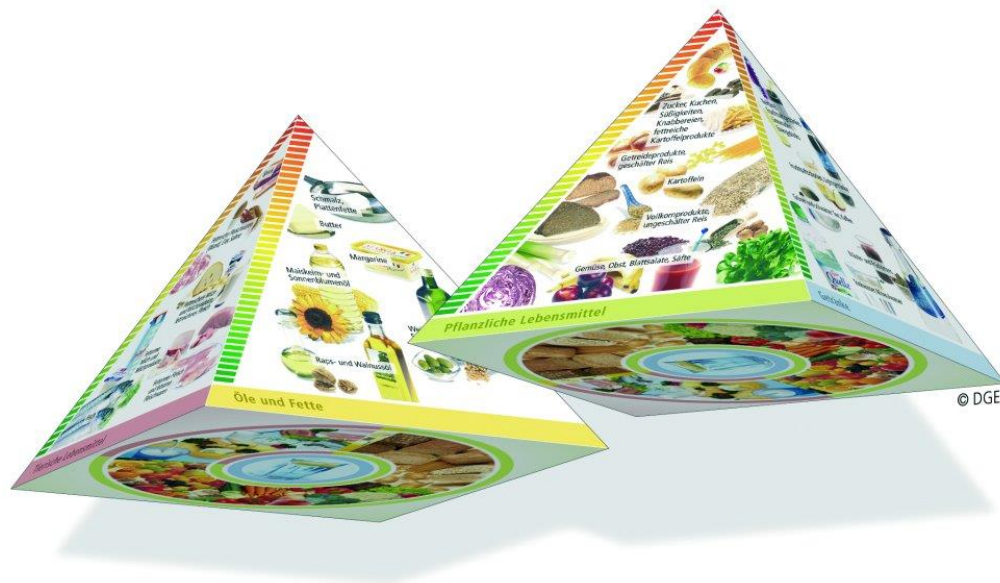
— Physical activity: the equivalent of at least 30 minutes of brisk walking per day for adults (at least one hour for children and adolescents).

10 Finland 芬兰 (2005)



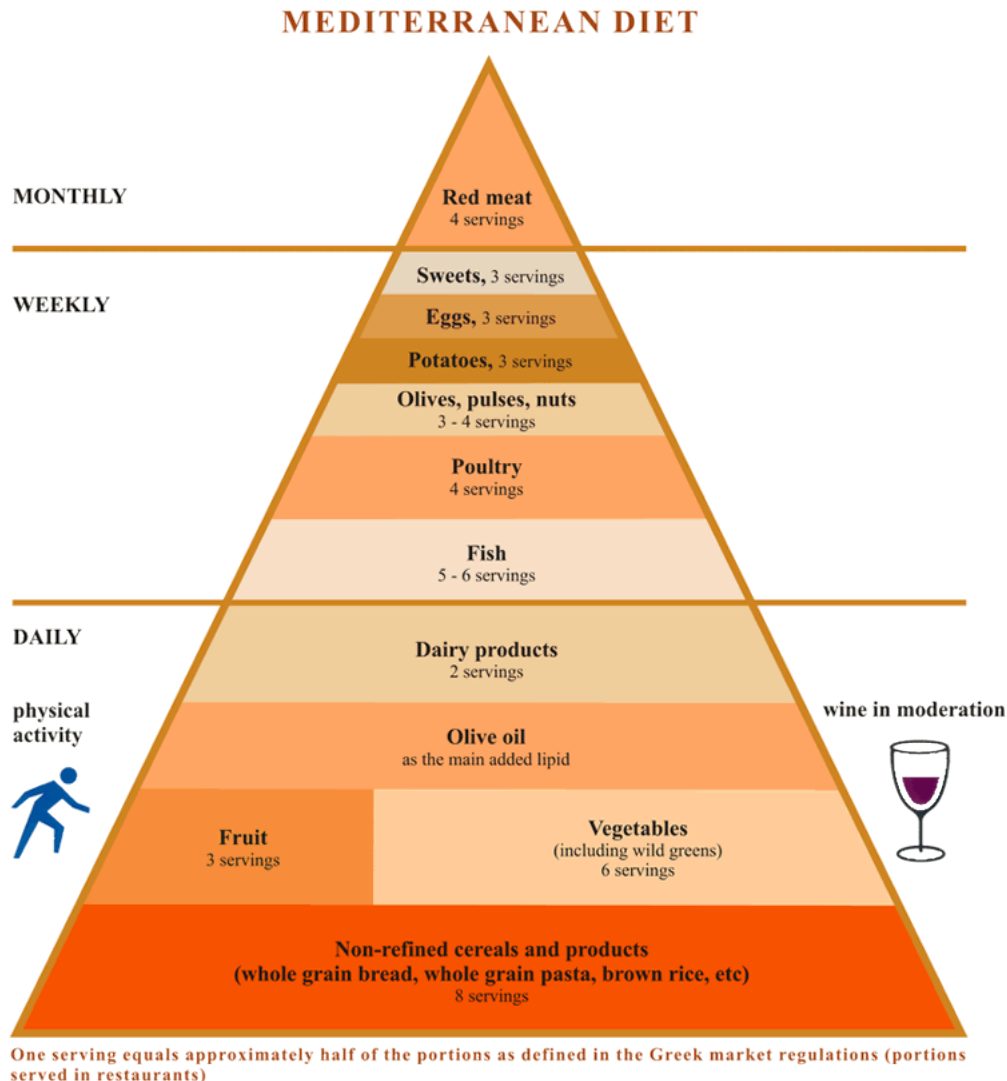
1. Maintain a balance between energy intake and energy expenditure.
2. Maintain a balanced intake of nutrients.
3. Increase the intake of carbohydrates with high fibre content.
4. Decrease the intake of refined sugars.
5. Decrease the intake of hard fat and increase the proportion of soft fats.
6. Decrease the intake of salt.
7. Drink a moderate amount of alcohol.

11 Germany 德国 (2006)



1. Choose from among many different foods
2. Eat plenty of cereal products and potatoes
3. Fruit and vegetables-take “5 a day”
4. Milk and dairy products daily, fish once to twice a week; meat, sausages and eggs in moderation
5. Low-fat diet
6. Sugar and salt in moderation
7. Plenty of liquid
8. Make sure your dishes are prepared gently and taste well
9. Take your time and enjoy eating
10. Watch your weight and stay active

12 Greece 希腊 (1999)



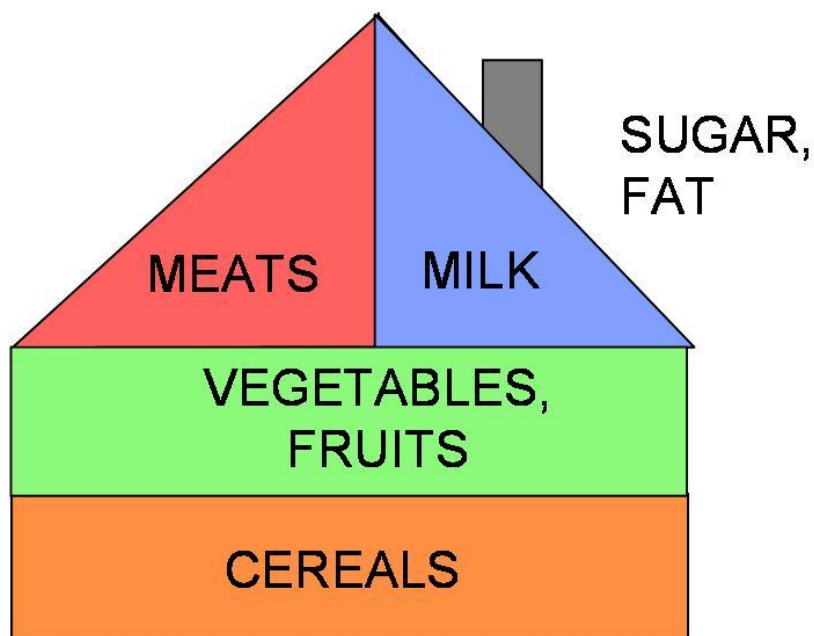
Also remember to:

- drink plenty of water
- avoid salt and replace it by herbs (e.g oreganon, basil, thyme, etc)

Source: Supreme Scientific Health Council, Hellenic Ministry of Health

Do not exceed the optimal body weight for your height.
Eat slowly, preferably at regular times during the day and in a pleasant environment.
Prefer fruits and nuts as snacks, instead of sweets or candy bars.
Always prefer water over soft drinks.
Healthy adults, with the exception of pregnant women, do not need dietary supplements (vitamins, minerals, etc.) when they follow a balanced diet.
Light foods are not a substitute for physical activity when it comes to controlling excess body weight; furthermore, their consumption in large quantities has been shown to promote obesity.
Although the indicated model diet is the ultimate goal, gradual adoption may be more realistic for some people.

13 Hungary 匈牙利



14 Iceland 冰岛 (2005)

1. Consume a varied diet.
2. Eat fruit and vegetables daily: 500 grams/day, at least 200 grams of fruit and 200 grams of vegetables.
3. Eat fish at least twice a week.
4. Eat whole grain products and fiber-rich food.
5. Eat low-fat dairy products (1.5 grams or less/100 grams) with as little added sugar as possible.
6. Use vegetable oils instead of hard margarine and butter.
7. Reduce your intake of salt (max 6 grams/day for women and 7 grams/day for men).
8. Consume fish oil or other vitamin D sources daily (10 micrograms of vitamin D/day from the age of 6 months).
9. Water is the best drink.
10. Maintain a healthy body weight.

15 Italy 意大利

Watch your weight and be active
More cereals, vegetables, tubers and fruit
Fat-choose quality and limit the amount
Sugars, sweets, sweet drinks-just the right amount
Drink plenty of water everyday
Salt? Better if little
Alcoholic drinks-only if in limited amounts
Make varied choices
Special advice for special people
The safety of your food depends also on you

16 Ireland 爱尔兰 (2012)

Your Guide to Healthy Eating Using the Food Pyramid



for Adults and Children over 5 years of age

- Limit foods and drinks from the Top Shelf of Food Pyramid.
- Prepare and cook your meals using fresh ingredients.
- Always read the nutrition label - check for high levels of fat, sugar and salt.
- Eat a variety of 5 or more of different coloured fruit and vegetables every day.
- Wholegrain breads, high fibre cereals, especially porridge, potatoes, wholewheat pasta and brown rice satisfy hunger and are the best foods to fuel your body.
- Choose healthier cooking methods like steaming, grilling, baking, roasting and stir-frying instead of frying foods.
- Eat more fish; it's a good source of protein as well as containing important vitamins and minerals.
- Choose lower fat milks, low fat/no added sugar yoghurts and yoghurt drinks and reduced fat cheese.
- Choose vegetable oils that are high in monounsaturated fats such as rapeseed or olive oil.
- Add as little as possible or no salt to your food in cooking or at the table.
- Adults need about 8-10 cups or glasses of fluid every day.
- Take time to enjoy 3 meals a day sitting at a table.
- Always make time to have a breakfast – people who eat breakfast are more likely to be a healthy weight.
- Alcohol contains calories, so if you drink, drink sensibly within recommended limits and preferably with meals.
- If you eat a healthy balanced diet, you should not need to take food supplements, unless you are advised to do so by your doctor.
- Healthy eating before and during pregnancy protects your child's risk of lifestyle diseases like obesity and heart disease, later in life.
- If you are overweight, consider the quantity of foods you eat from all shelves of the Food Pyramid, with the exception of fruits and vegetables.
- Prepare and store food safely.

17 Latvia 拉脱维亚



18 Netherlands 荷兰 (2006)



- Ensure a varied diet
- Take adequate daily physical activity
- Eat plenty of fruit, vegetables, and whole-grain cereal products every day
- Regularly eat (oily) fish
- Generally avoid products with a high level of saturated fatty acids and mono trans unsaturated fatty acids.
- Avoid frequent consumption of foods or beverages that contain easily fermentable sugars and drinks that are high in alimentary acids.
- Limit intake of salt.
- If alcohol is used, do so in moderation.

19 Norway 挪威 (2005)

1. Eat a lot of fruit and vegetables – recommend 500 grams per day.
2. Include bread in every meal, preferably whole grain.
3. Choose products labelled with the “keyhole.”
4. Eat fish often – at least 3 times per week.
5. Choose fluid margarines and oils to cook with.
1. Eat at least 3 portions of vegetables and 2 portions of fruit per day.
2. Choose baked or cooked potatoes instead of potato chips and French fries.
3. Choose whole grain bread and cereals.
4. Eat more fish – both for lunch and dinner.
5. Choose low-fat meat and dairy products.
6. Choose vegetable-based margarines and oils instead of hard margarines and butter.
7. Choose products that have a keyhole label.
8. Cut down on the consumption of sugar, especially from soda pop and candy.
9. Be careful with the salt.
10. Water is the best drink.

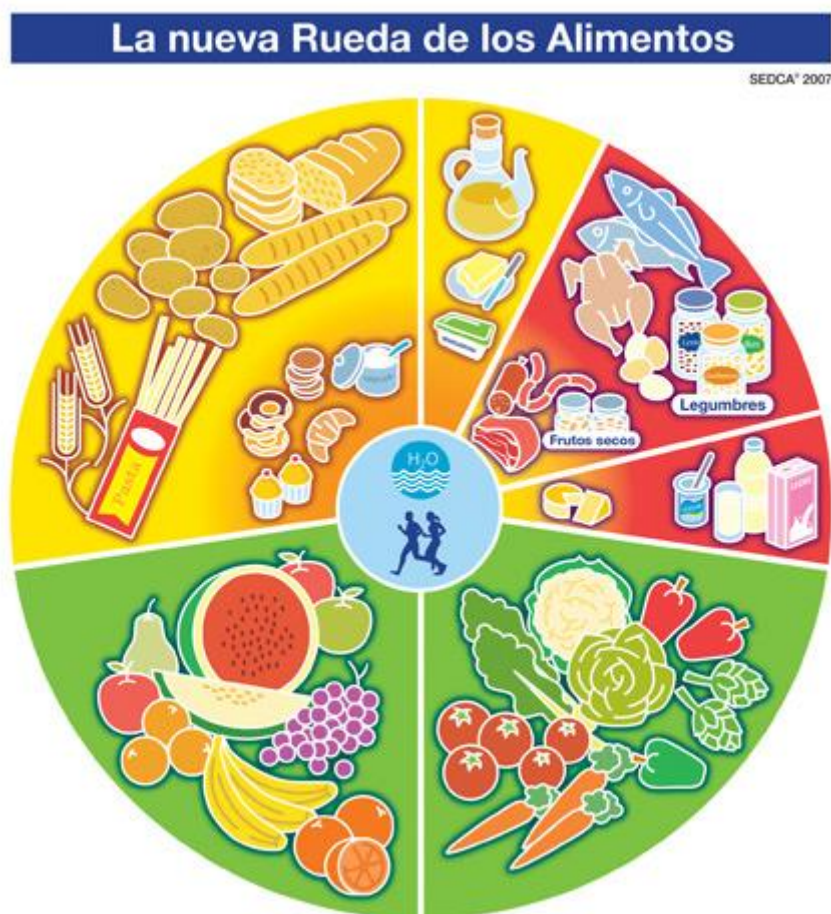
20 Poland 波兰 (2009)



21 Romania 罗马尼亚



22 Spain 西班牙 (2007)



1. To adjust energy intake to energy output in order to achieve an energy balance conducive to maintain body mass index (BMI) within the desirable range.
2. To harmonise the percentage contribution of macronutrients to energy intake.
3. To achieve a healthier lipid profile in the diet by enhancing a relevant contribution of monounsaturated fatty acids (MUFAs), mostly from olive oil.
4. To stimulate changes in carbohydrate profile, through a higher proportion of complex carbohydrates.
5. To adjust daily frequency of consumption of sugary foods to less than 4 occasions per day.
6. A daily consumption of vegetables equal to or greater than 250 g is recommended, including at least one portion as fresh raw vegetables in a salad. A consumption of 400 g or more of fruit per person per day is also recommended.
7. Moderation in the consumption of alcoholic beverages is advised, within the Mediterranean consumption pattern, i.e. small amounts of wine with meals.
8. Introducing moderate physical exercise for at least 30 minutes within daily practices is highly recommended.
9. It would be advisable that public administrations and institutions stimulate, support and implement programmes aimed at developing individual skills contributing to food choices and preparations conducive to a healthy food pattern. Actions targeted to socially deprived environments should be a priority.
10. The need to draw global strategies to protect and recover traditional cooking styles is also noticed (gastronomic heritage) as a source of cultural and health wellness.

23 Sweden 瑞典 (2010)



1. Eat a lot of fruit and vegetables – recommend 500 grams per day.
2. Include bread in every meal, preferably whole grain.
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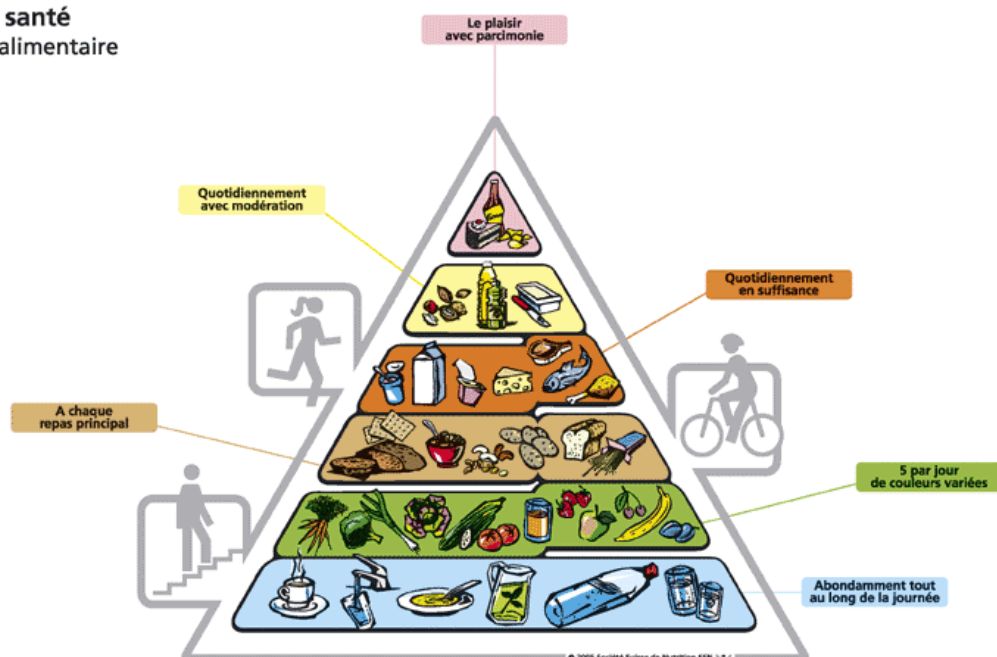
24 Slovenia 斯洛文尼亚 (2000)



1. Enjoy your meal. Choose complete and varied food which should contain more foodstuffs of vegetable than of animal origin.
2. Eat bread, pasta, rice and potatoes several times a day.
3. Consume a variety of vegetables and fruits several times a day (minimum 400 g daily). Select locally grown, fresh vegetables and fruit.
4. Be physically active in such an amount that your body weight is normal (ITM 20-25).
5. Control the amounts of consumed fat (not more than 30 % of daily energy intake) and substitute most saturated fats (animal fats) by unsaturated vegetable oils.
6. Substitute high-fat meat and (fatty) meat products with legumes, fish, poultry meat or leaner meat.
7. Consume daily the recommended amounts of reduced-fat milk and lesser amount of fatty/reduced-fat and salty milk products (yogurt, curdled milk, kefir, cheese).
8. Add moderate amounts of sugar and select foods with reduced sugar content. Limit the frequency of confectionery intake and consumption of sweet drinks.
9. Eat less salty food. The daily salt intake shall not exceed 1 teaspoonful (6 g) of salt, including salt consumed with bread, ready-to-eat dishes and conserved dishes.
10. If you drink alcohol, do not consume more than 2 units a day (1 unit is 10 g of alcohol).
11. Prepare healthy and hygienic food. Suitable methods which influence the reduction of fat intake in food preparation are: cooking, simmering, baking, or preparation in a microwave.
12. For infants most suitable is exclusive breastfeeding up to six months of age which shall be followed by an adequate supplementary diet in the first years of life.

25 Switzerland 瑞士

Recommandations
alimentaires
pour adultes, alliant
plaisir et santé
Pyramide alimentaire



Drink 1–2 litres per day, preferably in the form of sugar free drinks, e.g. tap/mineral water or fruit/herbal tea.

5 portions per day of different colours, at least 3 portions should be vegetables and 2 fruit.

3 portions per day. Cereals should preferably be whole grain.

3 portions per day of milk or dairy products. In addition, 1 daily portion of meat, poultry, fish, eggs, tofu, quorn, seitan, cheese or fresh cheese (quark).

2–3 tablespoons per day (20–30 g) of vegetable oil, of which at least half should be rape-seed oil. 1 portion per day (20–30 g) of unsalted nuts, seeds or kernels.

Consume sweets, sweetened drinks, salty snacks and alcoholic beverages in moderation.

A well-balanced diet is vital in promoting a healthy lifestyle. It influences our mental and physical well-being and helps in the prevention of illnesses.

In addition to a balanced diet, the following also contribute to a healthier way of life: at least 30 minutes of daily physical exercise; going outdoors every day; taking regular breaks and relaxing; avoiding smoking and excessive alcohol consumption.

26 United Kingdom 英国 (2006)

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Public Health England in association with the Welsh Government, the Scottish Government and the Food Standards Agency in Northern Ireland

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Base your meals on starchy foods (Starchy foods should make up around one third of the foods you eat.)

Eat lots of fruit and vegetables (It's recommended that we eat at least five portions of different types of fruit and vegetable a day.)

Eat more fish (Aim to eat at least two portions a week, including at least one portion of oily fish.)

Cut down on saturated fat and sugar

Eat less salt (More than 1.5g of salt per 100g means the food is high in salt. Adults and children over 11 should eat no more than 6g of salt a day. Younger children should have even less.)

Get active and be a healthy weight

Don't get thirsty (1.2 litres of fluid)

Don't skip breakfast