

亚洲 Asia

膳食指南资料汇总

Compilation of Food-Based Dietary Guidelines

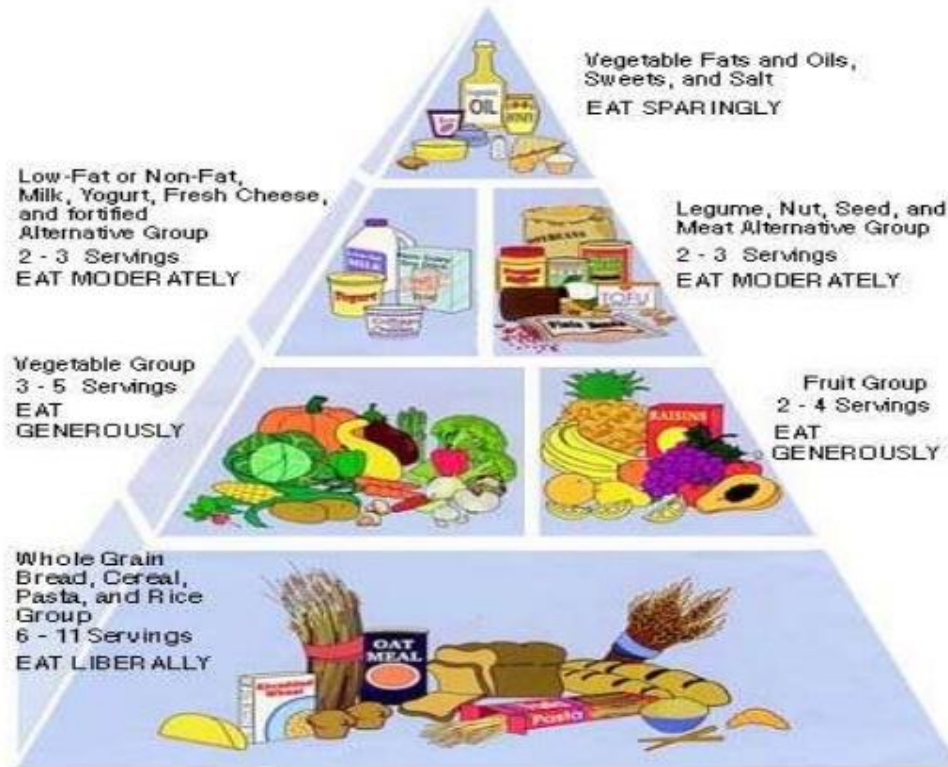


中国营养学会

Chinese Nutrition Society

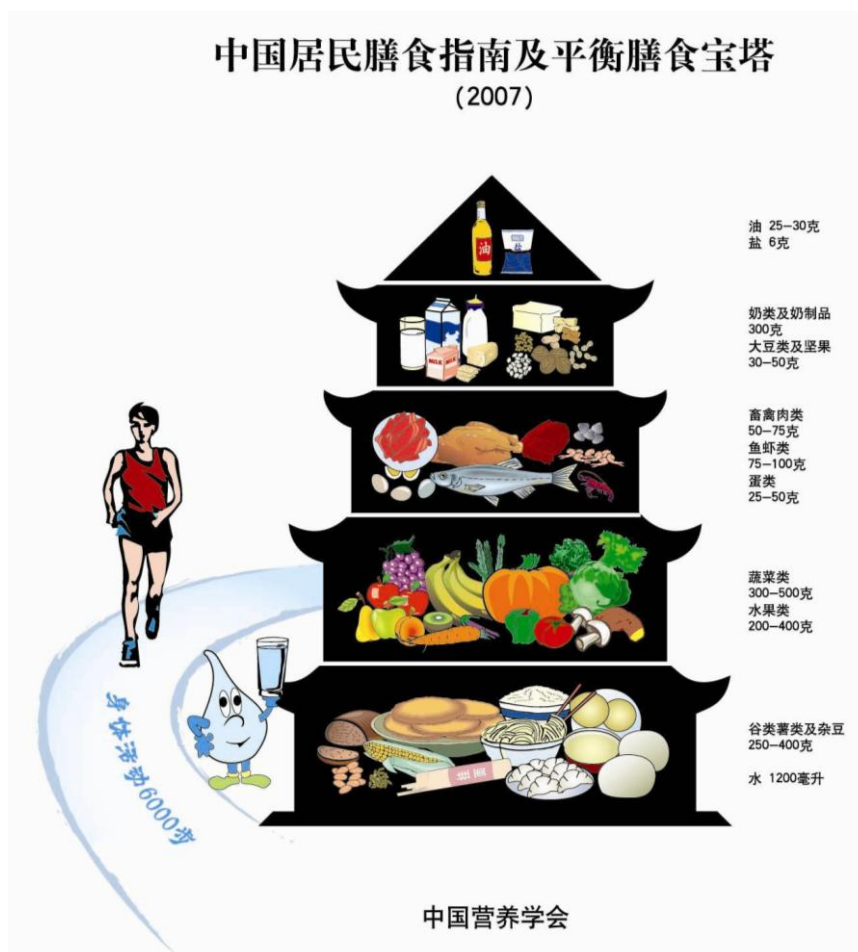
1 Bangladesh 孟加拉国 (2013)

Food Pyramid in Bangladesh



- 1 Eat a well-balanced diet with a variety of foods at each meal.
- 2 Consume moderate amounts of oils and fats.
- 3 Limit salt intake and condiments and use only iodized salt.
- 4 Take less sugar, sweets or sweetened drinks.
- 5 Drink plenty of water daily.
- 6 Consume safe and clean foods and beverages.
- 7 Maintain desired body weight through a balanced food intake and regular physical activity
- 8 Practice healthy life style with right cooking and healthy eating.
- 9 Eat additional food during pregnancy and lactation.
- 10 Practice exclusive breast feeding for six months and start appropriate complementary foods in time.

2 China 中国 (2007)



Eat a variety of foods, mainly cereals

Consume plenty of vegetables, fruits and tubers

Consume milk, beans or dairy- or bean-products everyday

Consume appropriate amounts of fish, poultry, eggs and lean meat; reduce fatty meat and animal fat in the diet

Balance food intake with physical activity to maintain a healthy body weight

Choose a light diet that is also low in salt

If you drink alcoholic beverages, do so in limited amounts

Avoid unsanitary and spoiled foods

食物多样，谷类为主，粗细搭配

多吃蔬菜水果和薯类

每天吃奶类，大豆或其制品

常吃适量的鱼，禽，蛋和瘦肉

减少烹调油用量，吃清淡少盐膳食

食不过量，天天运动，保持健康体重

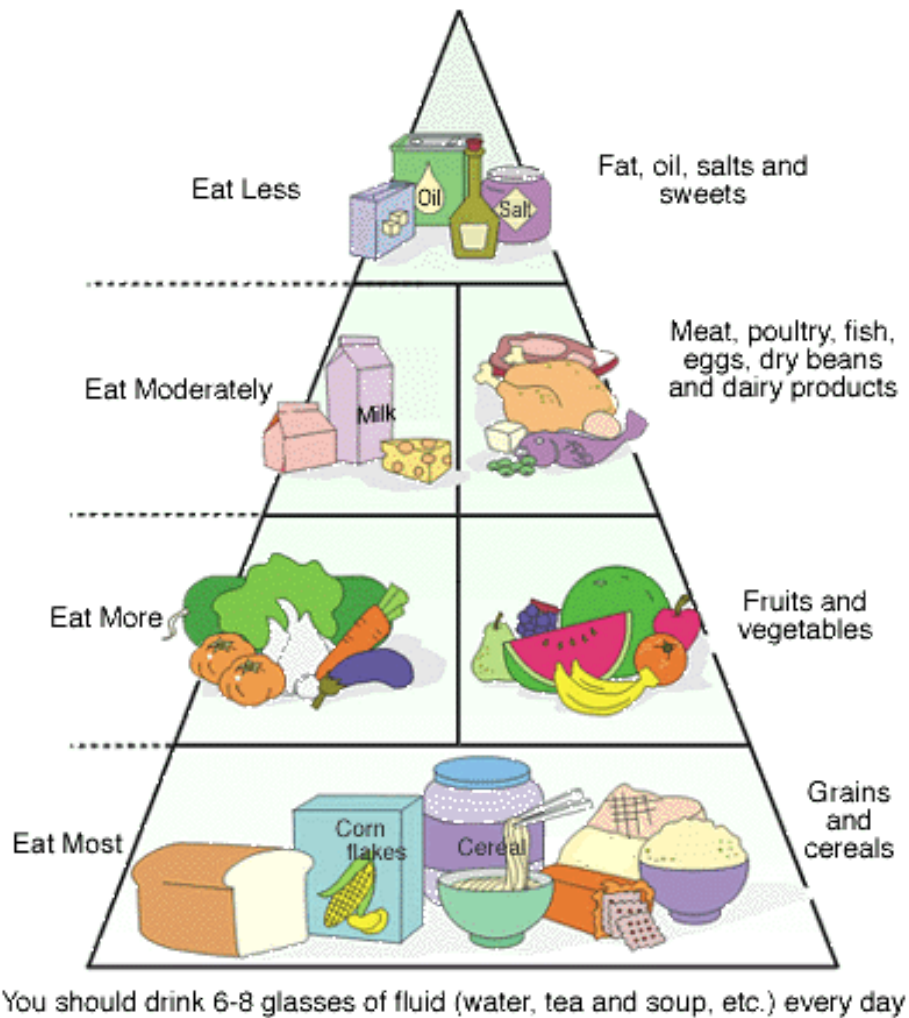
三餐分配要合理，零食要适当

每天足量饮水，合理选择饮料

如饮酒应限量

吃新鲜卫生的食物

3 Hongkong , China 中国香港 (2012)



- (1) Choose a variety of food and eat cereals as the largest portion of food in every meal.
- (2) Eat a lot of vegetables and fruit.
- (3) Reduce the consumption of foodstuffs with high salt, fat and sugar content as well as those which are preserved.
- (4) A daily fluid intake of 6 to 8 glasses (including clear soup, fruit juice and tea).
- (5) Take meals regularly and in adequate amounts.

4 India 印度 (2010)



1. Eat variety of foods to ensue a balanced diet
2. Ensure provision of extra food and healthcare to pregnant and lactating women.
3. Promote exclusive breastfeeding for six months and encourage breastfeeding till two years.
4. Feed home based semi solid foods to the infant after six months.
5. Ensure adequate and appropriate diets for children and adolescents both in health and sickness.
6. Eat plenty of vegetables and fruits.
7. Ensure moderate use of edible oils and animal foods and very less use of ghee/ butter/ vanaspati.
8. Overeating should be avoided to prevent overweight and obesity.
9. Exercise regularly and be physically active to maintain ideal body weight.
10. Use salt in moderation/ Restrict salt intake to minimum.
11. Ensure the use of safe and clean foods.
12. Practice right cooking methods and healthy eating habits.
13. Drink plenty of water and take beverages in moderation.
14. Minimize the use of processed foods rich in salt, sugar and fats.
15. Include micronutrient rich foods in the diets of elderly people to enable them to be fit and active.

5 Indonesia 印尼 (1995)

Eat a wide variety of foods

Consume foods to provide sufficient energy

Obtain about half of total energy from complex carbohydrate-rich food

Obtain not more than a quarter of energy from fats or oils

Use only iodized salt

Consume iron-rich food

Breastfeed your baby exclusively for 4 months

Eat breakfast

Drink adequate quantities of fluid that are free from contaminants

Do physical activity regularly

Avoid drinking alcoholic beverages

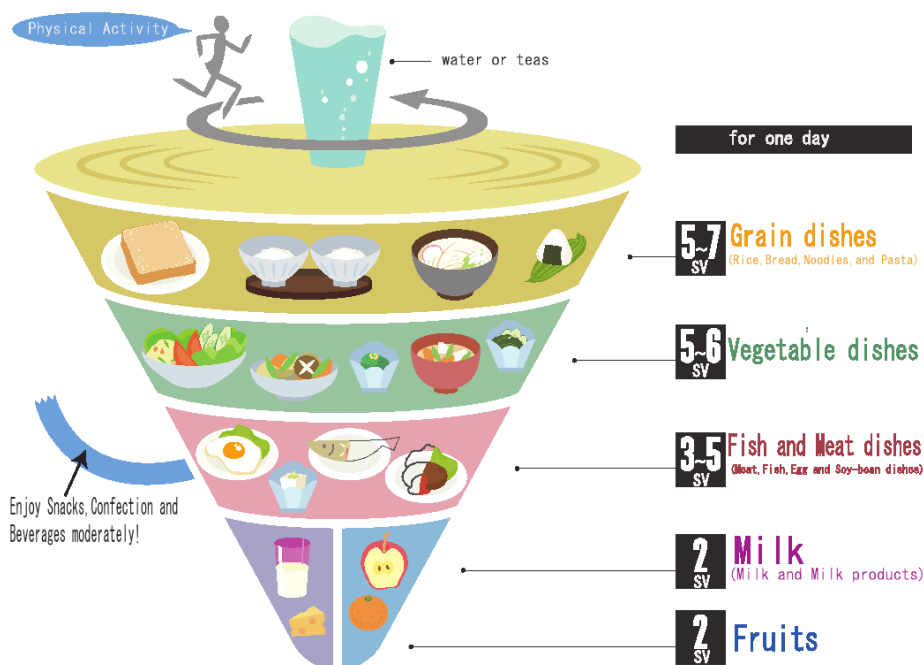
Consume food which is prepared hygienically

Read the labels of packaged foods

6 Japan 日本 (2005)

Japanese Food Guide Spinning Top

Do you have a well-balanced diet?



※ SV is an abbreviation of "Serving", which is a simply countable number describing the approximated amount of each dish or food served to one person

Decided by Ministry of Health, Labour and Welfare and
Ministry of Agriculture, Forestry and Fisheries.

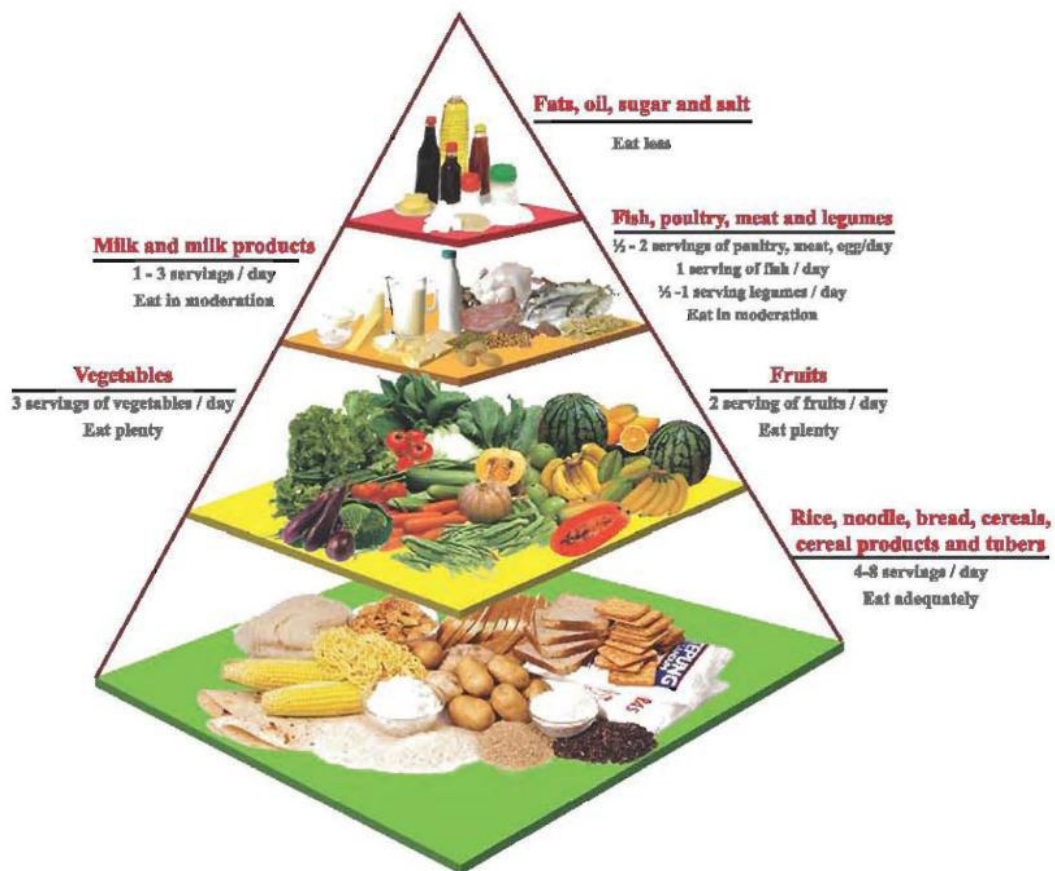
7 Korea 韩国 (2010)

Food Balance Wheels



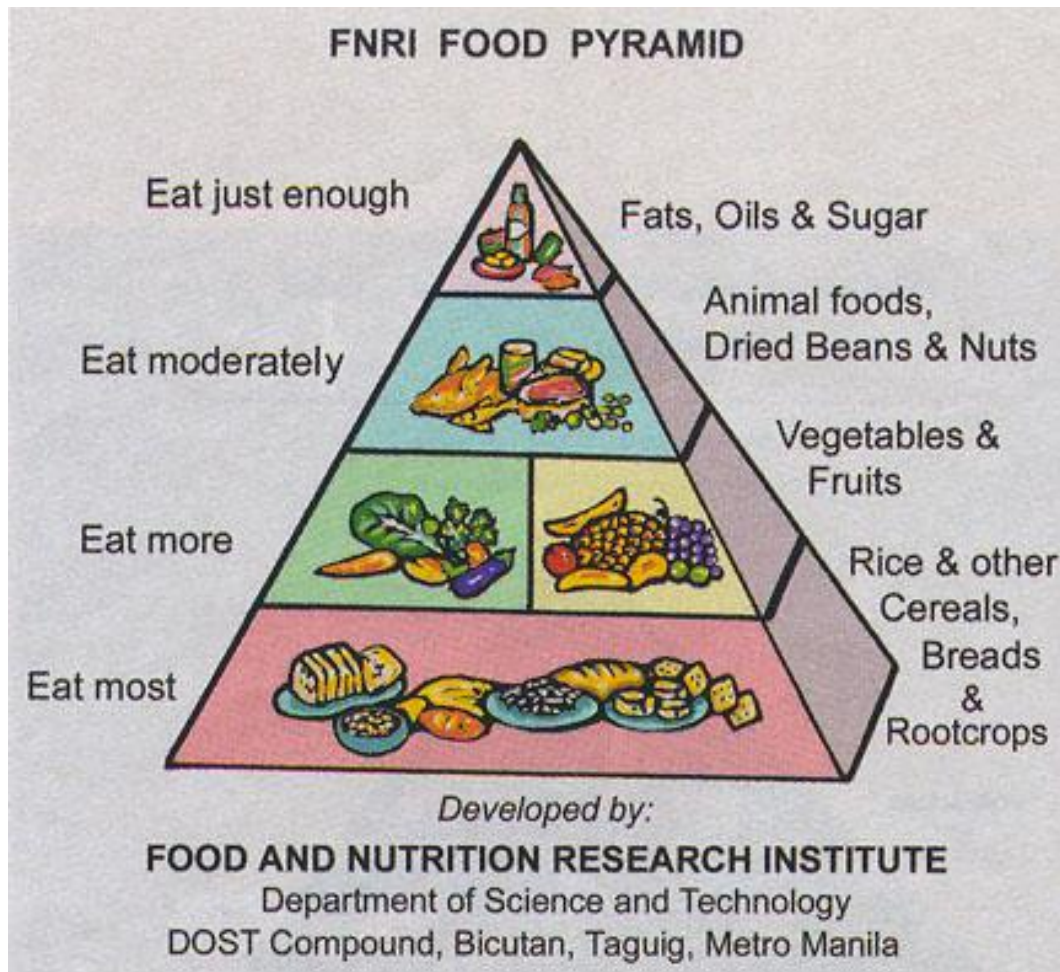
- Eat a variety of foods
 - Eat a variety of grains, especially whole-grain
 - Eat a variety of vegetables
 - Eat a variety of fruits
 - Eat a variety of dairy products daily
 - Choose foods that supply heme iron such as lean red meat for women capable of becoming pregnant
- Increase physical activity for a healthy weight
 - Make physical activity a regular part of the day
 - Exercise for more 30 minutes everyday
 - Maintain healthy weight
 - Control total calorie intake according to physical activity level
- Eat clean and safe foods in adequate amounts
 - Choose clean and safe foods
 - Prepare food/ or order foods in adequate amounts
 - Prepare and keep foods safe
 - Enjoy every meal on time
 - Keep the Korean traditional diet for balance
- Choose foods low in salt and use less salt in cooking
 - Prepare foods with less salt
 - Eat salty liquid when you eat soup and pot stew
 - Do not add more salt or soy sauce at the table
 - Make kimchi with less salt
- Choose less fatty meat and fried foods
 - Eat meat with fat removed
 - Choose less fried foods
 - Cook with less oil
- If you drink alcoholic beverages, do so in moderation
 - Limit up to 2 drinks a day for men, and 1 drink a day for women
 - Do not drink alcoholic beverages during pregnancy

8 Malaysia 马来西亚 (2010)



- Eat a variety of foods within your recommended intake
- Maintain body weight in a healthy range
- Be physically active everyday
- Eat adequate amount of rice, other cereal products (preferably whole grain) and tubers
- Eat plenty of fruits and vegetables everyday
- Consume moderate amounts of fish, meat, poultry, egg, legumes and nuts
- Consume adequate amounts of milk and milk products
- Limit intake of foods high in fats and minimize fats and oils in food preparation
- Choose and prepare foods with less salt and sauces
- Consume foods and beverages low in sugar
- Drink plenty of water daily
- Practice exclusive breastfeeding from birth until six months and continue to breastfeed until two years of age
- Consume safe and clean foods and beverages
- Make effective use of nutrition information on food labels

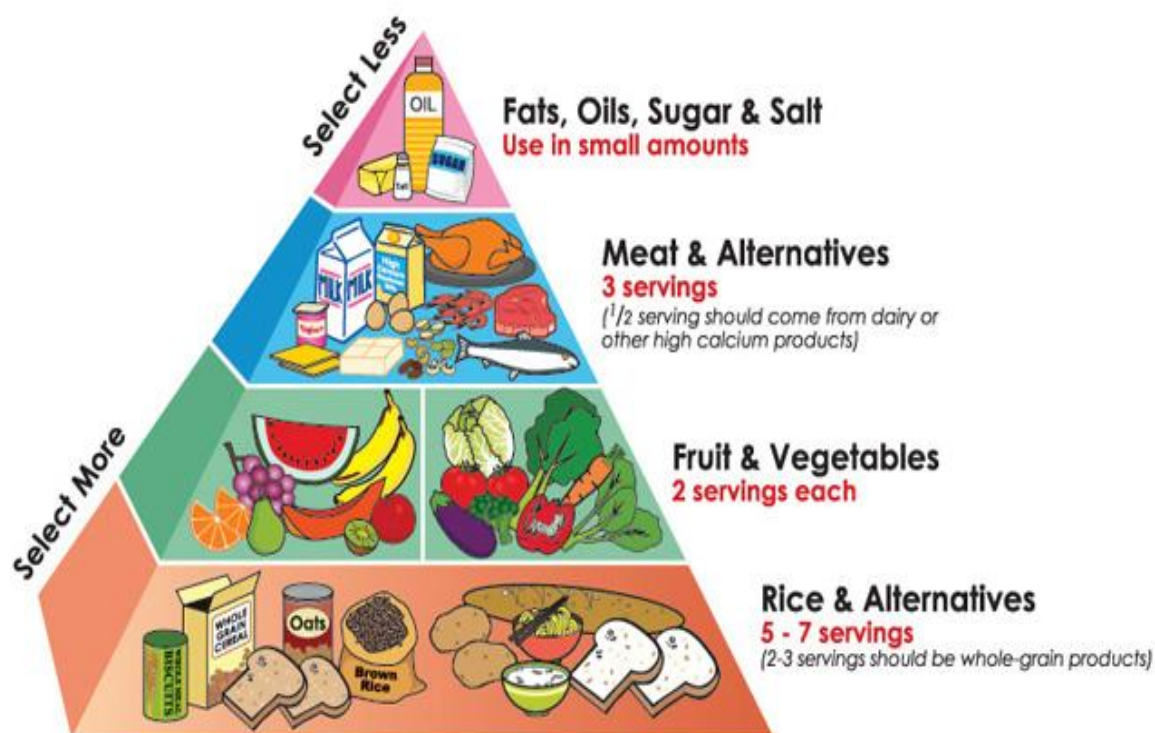
9 Philippines 菲律宾 2000



The Nutritional Guidelines consist of ten messages:

- Eat a variety of foods everyday
- Breast-feed infants exclusively from birth to 6 months, and then, give appropriate foods while continuing breast-feeding
- Maintain children's normal growth through proper diet and monitor their growth regularly
- Consume fish, lean meat, poultry or dried beans
- Eat more vegetables, fruits and root crops
- Eat foods cooked in edible/cooking oil in your daily meals
- Consume milk, milk products and other calcium-rich foods such as small fish and dark leafy vegetables
- Use iodized salt, but avoid excessive intake of salty food
- Eat clean and safe food
- For a healthy lifestyle and good nutrition, exercise regularly, do not smoke and avoid drinking alcoholic beverages.

10 Singapore 新加坡 (2003)



Dietary Guidelines for Adults 18-65 years of age (2003)

- Base your diet on the Healthy Diet Pyramid Recommendations
- Aim to achieve and maintain a healthy BMI
- Eat sufficient amounts of grains, especially whole grains
- Eat more fruit and vegetables every day
- Choose and prepare food with less fat, especially saturated fat
- Choose and prepare food with less salt and sauces
- Choose beverages and food with less sugar
- If you drink alcoholic beverages, do so in moderation

Dietary Guidelines for Children & Adolescents (2007)

- Aim for variety and balance
- Develop healthy habits
- Cut down on saturated fat
- Eat enough fruit and vegetables
- Go for whole-grains
- Bone up on calcium
- Limit your salt intake
- Watch the sugar
- Breastfeeding – Baby's best beginning

11 Sri Lanka 斯里兰卡

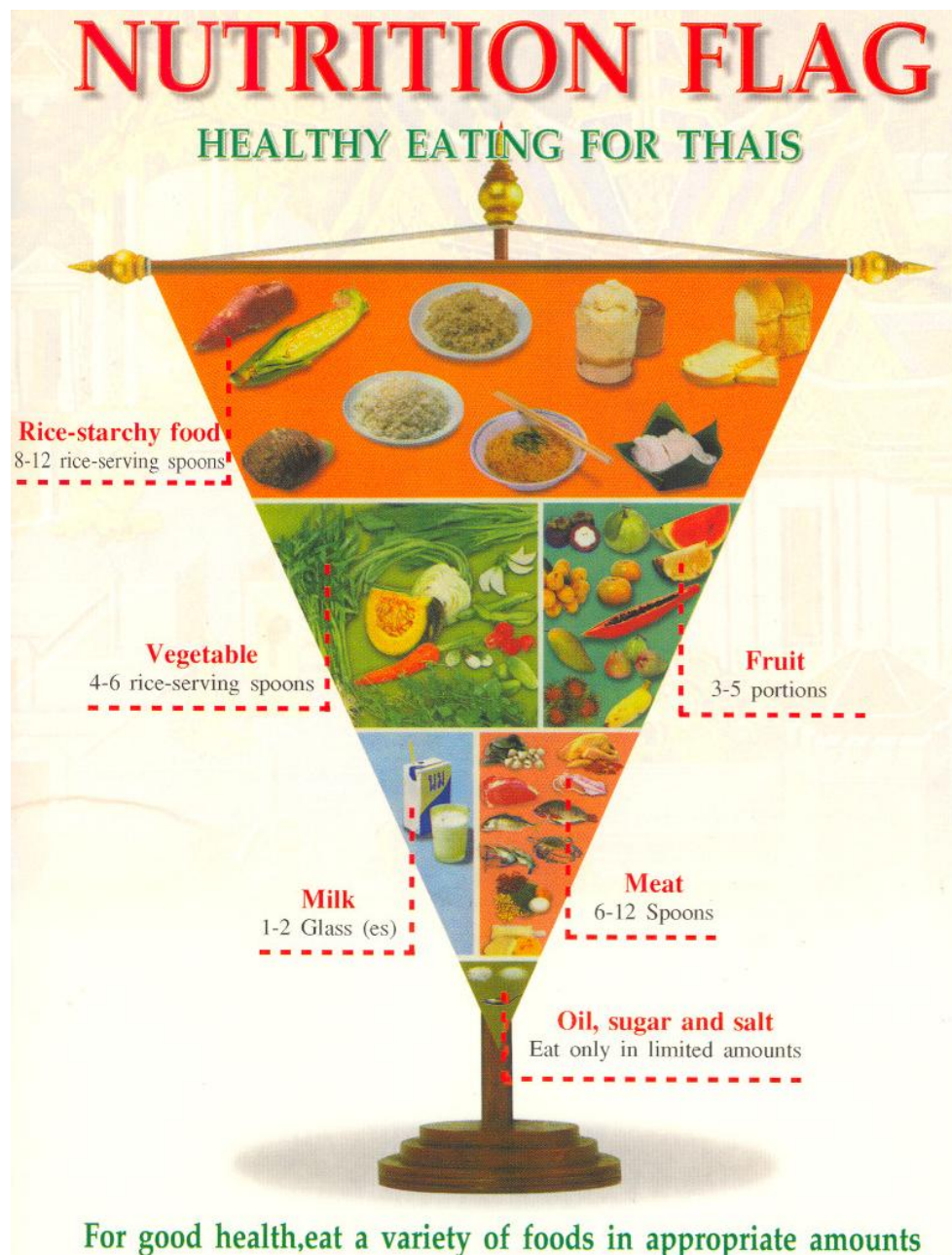


12 Taiwan, China 中国台湾 (2011)



饮食指南作依据，均衡饮食六类足。健康体重要确保，热量摄取应控管。
 维持健康多活动，每日至少30分。母乳营养价值高，哺喂至少六个月。
 全谷根叶当主食，营养升级质更优。太咸不吃稍腌渍，低脂少炸少沾酱。
 含糖饮料应避免，多喝水更健康。少荤多素少精致，新鲜粗食少加工。
 购食点餐不过量，分量适中不浪费。当季在地好食材，多样选食保健康。
 来源提示要注意，卫生安全才能吃。若要饮酒不过量，怀孕绝对不喝酒。

13 Thailand 泰国 (1996)



1. Eat a daily variety of foods from each the five food groups and maintain proper weight
2. Eat adequate rice, or alternate carbohydrate
3. Eat plenty of vegetables and fruits regularly
4. Eat fish, lean meats, eggs, legumes and pulses regularly
5. Drink sufficient amount of milk every day
6. Take moderate amounts of fat
7. Avoid excessive intake of sweet and salty foods
8. Eat clean and uncontaminated foods
9. Avoid or reduce consumption of alcoholic beverages

14 Turkey 土耳其



15 Vietnam 越南 (2007)

Eat various foods and regularly change dishes.

Breastfeed new born babies right after birth, and exclusively for 6 months after birth. Give proper supplementary food to babies and continue breastfeeding until babies reach 18-24 months.

Eat protein rich foods with the balance ratio between proteins from animal and plant resources. Increase consumption of fish.

Consume fat at a proper amount, consume a combination of animal fat and vegetable oil at appropriate proportions. Eat more sesame,

Consume milk and dairy products according to age.

Do not consume too much salt. Use iodized salt when preparing food

Eat more vegetables and fruits daily.

Choose and consume clean and safe foods and drinks.

Drink enough boiled water daily, limit consumption of beer, alcohol and sweetened foods.

Maintain a healthy lifestyle, regular physical activity. Maintain a healthy weight. Do not smoke.