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Discussion on lecture 2

[Susanne Giedsted Bügel](#)

28 May at 9:11

27

Do your home-country have Food Based Dietary Guidelines? How do they differ from the Swedish FBDG?

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<https://absalon.ku.dk/courses/21676/users/157246>
[Gloria Passuello](#)

<https://absalon.ku.dk/courses/21676/users/157246>

30 May 2017

Good afternoon! I have checked the italian FBDG and found out that they are pretty similar to what concerns:

- sugar and salt reduced consumption
- vegetable fats sources are preferred
- vegetables, fruits increased portions
- exercising as part of a healthy lifestyle

However, I could not find the inclusion of sustainability related to diet in the guidelines. White meat was preferred to red meat but a weekly environmentally sustainable amount in the diet is not given. Fish plays an important role as it is stated that "variety" in a balanced healthy diet is important, nevertheless also here there was no mention on the source of fish, labelling and consumption sustainability patterns.

Edited by [Gloria Passuello \(https://absalon.ku.dk/courses/21676/users/157246\)](https://absalon.ku.dk/courses/21676/users/157246) on 30 May at 19:00

 [Marianne Erichsen \(https://absalon.ku.dk/courses/21676/users/40094\)](https://absalon.ku.dk/courses/21676/users/40094) 

<https://absalon.ku.dk/courses/21676/users/40094>

30 May 2017

I found pretty much the same as Gloria (Norwegian FBDG). The norwegian guidelines focus on the same food groups as the swedish ones, but do not include sustainability (both norwegian and swedish are based on the Nordic Nutrition Recommendations). The norwegian recommend to look for the "keyhole" symbol, just as the swedish ones. Also they have specific recommendations for both fruit, vegetables, fish, salt, fat and meat, but not in relation to sustainability.

Furthermore, i think the swedish are better at promotes their FBDG as a way of living or "finding your own way", opposite to the norwegian - they just summarise do´s and dont´s.

It will be interesting to hear about the guidelines from other contries. They probably differ more than the ones from the swedish neighbours!

 [Susanne Gjedsted Büchel \(https://absalon.ku.dk/courses/21676/users/50979\)](https://absalon.ku.dk/courses/21676/users/50979) 

<https://absalon.ku.dk/courses/21676/users/50979>

1 Jun 2017

Good to hear that the FBDG are much the same in Southern and Northern Europe.

 [Write a reply...](#)

○

<https://absalon.ku.dk/courses/21676/users/157390><https://absalon.ku.dk/courses/21676/users/157390>

31 May 2017

The most known guidelines in Germany are the 10 rules of the German Nutrition Society (ger.: DGE). These rules can also be found on the governmental website IN FORM. IN FORM is Germany's national initiative to promote healthy diets and physical activity. These guidelines are close to the ones in Sweden.

There is a difference in the amounts of fish intake. The DGE recommends to eat fish one to two times a week of which 70 gram should come from high-fat fish such as salmon or herring and 150 gram from low-fat fish. It is also recommended to buy fish from sustainable fisheries.

Selection of other recommendations:

- enjoy variety of foods - mainly plant based foods
- 300 g - 600 g meat or sausage (white meat should be preferred)
- 5 portions of vegetables and fruits per day (seasonal)
- meals should be cooked on low temperatures to safe nutrients
- take the time to enjoy your meal
- physical activity for 30-60 minutes a day

Beside the sustainable recommendations for fish, vegetables and fruits, I could not find any other advices in these guidelines.

<https://absalon.ku.dk/courses/21676/users/157325><https://absalon.ku.dk/courses/21676/users/157325>

31 May 2017

I am also from Germany. As Thomas already mentioned, the most popular guideline in Germany are the 10 rules of the German Nutrition Society (Deutsche Gesellschaft für Ernährung DGE).

Thomas already explained the differences and commonalities of the 10 rules with the guidelines from sweden. His input was pretty complete and i don´t have a lot more to add.

Only one addition: In my opinion the recommandation "Take time to enjoy your meal" has also something to do with sustainability. It considers aspects like health, food culture, awareness and appreciation of the food you eat.

These are for me also important aspects for sustainability in nutrition.

I thought about some more aspects the DGE could add, to link a healthy nutrition with sustainability:

1. enjoy variety of foods : this aspect could be stretched - enjoy the variety of foods and sorts (Biodiversity in mind)
2. 5 portions of fruits and vegetables per day, prefer seasonal products: the regional aspect could be added - prefer seasonal and regional products
3. Drink about 1,5 liters liquids/water per day: i found the aspect of recommending Tap Water interesting. Our Tap Water in Germany has such a good quality, and you can bottle it in a long-lasting bottle. This would reduce the use of PET-bottles.
4. There could be an 11th recommendation added: whenever possible, choose organic and regional products

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1 Jun 2017

Hi Magdalena and Thomas

Germany is as you know one of the four countries mentioning sustainability in their FBDG and nice Magdalena, that you reflect on how to improve the FBDG. I am wondering about the Meat guideline: - 300 g - 600 g meat or sausage (white meat should be preferred), because in the Danish FBDG we recommend to reduce intake of processed meat. I guess sausage belongs to what we call highly processed? Is this an example showing culture to interfere with Health?

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<https://absalon.ku.dk/courses/21676/users/157325>

2 Jun 2017

This is an interesting point Susanne. Meat and sausages are an important part of the traditional german food culture. In my opinion food tradition and food craft (such as sausage manufacturing) should be preserved.

The problem nowadays is, that meat isn't something special anymore, most of the people in Germany eat meat every single day (on average around 60 Kilo - without bones- per Person in 2016 in Germany). In the past meat and sausages have been eaten only on sundays, holidays or for special occasions, because it was something very particular and also expensive. This is why we have the term "Sonntagsbraten" in Germany - roast was only for Sundays!

I think it would be great to revive this tradition again. Like that we could reduce the meat intake in Germany, preserve the german food culture and raise the appreciation for meat and sausages!

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2 Jun 2017

Ok! so my contribution might be a bit far fetched from that of the previous contributors since I'm from Nigeria and our social economic concerns are in a lot of ways different from that of the developed countries; but I think that's the purpose of this discussion, to learn from each others cultural backgrounds.

So due to the double burden of malnutrition, it was deemed fit to develop the FBDG in order to inform and educate Nigerians on how to make smart choices in food selection. This guideline addresses mainly

- Immediate causes of malnutrition - Inadequate intake of nutrition and Nutrient based diseases
- Food Scarcity
- Inadequate maternal and childcare
- Inadequate health services

In addition to this, the contributions of physical activities, Smoking, Stress and other environmental factors to the development of degenerative diseases mandated the inclusion of non-dietary recommendations in the creation of the guideline.

Likewise, the FBDG addresses the nutritional problems of different age groups and social classes.

- Poor and low income groups
- Nutritional problems of the affluent and middle class

In general terms and everyday practices, the following recommendations are similar to those found in the Swedish FBDG

- Increased consumption of fruits, Vegetables, grains and legumes such as beans and soya beans
- Increased consumption of poultry and fish
- Use of fat from vegetable source
- Decreased consumption of foods high in animal fats
- Decreased consumption of foods high in animal fat
- Decreased consumption of sugar and foods high in sugar content
- Decreased consumption of salt and foods high in salt content

The consumption of red meat isn't really stressed because it is considered an expensive commodity that isn't readily affordable by a lot of people. Apart from the health benefits associated with the consumption of fish, it is an affordable source of protein, vitamins and minerals for low income Nigerians.

Due to the educational gap that exists amongst citizens, recommendations are made in portion size for easy understanding, thus specificity with respect to weight is absent.

The ultimate goal of Nigeria FBDG is to reduce morbidity and mortality rates due to malnutrition in the bid to enhance the chances of longterm good health (Longevity). Thus, sustainability in the line of environmental protection isn't addressed but the guidelines aims at addressing the human health to a very large extent.

Edited by [Tolulope Magret Olukeuwu \(https://absalon.ku.dk/courses/21676/users/157276\)](https://absalon.ku.dk/courses/21676/users/157276) on 2 Jun at 19:07

<https://absalon.ku.dk/courses/21676/users/157257>



<https://absalon.ku.dk/courses/21676/users/157257>

5 Jun 2017

I'm excited to see all of the participation and will try to contribute further to your analysis of the german Guidelines. I agree with you, Magdalena, that regionality and seasonality should be further promoted. I'd like to extend this to fish products (which are imported often and rarely consider seasonality- this is based on my observation on "traditionally" smoked fish on the german seaside which uses mostly frozen imported fish nowadays). Another example could be *Margerine*, which is specifically mentioned, and may contain imported oils.

Furthermore, I wonder how aware all of you have been of your countries Guidelines before this class- to reflect on the relevance of national advice (considering of course that all of us have a special attention on food related topics)? Personally recognizing "take 5 a day" made me realize that I've definitely been reached before by this national recommendation.

<https://absalon.ku.dk/courses/21676/users/40094>



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15 Jun 2017

Are you asking if we have been aware of this guidelines before this lecture? Is so, then yes. I just finished my degree as a nutritionist in Denmark, and i´m trying to apply this guidelines in my everyday life (e.g. eat fish at least 2 times a week, 6 pieces of fruits and vegetables every day etc). I believe that if I am going to recommend this way of living to other people, I have to be able to comply this recommendations in my own daily life. Also to see if it is a sustainable way of living (in

the long run). My background is maybe a little biased for answering this question, so i dont know if others (with other types of education programs) have had a different level of conciseness regarding this matter? It would be interesting to hear other perspectives!

Edited by [Marianne Erichsen \(https://absalon.ku.dk/courses/21676/users/40094\)](https://absalon.ku.dk/courses/21676/users/40094) on 15 Jun at 21:57

◀ [Write a reply...](#)

○ <https://absalon.ku.dk/courses/21676/users/157608>

[Monika Ostrowska](#)



<https://absalon.ku.dk/courses/21676/users/157608>

4 Jun 2017

In Poland we have The Pyramid of Healthy Nutrition, divided on 6 sectors. On the bottom of the pyramid is physical activity which means this is most important. The higher, food group is located in the pyramide, the consumption it, in the diet should be lower. So in second sector we have vegetables and fruits, on the third level are bread, pasta and seeds, on the fourth level are followed by milk and dairy products, on next level are meat, fish, eggs . Oil and nuts are at the top of the pyramid. Out of pyramide are sugar and salt and they are crossed. There is also water wchich is important and pyramid shows that we should drik 1,5 liter per day wchich is six glasses.

○ <https://absalon.ku.dk/courses/21676/users/157254>

[Clarisse Emeline Cecile Lopez](#)



<https://absalon.ku.dk/courses/21676/users/157254>

4 Jun 2017

Hello,

In France, the FDDG are included in a program called « eat and move » launched in 2001 and implemented through successive plans. Indeed, French government regularly review and update its guidelines and promoting methods (school program, guide books, advertising, slogan, website, nutri-score (which seems like the Keyhole nutrition label in Sweden) ...) according to : the population's current nutritional status - as said in the lecture - but also according to the impact of the national campaign regarding this nutrition situation and new scientific research.

The current goals in France are to :

- Reduce obesity and over-weight

- Increase physical activity
- Give healthy consumption habits
- Reduce nutritional pathologies

To achieve those goals, there are 9 rules (very similar to the Swedish's ones), base on the 7 food groups whose one is dedicated to starches. They are associated to a daily frequency recommendation (with sometimes specific consumption frequencies for a part of the population (child, teenager, senior) and indication of portion sizes. Moreover, there are also explanations of the health benefits of each food category and how to consume it (with a particular emphasis placed in diversity, developed from an human health perspective and not an environmental one). Then, importance of the regularity of intakes, the time spent to eat and of well-structured meals are pointed out, as the social dimension of the meal (especially for children). Finally, there are also aids mentioned to change consumption habits (recipes are available on the website and also menus, different ways to cook are explained to encourage homemade food, clue are offered to purchase food at lower prices still promoting cooking (seasonal products are mentioned)...).

I am wondering if we still use the food pyramid, but we use similar schematic representations.

Edited by [Clarisse Emeline Oceane Loaec](https://absalon.ku.dk/courses/21676/users/157254) (https://absalon.ku.dk/courses/21676/users/157254) on 4 Jun at 20:50

 [Aleksandra Mika](https://absalon.ku.dk/courses/21676/users/157647) (https://absalon.ku.dk/courses/21676/users/157647)



<https://absalon.ku.dk/courses/21676/users/157647>

14 Jun 2017

Hi!

Additionally to the pyramid in Poland there are some so called messages:

- Take care to eat a variety of foods.
- Beware of weight gain and obesity; don't forget about physical activity every day.
- Cereal products should be your principal source of calories.
- Drink at least two large glasses of milk a day. Milk could be substituted by yoghurt, kefir and some cheese.
- Eat meat in moderation.
- Eat a lot of vegetables and fruits every day.
- Limit intake of visible fats, particularly animal ones, and also other products rich in cholesterol and *trans* fatty acids.
- Moderate your intake of sugar and sweets.
- Limit salt intake.
- Drink enough water.
- Do not drink alcohol

The pyramid may not be the easiest to match up with the sustainability aspects, since it has meat/fish in it. Also it does not include preferable choice of local or organic food products.

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18 Jun 2017

Hi, this is the first time I have seen a specific FBDG on milk consumption! In most other FBDG, when milk and dairy is mentioned it is in relation to fat intake - re "eat low fat dairy products". Is milk and dairy products not culturally or historically part of the Polish diet?

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 <https://absalon.ku.dk/courses/21676/users/157343> 

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5 Jun 2017

◉ In Ghana, there is a rise in noncommunicable diseases (NCDs); most of this burden is diet-related. The Ghana Ministry of Health was driven to develop the Dietary and Physical Activity Guidelines to curb the rising occurrence of NCDs.

The following is a summary of recommendations that were addressed by the guidelines:

energy intake, **carbohydrate** intake, **protein** intake, **fat** intake and practices to reduce fat intake, **Vitamin A**, **iron** and **iodine** intakes and general suggestions for micronutrient intake, and **water** intake.

The Ministry of Health stated that it did not recommend alcoholic beverage consumption but gave appropriate guidelines. The document also contained information on Food Hygiene and Safety Measures, physical activity and weight management suggestions for different categories of people.

A food guide was developed for making healthy choices and for planning meals, called the '3 food steps'. It gives food options based on Ghanaian dietary patterns. Foods are arranged into three steps based on the recommended proportions in a meal.

- Step 3 – fats, refined sugars and salt: forms a small part of a healthy meal.
- Step 2 – animal and vegetable protein: forms a moderate part of a healthy meal.
- Step 1 – starches, vegetables and fresh fruit: forms a bulk of a healthy meal.

There was no mention of sustainability in the 2009 version of the document. However, like the Swedish FBDG, there was encouragement for a higher intake of vegetables and fruit, whole grains, and more exercise. Also similar is the reduction of salt and sugar intake.

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18 Jun 2017

The specific mention of micronutrients, together with weight management in Ghana shows some of the challenges that many African countries encounter with micronutrient undernutrition and energy overnutrition.

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1 Jul 2017

Yes, the double burden of malnutrition is quite an important topic for us.



 <https://absalon.ku.dk/courses/21676/users/79790> 

[William de Montmollin](#)

<https://absalon.ku.dk/courses/21676/users/79790>

8 Jun 2017

The US does have national dietary guidelines published every 5 years by US Department of Health and Human Services (HHS) and the United States Department of Agriculture (USDA). They base these guidelines on a report of a scientific panel called the Dietary Guidelines Advisory Committee (DGAC), who compile their recommendations over an 18 month systematic review. Interestingly, the HHS and USDA are not legally required to follow the DGAC recommendations, and therefore have a lot of freedom about what to include or exclude. (This is all from this week's reading.)

The current guidelines <https://health.gov/dietaryguidelines/2015/guidelines/> are from 2015. They differ from the Swedish guidelines in a number of ways:

- They make no mention of sustainability.
- They have a recommendation for what they call the meats, poultry, and eggs subgroup of 26 oz equivalents (or ~700g) per week, and they recommend meeting this by eating lean meat, lean poultry, and eggs rather than processed meats.
- In the vegetable recommendations, they don't mention choosing high-fiber veg, but they do say to eat a variety, and they really like legumes.
- For seafood, they recommend 8 or more oz per week (~200g), and they suggest a eating a mix of seafoods in order to avoid methyl mercury. They specifically recommend that breastfeeding or pregnant women meet this requirement.
- In addition to the standard healthy eating pattern, they also include recommendation for alternative eating patterns including vegetarian and mediterranean-style (!).

According to our reading, the DGAC included in their report that health promoting dietary patterns are associated with less environmental impact, and that linking healthy eating with sustainability with healthy eating is an additional way to promote its adoption in the US. This inclusion Ultimately, the USDA and HHS decided that sustainability matters are outside the scope of the guidelines and did not include them, although later a legal analysis showed that nothing legally prevents them from doing so.

◀ [Write a reply...](#)

<https://absalon.ku.dk/courses/21676/users/157252>



[Mariana Maante](#)

<https://absalon.ku.dk/courses/21676/users/157252>

9 Jun 2017

Estonia published the third version of dietary guidelines in 2017, and it is based on the updated NNR 2012. The main difference in this new version is the inclusion of the fifth principle.

The updated version establishes that a healthy diet is based on the following principles:

1. Eat as needed (balancing intake and expenditure)
2. Eat a balanced diet (all macronutrients are important)
3. You can eat everything, in moderation (there is no need to eliminate an item of the diet)
4. Eat a diverse diet (to ensure you get all the nutrient you need)
5. Eat in an environmentally conscious way:
 - plant based
 - biologically diverse and species-rich
 - local, seasonal and traditional
 - produced sustainably

This is our new nutrition pyramid.



Nädala näitlikud toidukogused 2000 kcal energiavajaduse korral

TOITU MITMEKESISELT:

- ✓ Söö iga päev midagi viiest põhitoidugrupist!
- ✓ Varieeri toite toidugrupide sees!

PEA MEELES!



<https://www.google.ee/urlsa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjVxb7XyrDUAhXCYZoKHT8GANcQjRwIBw&url=http%3A%2F%2Fwww.tervisekool.ee%2Fferinevadtoitumispuramiidid&psig=AFQjCNGZogGkP6yfNVSJlyWvGjOBtJMjZg&ust=1497091508657379>



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15 Jun 2017

So this means that there are actually five countries now that mention sustainability in their FBDG?

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18 Jun 2017

Great to hear that Estonia has included sustainability in their FBDG.

◀ [Write a reply...](#)

<https://absalon.ku.dk/courses/21676/users/157247>

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9 Jun 2017

Here are some of the dietary guidelines on which we are based in Spain:

- Enjoy a variety of foods. Divide your daily food intake into five or six small meals, for example: breakfast, snack, lunch, snack and dinner.
- Breakfast is an important meal in your diet.
- Eat plenty of cereals, preferably wholegrain.
- Try and eat five portions of fruits and vegetables every day.
- Eat milk and dairy products every day.
- Eat fish two to four times a week.
- Eat small amounts of fat and high-fat foods.

- Use good fats, such as unsaturated fatty acids (olive oil), omega-6 (sunflower oil and soya oil) and omega-3 (nuts and soya oil and fatty fish).
- Prefer carbohydrates and fibre-rich foods.
- Limit salt intake to less than 5 g per day.
- Water is the best drink – drink at least 1.5 litres every day.
- Watch your weight and stay active. Do physical activity regularly.

As you can see, most are very similar to those in the rest of Europe such as introducing fish, lowering our salt and fat intake and choosing water to drink. However, it has not yet been recommended that we lower our dairy intake, suggesting that we should in fact have some everyday. I think the Swedish FBDG can be incorporated to our dietary guidelines by recommending specifically low fat dairy products in moderation.

Finally, I would like to point out the importance our guidelines give to breakfast. I think it is something we should all keep in mind since it is frequently the meal most people tend to skip resulting in unhealthy and poor food choices throughout the rest of the day.

◀ [Write a reply...](#)

◯ <https://absalon.ku.dk/courses/21676/users/157316>

Diana Ismael



<https://absalon.ku.dk/courses/21676/users/157316>

10 Jun 2017

Hallo everyone,

Regarding Syria, Cereals take a big part of the dietary. According to FAO cereals constitute more than 45% of the nutritional diet. Then comes the vegetables, fruits and sweets.

Regarding the protein and energy supply, protein from vegetables is more preferred than animals. Also animals fat is about 2% from the dietary.

However, not too much research was done regarding the sustainable consumption pattern.

◀ [Write a reply...](#)

 <https://absalon.ku.dk/courses/21676/users/76068>
Tao Chen 

<https://absalon.ku.dk/courses/21676/users/76068>

10 Jun 2017

In China, the National Health and Family Planning Commission issued The Chinese Dietary Guidelines, and the latest version was issued in 2016.

The core recommendations:

1. Eat a variety of foods, cereal based
2. Be active to maintain a healthy body weight
3. Eat plenty of vegetables, fruits, dairy products and soybeans
4. Eat moderate amount of fish, poultry, eggs and lean meats
5. Limit salt, cooking oil, added sugar and alcohol
6. Develop healthy eating habits, avoid food waste

Basically, the core guidelines are very much similar with the content with Swedish FBDG. But to some extent Chinese FBDG is less specific than the Swedish FBDG. For example, the Swedish FBDG would mention the portion size, the type of dairy products, the quality of fat, etc. These contents are not shown by Chinese dietary guidelines. In my view, it's probably a result of the dietary customs, history and different degrees of food industry development. However, China has not only the dietary guidelines for the whole population, but also other guidelines for specific populations, such as school age population, pregnant woman, etc.

 [Write a reply...](#)

 <https://absalon.ku.dk/courses/21676/users/157309>
Huang Yu-Ting 

<https://absalon.ku.dk/courses/21676/users/157309>

11 Jun 2017

Hello everyone,

In Vietnam, the National Institute on Nutrition publishes on its website the 10 advice for balanced dietary:

- Eating a variety of food, make sure that your diet contains sufficient 4 main groups of nutrient: carbohydrate, protein, fat, vitamin & minerals
- Combining both plant based and animal based source of protein. Should eat more shrimp, crab, fish, beans.
- Combining properly both plant based and animal based source of fat. Should eat fat from sesame or peanut.
- Eating salt with iodine supplement, reducing salt in diet
- Eating fruit and vegetables every day
- Keep safety and hygiene when buying, preparing & preserving food.
- Drinking enough safe water
- Total breast feeding for infant until 6 months, then supplement with different types of food till 24 months
- Drink milk and consume dairy products every day
- Do exercise every, keep proper weight. No smoking. Consume moderately alcohol drink, soft drink, or drink with high contain of sugar.

Beside these advice, the food pyramid on daily basis is also recommended. In this pyramid, the specific amount in gram of food (sugar, salt, vegetables, protein, water, grain, fish & meat, bean) are indicated on daily basis. No advice on weekly basis

I suppose that our food guideline is quite similar with Swedish FBGD in term of consuming variety source of food, eating more seafish, reducing salt. However, since the food safety in our country is an outstanding issue (food borne when eating out, street food without safety control, food without origin source) , it is stressed in the guideline that people should pay more attention when selecting & preparing food. Further more, our guideline does not mention about the consumption of red meat and processed meat. I think it is because in our traditional and historical meals, meat are not really popular as fish or vegetables. Furthermore, meat is more expensive food in Vietnam and less accessible than vegetables. The sustainable consumption is not addressed in our guideline.

Thank you

Edited by [Hang Vu Thi Thu \(https://absalon.ku.dk/courses/21676/users/157309\)](https://absalon.ku.dk/courses/21676/users/157309), on 11 Jun at 0:25

← [Write a reply...](#)

 <https://absalon.ku.dk/courses/21676/users/50979>
~~Susanne Gjedsted Buger~~
<https://absalon.ku.dk/courses/21676/users/50979>
18 Jun 2017

Hi all

Thank you all for sharing your National Food Based Dietary Guidelines. Interestingly, or maybe not, that they are so similar, with only a few cultural/regional differences.

 ▼

◀ [Write a reply...](#)

 <https://absalon.ku.dk/courses/21676/users/157259>
~~Pierre Parant~~
<https://absalon.ku.dk/courses/21676/users/157259>
3 Jul 2017

Hi everyone,

In order to complete Clarisse's comments on the FDDG in France, we can add this:

- The principle of the keyhole symbol led in sweden force the industrialists to produce healthier, with less sweet, less salty and with better fat. This allows consumers to improve their understanding of what they eat. Indeed, I find it is sometimes difficult to buy good products with just the nutrition facts
- An interesting difference we have in France is portraits that represent different patterns of eating behaviours. For each portrait the FDDG provides specific recommendations adapted to each. For example, they make a special guide for people who do not know how to cook or for low income person

Pierre

 ▼

◀ Write a reply...