

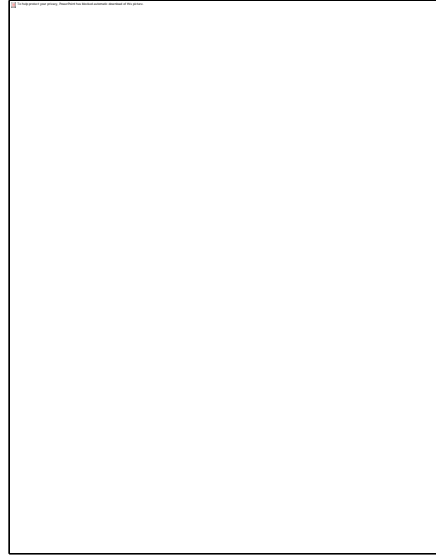
Society for Nutrition Education and Behavior Annual Conference



Opening Session

July 30th, 2016

Sheraton San Diego Hotel and Marina



Mary Murimi PhD, RD, LDN

Society for Nutrition Education and Behavior

President 2016-2017



WORLD FOOD GUIDES PARADE

Sponsored by

The Division of International Nutrition Education

Presenter: Serah Theuri PhD, R.D



North America

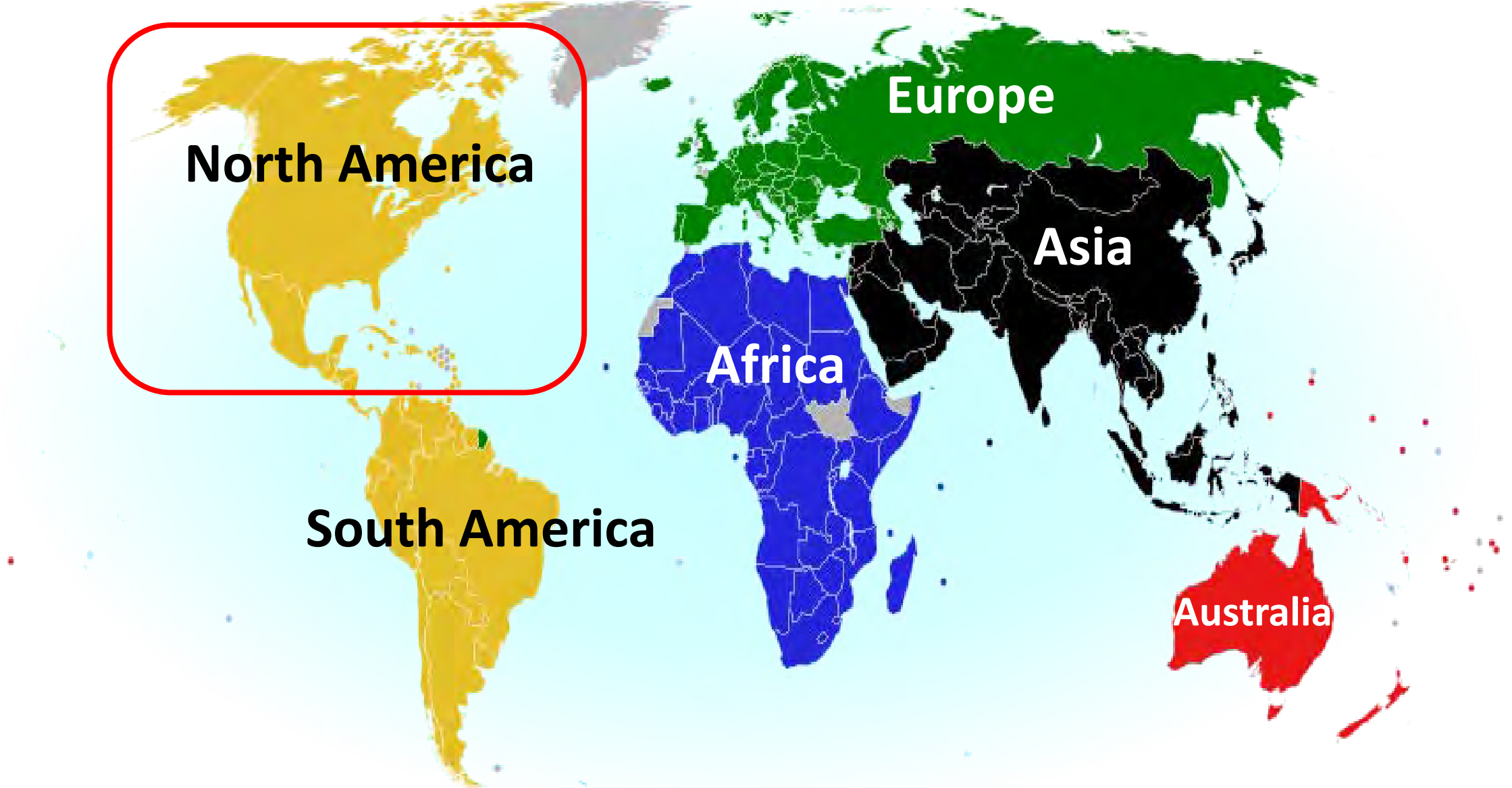
South America

Africa

Europe

Asia

Australia



North America

1. Antigua and Barbuda
2. Bahamas
3. Barbados
4. Belize
- ★ 5. Canada
- ★ 6. Costa Rica
7. Cuba
8. Dominica
9. Dominican Republic
10. El Salvador
11. Grenada
12. Guatemala
13. Haiti
14. Honduras
- ★ 15. Jamaica
- ★ 16. Mexico
17. Nicaragua
18. Panama
19. St Kitts and Nevis
20. Saint Vincent and the Grenadines
21. Saint Lucia
22. Trinidad and Tobago
- ★ 23. United States

87% of countries in North America have Food Guides

28% of the countries represented in SNEB

Costa Rica



First published: 1997
Revised: 2010

CÍRCULO DE LA ALIMENTACIÓN SALUDABLE



The Health Eating Circle



Canada

CANADA'S FOOD GUIDE

What is One Food Guide Serving? Look at the examples below.

First published:
1942
Revised: 2007

Recommended Number of Food Guide Servings per Day									
Age In Years	Children			Teens		Adults			
	2-3	4-8	9-13	14-18	19-50	51+			
Sex	Girls and Boys		Females	Males	Females	Males	Females	Males	
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	7	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

Vegetables and Fruit: Fresh, frozen or canned vegetables (125 mL (1/2 cup)); Leafy vegetables (Cooked: 125 mL (1/2 cup), Raw: 250 mL (1 cup)); Fresh, frozen or canned fruits (1 fruit or 125 mL (1/2 cup)); 100% Juice (125 mL (1/2 cup)).

Grain Products: Bread (1 slice (35 g)); Bagel (1/2 bagel (45 g)); Flat breads (1/2 pita or 1/2 tortilla (35 g)); Cooked rice, bulgur or quinoa (125 mL (1/2 cup)); Cereal (Cold: 30 g, Hot: 175 mL (1/2 cup)); Cooked pasta or couscous (125 mL (1/2 cup)).

Milk and Alternatives: Milk or powdered milk (reconstituted) (250 mL (1 cup)); Canned milk (evaporated) (125 mL (1/2 cup)); Fortified soy beverage (250 mL (1 cup)); Yogurt (175 g (1/2 cup)); Kefir (175 g (1/2 cup)); Cheese (50 g (1 1/2 oz)).

Meat and Alternatives: Cooked fish, shellfish, poultry, lean meat (75 g (2 1/2 oz./125 mL (1/2 cup))); Cooked legumes (175 mL (1/2 cup)); Tofu (150 g or 175 mL (1/2 cup)); Eggs (2 eggs); Peanut or nut butters (30 mL (2 Tbsp)); Shelled nuts and seeds (60 mL (1/4 cup)).

Mexico



First published: 2015

El Plato del Bien Comer



Jamaica



First published: 2015



Food Based Dietary Guidelines for Jamaica



Healthy Eating - Active Living



United States[★]



First published: 1916

Revised:

1940

1956

1970

1979

1984

1992

2005

2011

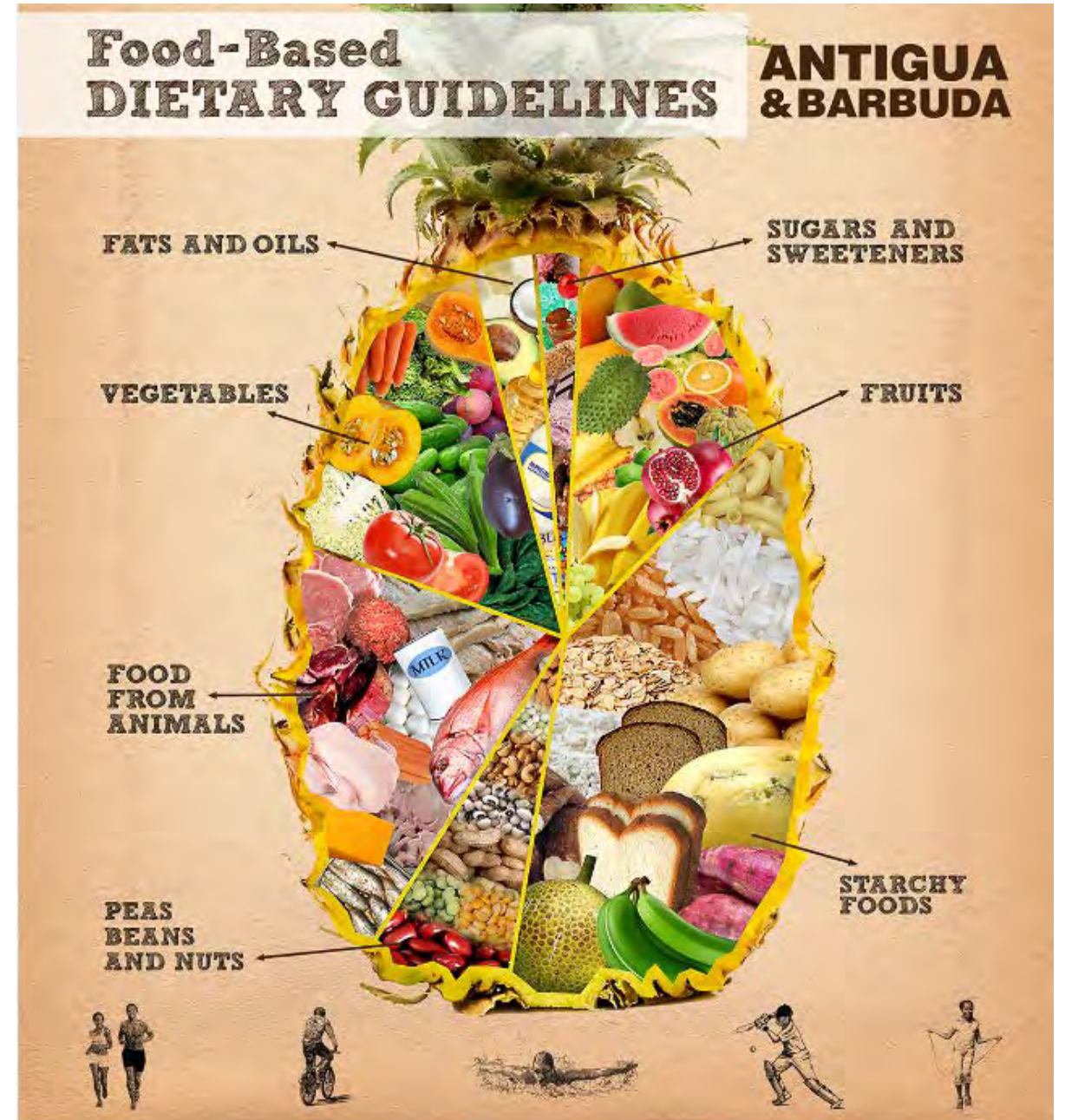


2015-2020 Dietary Guidelines for Americans, 2016

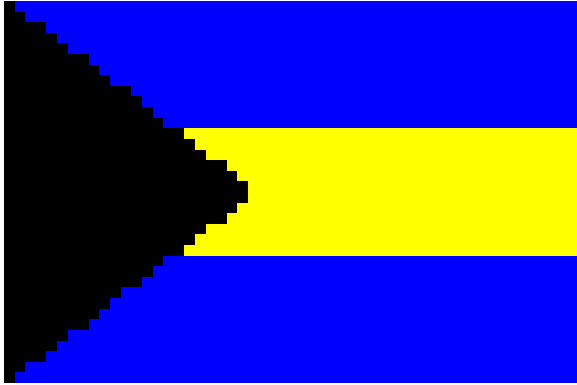
Antigua and Barbuda



First published: 2013



Bahamas



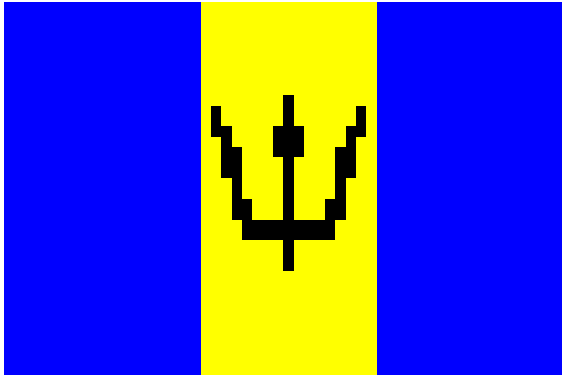
First published: 2002

THE NEW DIETARY GUIDELINES FOR THE BAHAMAS

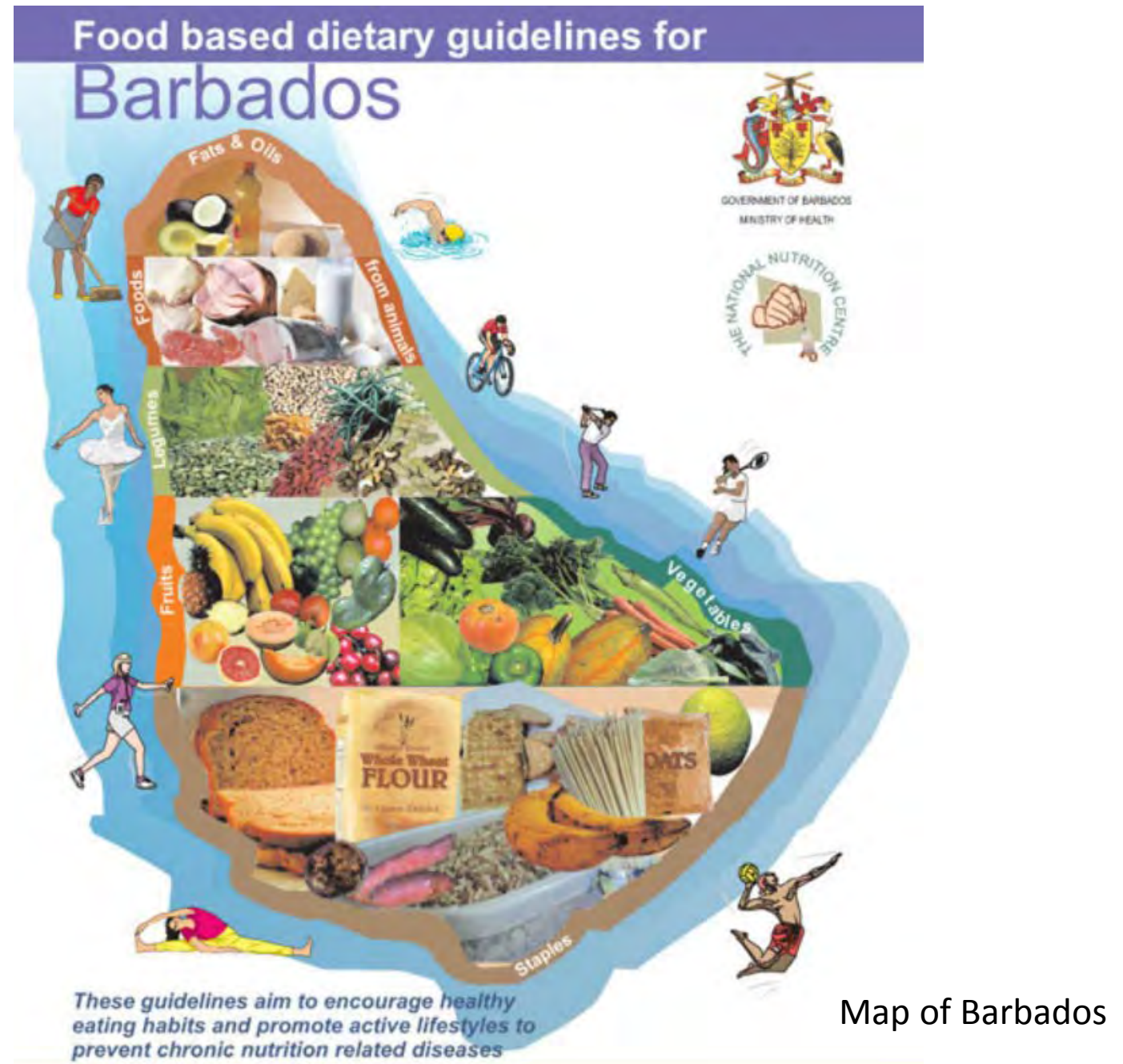


Goat skin drum

Barbados



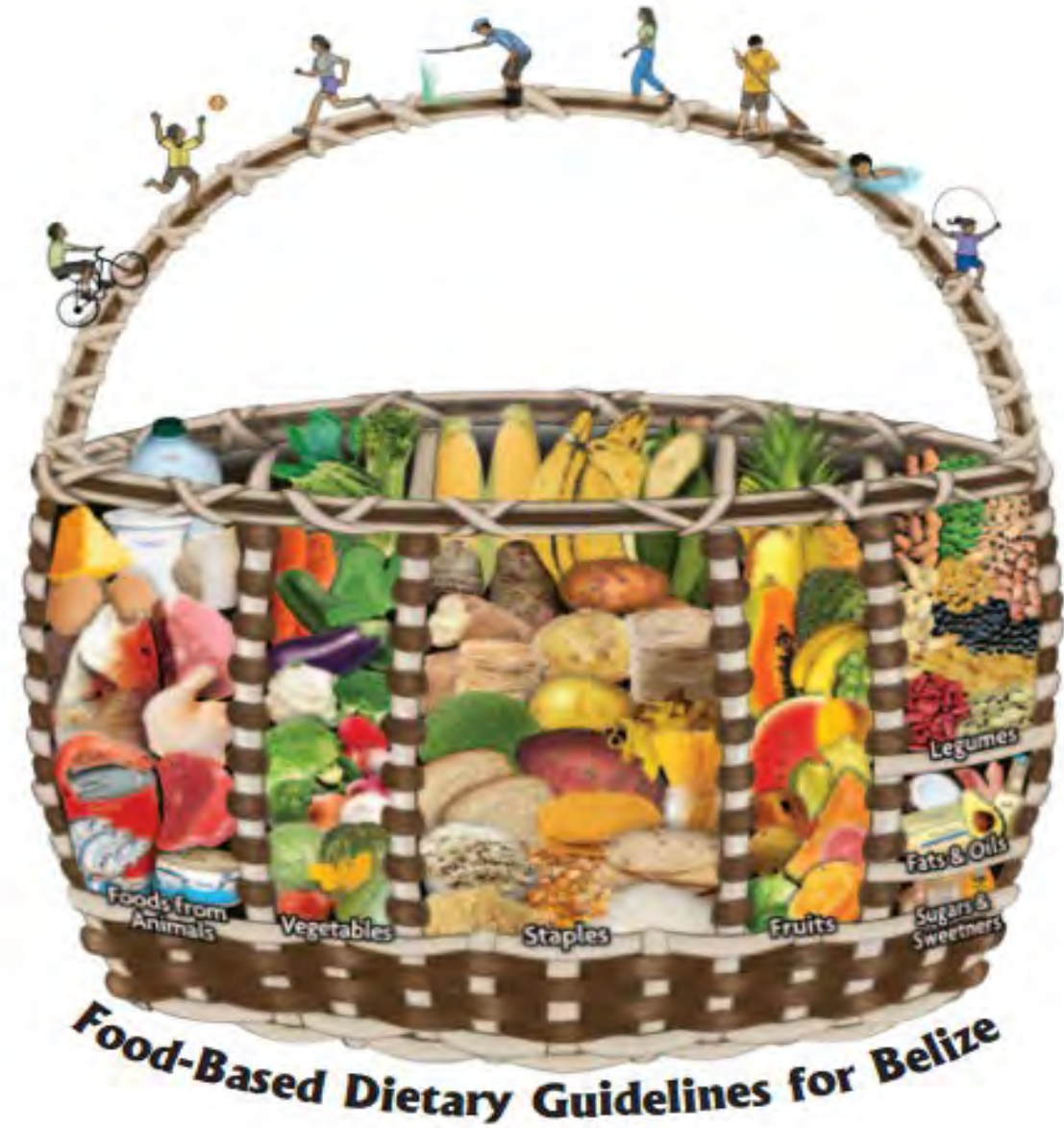
First published: 2009



Belize



First published: 2012



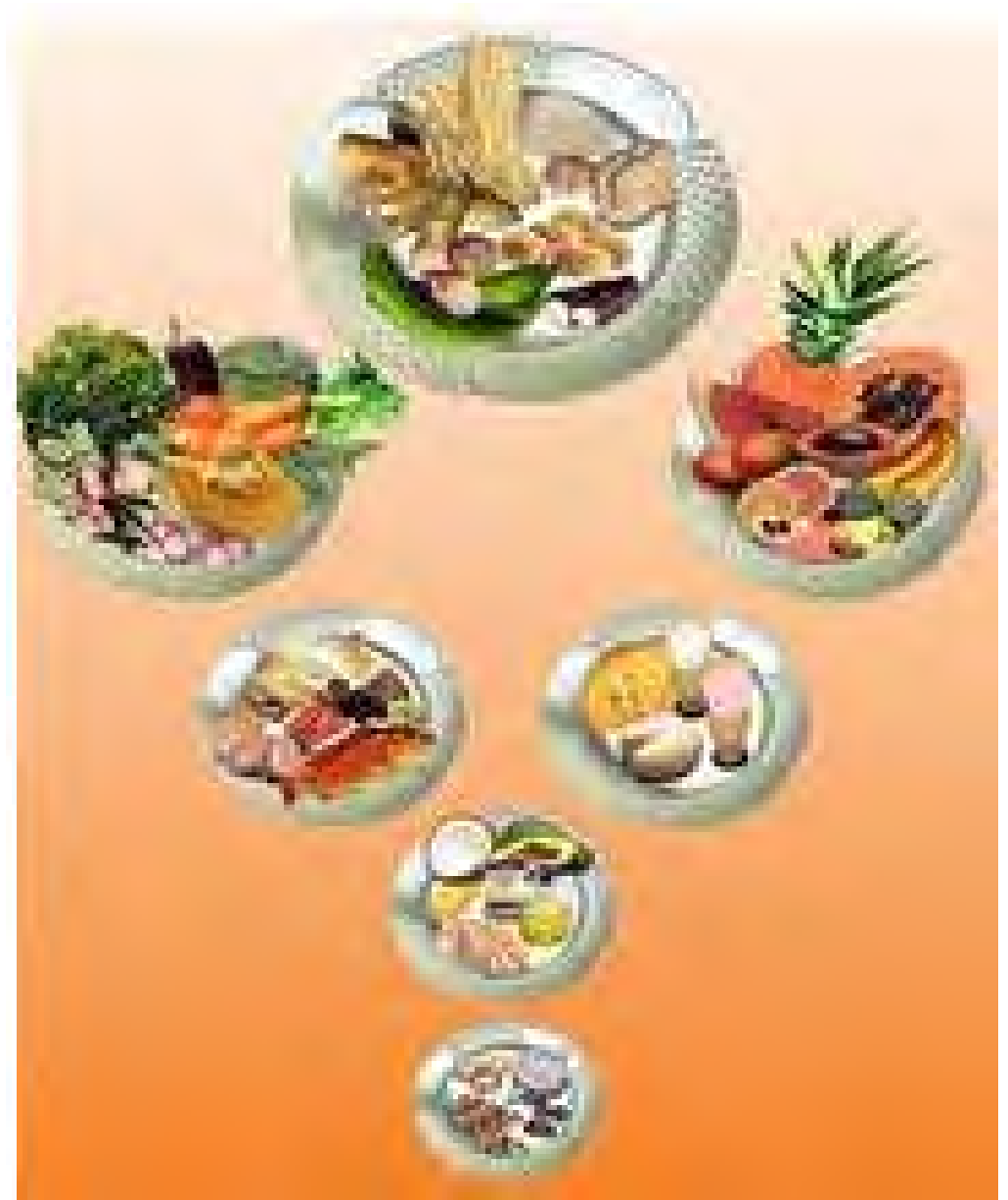
Food basket

Cuba



First published: 2000

Revised: 2009



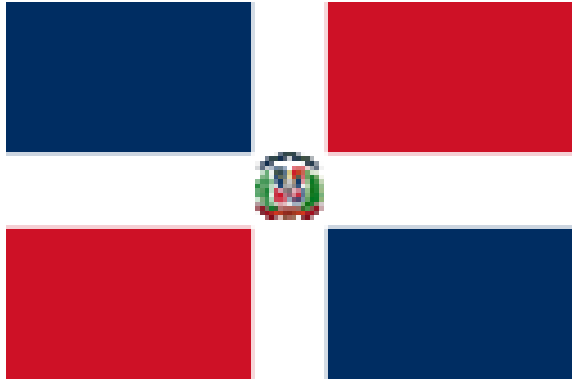
Dominica



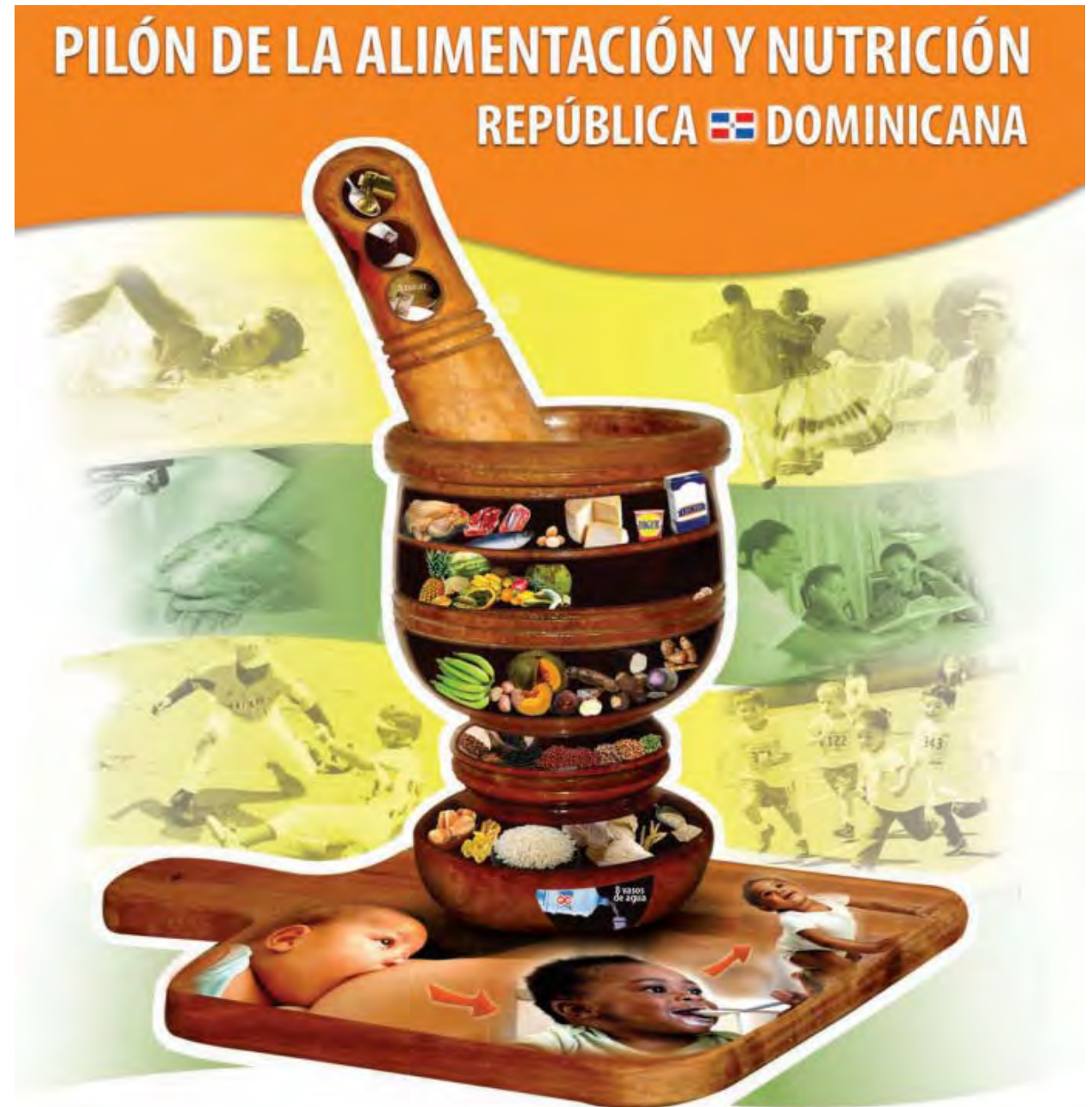
First published: 2007



Dominica Republic



First published: 2009



The Mortar of Food and Nutrition

Seven Recommendation for Healthy Eating

El Salvador



First published: 2001

Revised: 2012

Recomendaciones para una buena alimentación en las familias salvadoreñas



1

Prepare diariamente comidas variadas utilizando alimentos naturales.

2

Consuma como mínimo 3 porciones de verduras y 2 de frutas frescas al día



3

Incluya en su alimentación diaria por lo menos uno de los siguientes alimentos: leche, queso fresco, cuajada, requesón o huevo

4

Consuma al menos dos veces por semana carne de aves, pescado, res, vísceras o menudos



5

Al cocinar utilice aceite vegetal en pequeñas cantidades y evite el uso de mantecas y margarinas



6

Sazone sus comidas con hierbas y especias naturales sustituyendo el uso de condimentos, sazonadores artificiales, salsas procesadas



7

Evite el consumo de alimentos y bebidas azucaradas, frituras, embutidos, golosinas, comidas rápidas y alimentos enlatados



Consuma de 6 a 8 vasos de agua y realice actividad física por lo menos 30 minutos todos los días.



Grenada



First published: 2006



A nutmeg

Guatemala



First published: 1996
Revised: 2012



Honduras



First published: 2011
Revised: 2013

Guías Alimentarias para Honduras

Consejos para una Alimentación Sana

Haga Ejercicio

Tome Agua

EN MENOS CANTIDAD

AL MENOS DOS VECES POR SEMANA

AL MENOS TRES VECES POR SEMANA

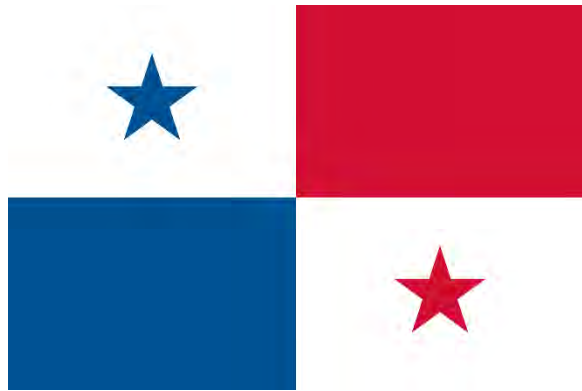
Leche

TODOS LOS DÍAS

TODOS LOS DÍAS, EN CADA TIEMPO DE COMIDA

A large blue bucket is the central focus, filled with various food items. The bucket is divided into horizontal sections, each with a label indicating the frequency and quantity of consumption. The top section is labeled 'AL MENOS DOS VECES POR SEMANA' and contains images of meat, fish, and poultry. The second section is labeled 'AL MENOS TRES VECES POR SEMANA' and contains images of milk, cheese, and eggs. The third section is labeled 'TODOS LOS DÍAS' and contains images of fruits and vegetables. The bottom section is labeled 'TODOS LOS DÍAS, EN CADA TIEMPO DE COMIDA' and contains images of grains, beans, and other staples. A spoon is shown scooping out a portion of the food, labeled 'EN MENOS CANTIDAD'. Above the bucket are icons for exercise and water intake, and a thumbs-up icon with the text 'Consejos para una Alimentación Sana'.

Panama



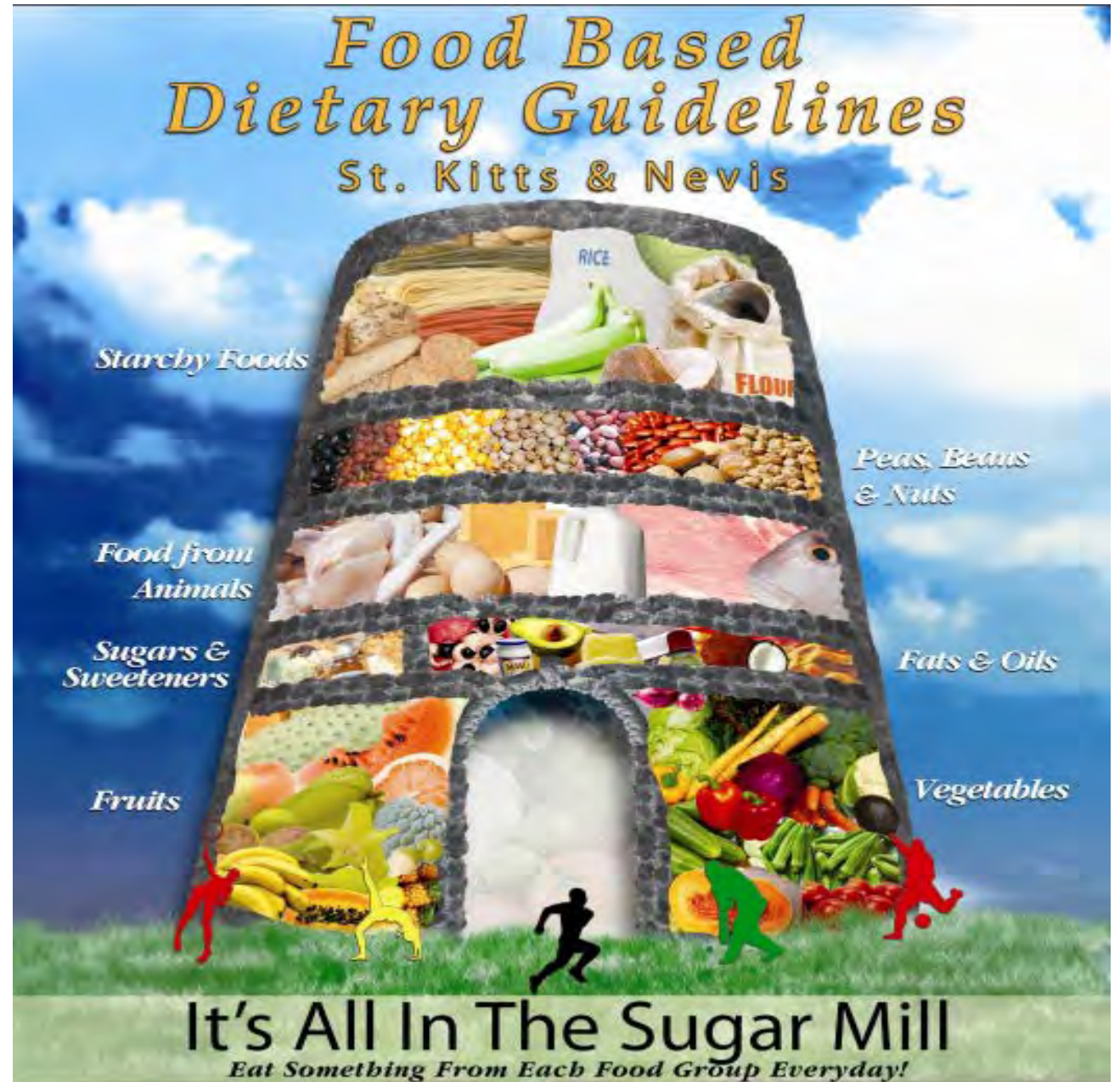
First published: 1997
Revised: 2013



St. Kitts & Nevis



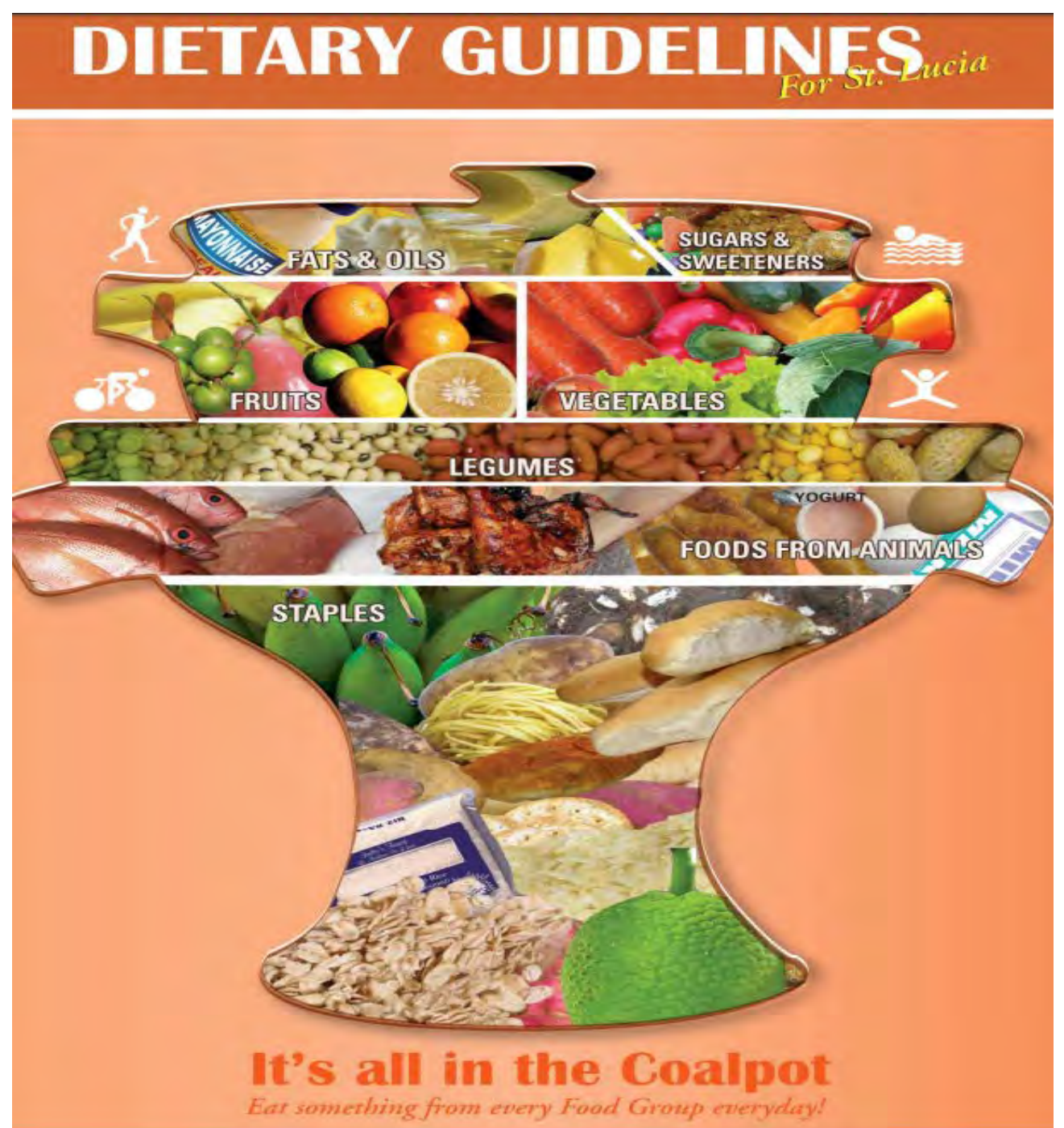
First published: 2010



St. Lucia



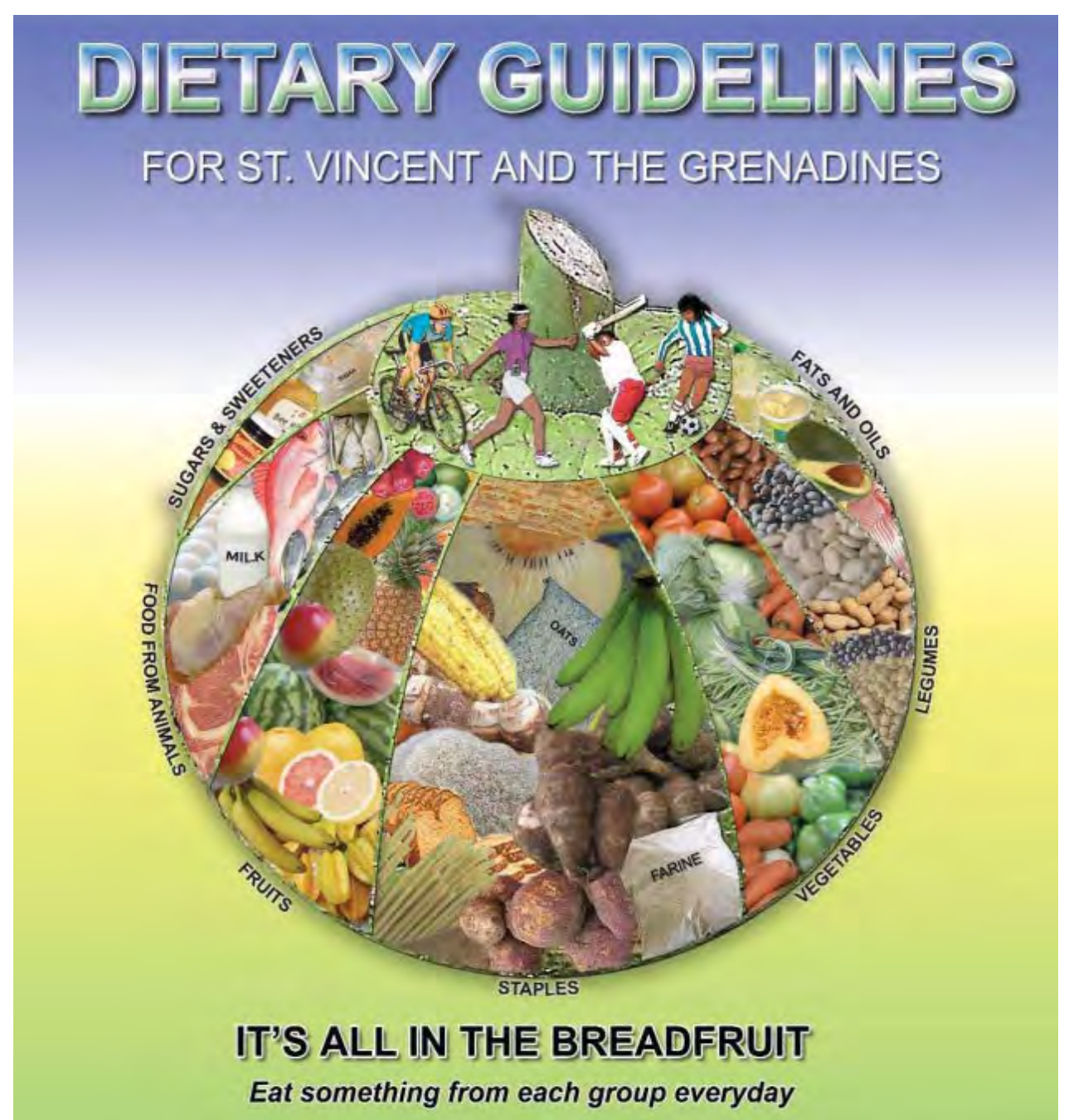
First published: 2007



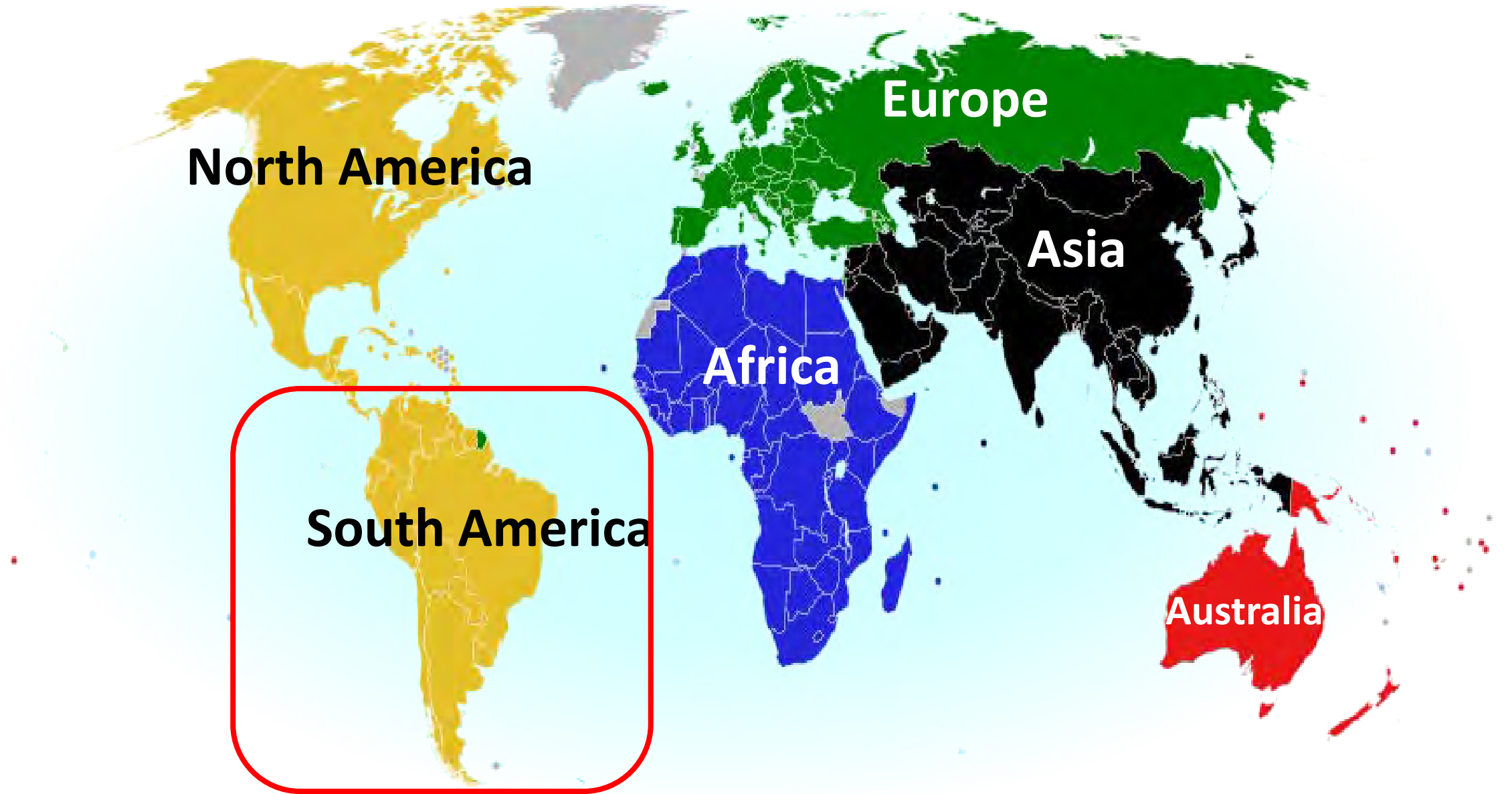
St. Vincent & the Grenadines



First published: 2006



A Breadfruit



North America

Europe

Asia

Africa

South America

Australia

South America

1. Argentina

2. Bolivia

3. Brazil

4. Chile

★ **5. Colombia**

6. Ecuador

7. Guyana

8. Paraguay

9. Peru

10. Suriname

11. Uruguay

12. Venezuela

67%

8%

Colombia[★]



First published:
2000

Revised: 2014

Plato saludable de la **Familia Colombiana**



Brazil



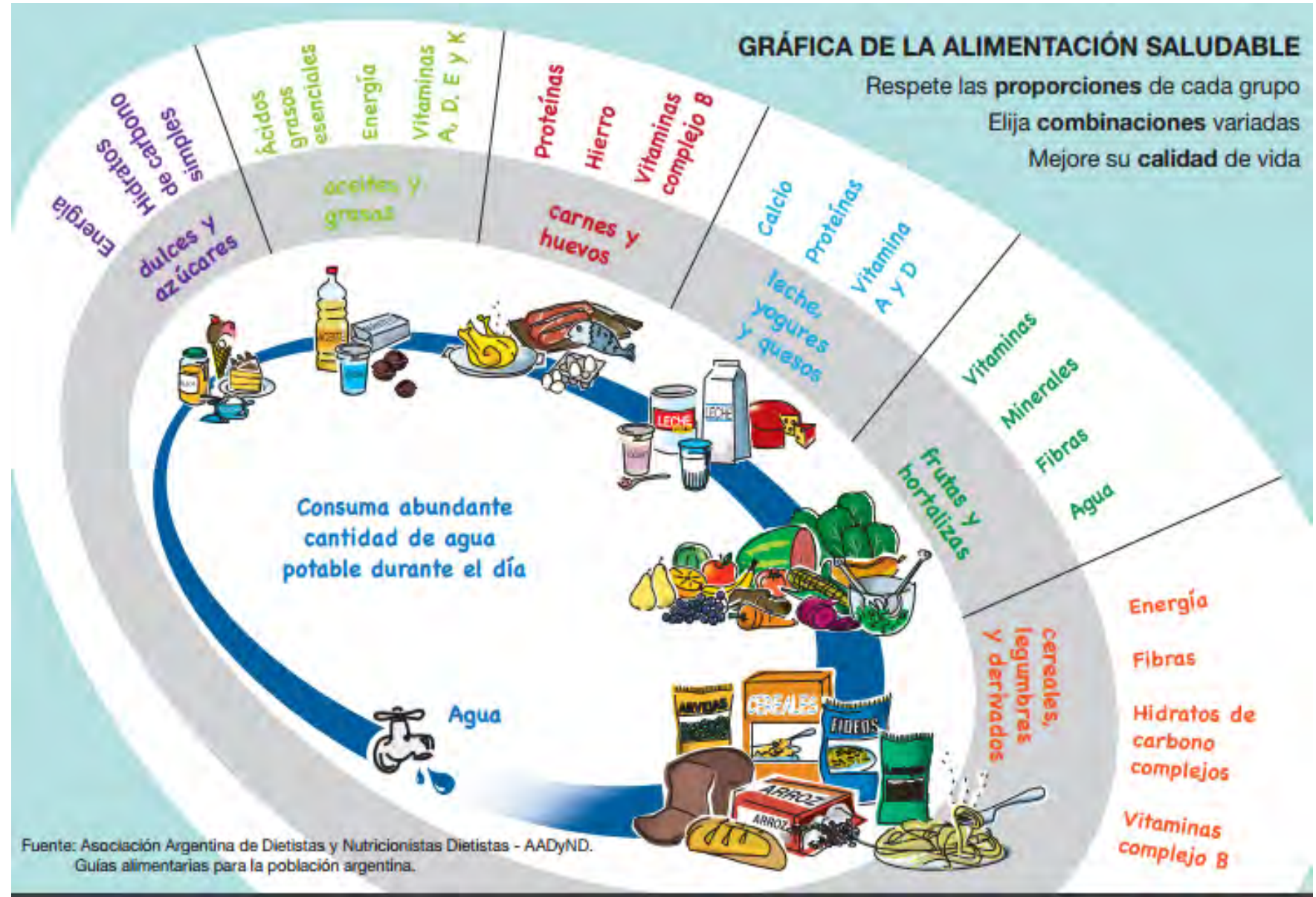
First published:
2006
Revised: 2014



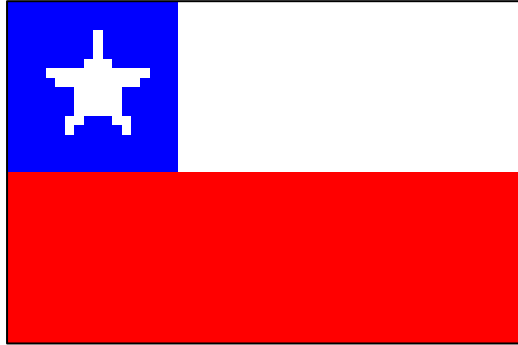
Argentina



First published:
2000
Revised: 2006



Chile



First published:
1997

Revised: 2005,2013



Guyana



First published:
2004



Paraguay



First published:
2000

Revised: 2013

Guías Alimentarias del Paraguay



The Paraguayan Nutrition Pot

Uruguay



First published:
2005



Venezuela

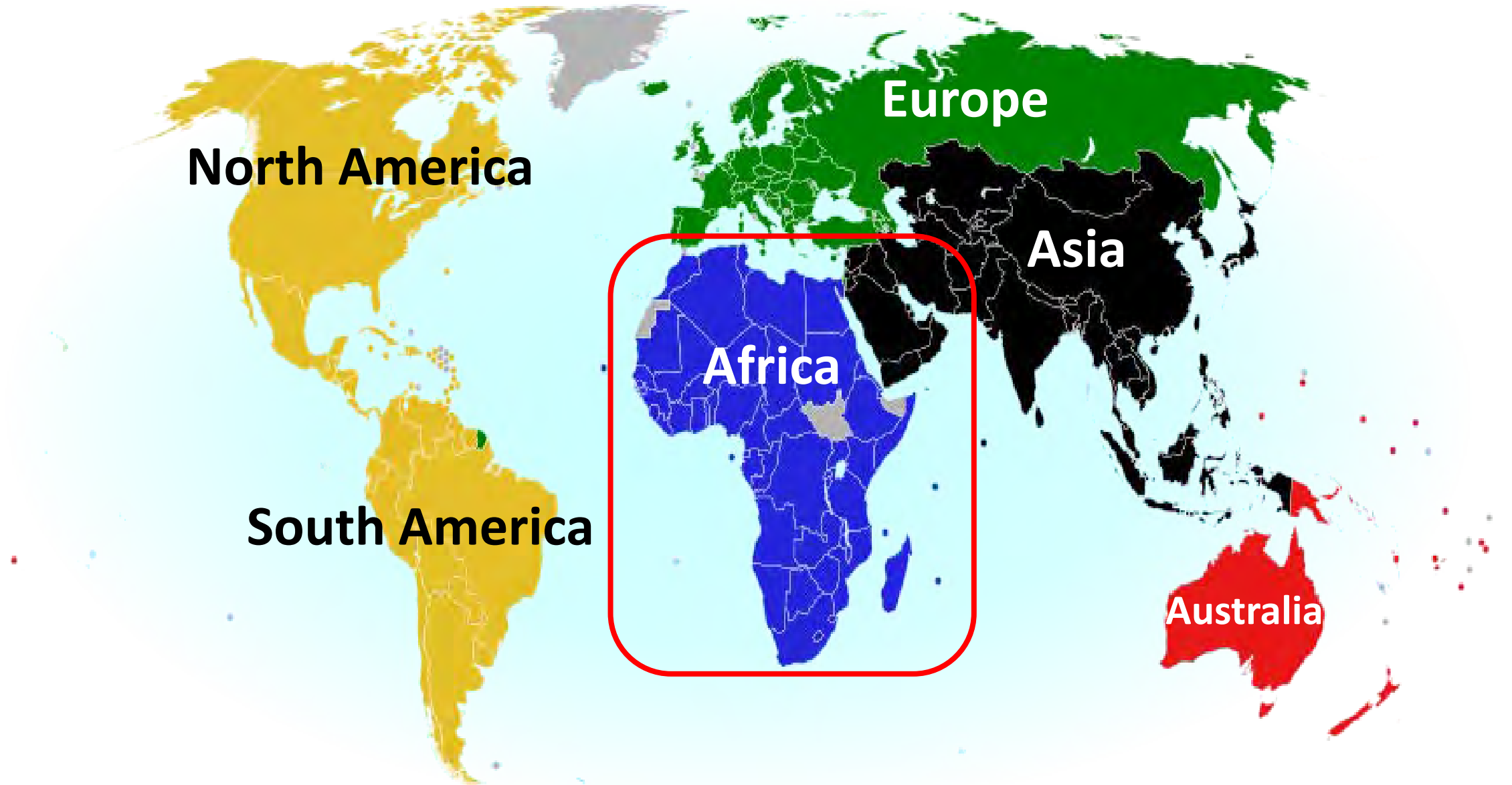


First published:
1991



EL TROMPO DE LOS ALIMENTOS

The Food Spinning Top



North America

South America

Europe

Africa

Asia

Australia

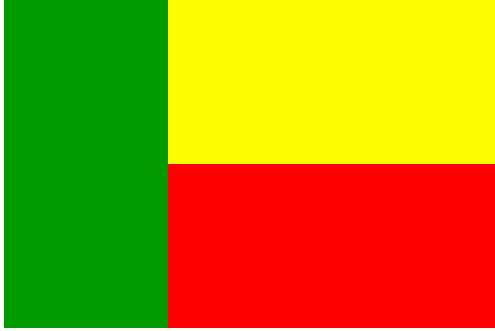
Africa

1. Algeria
2. Angola
3. **Benin** ★
4. Botswana
5. Burkina Faso
6. Burundi
7. Cape Verde
8. Cameroon
9. Central Africa Republic
10. Chad
11. Comoros
12. Democratic Republic of Congo
13. Republic of Congo
14. Cote d'Ivoire
15. Djibouti
16. Egypt
17. Equatorial Guinea
18. Eritrea
- ★ 19. Ethiopia
20. Gabon
21. Gambia
22. Ghana
23. Guinea
24. Guinea Bissau
- ★ 25. Kenya
26. Lesotho
27. Liberia
28. Libya
- ★ 29. **Malawi**
30. Mali
31. Mauritania
32. Mauritius
33. Morocco
34. Mozambique
35. **Namibia**
36. Niger
- ★ 37. **Nigeria**
- ★ 38. Rwanda
39. Sao Tome & Principe
40. Senegal
41. **Seychelles**
42. Sierra Leone
- ★ 43. Somalia
44. **South Africa**
45. South Sudan
46. Sudan
- ★ 47. Swaziland
48. Tanzania
49. Togo
50. Tunisia
- ★ 51. Uganda
52. Zambia
- ★ 53. Zimbabwe

11%

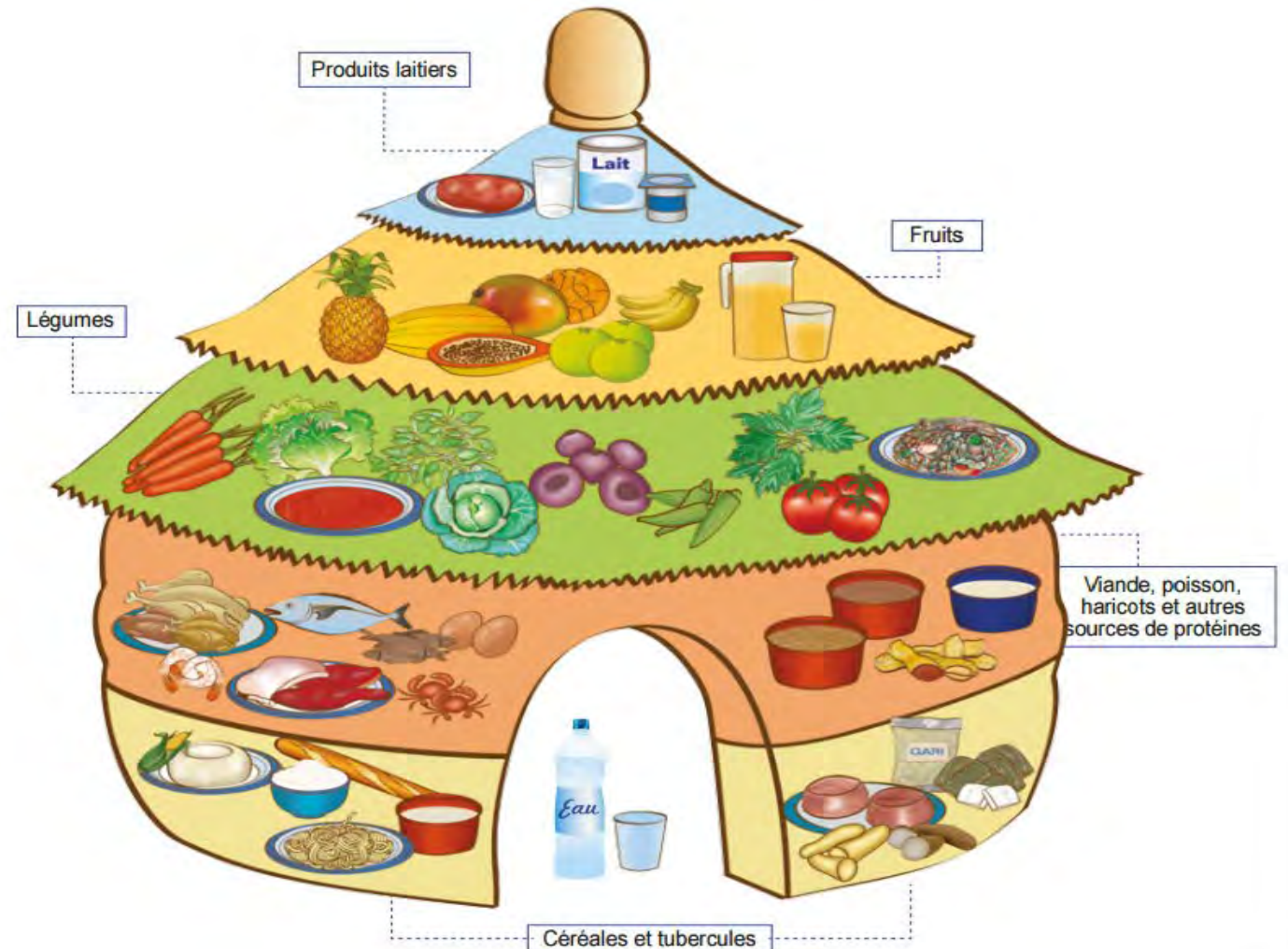
19%

Benin★



First published:
2015

Guide alimentaire du *Bénin*



Ethiopia[★]



Kenya 



Nigeria★



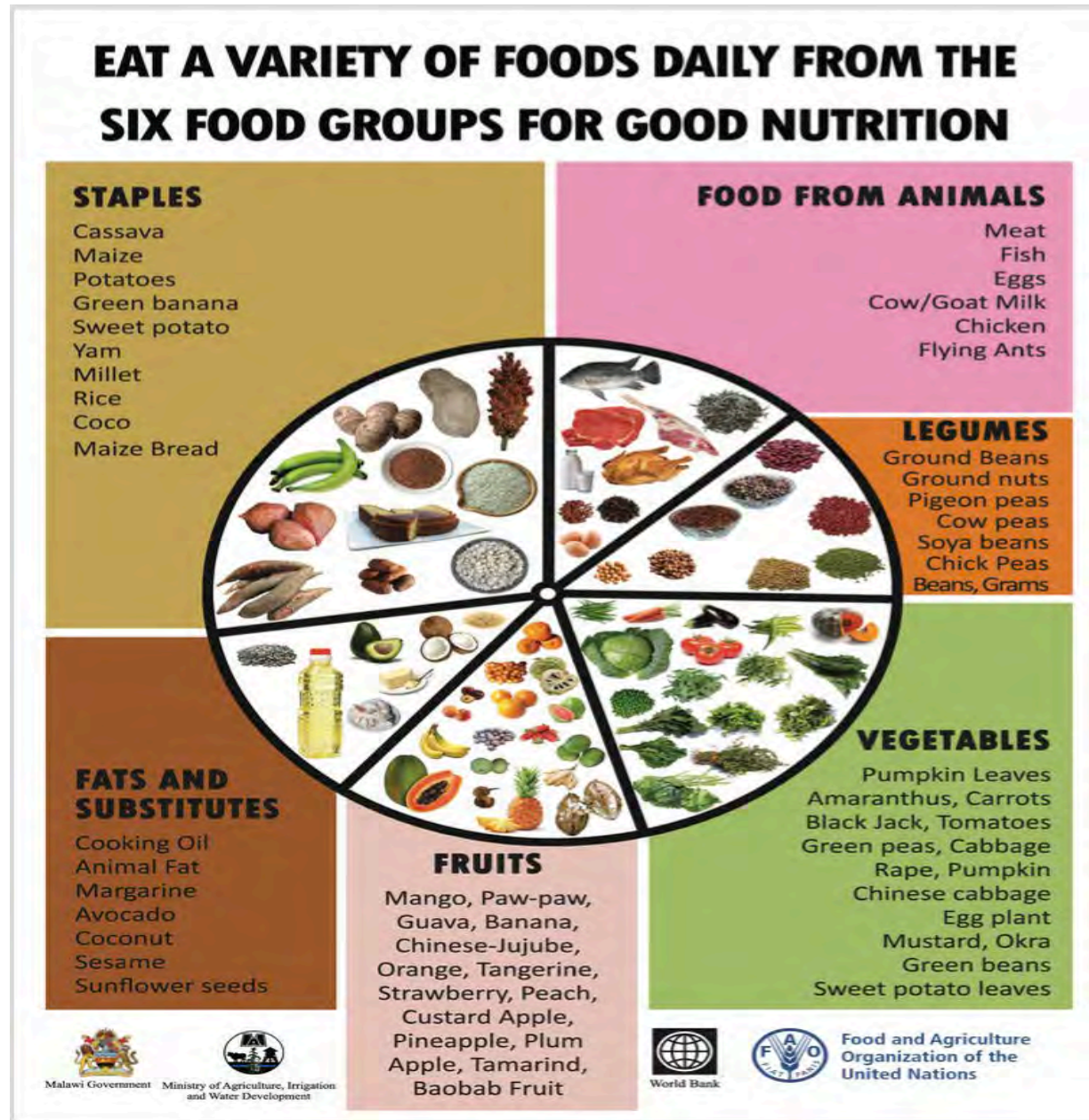
First published: 2001



Malawi



First published: ?

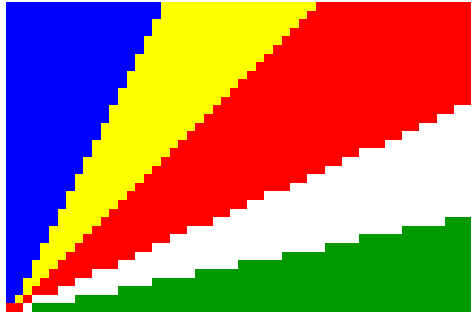


Namibia



First published: 2000

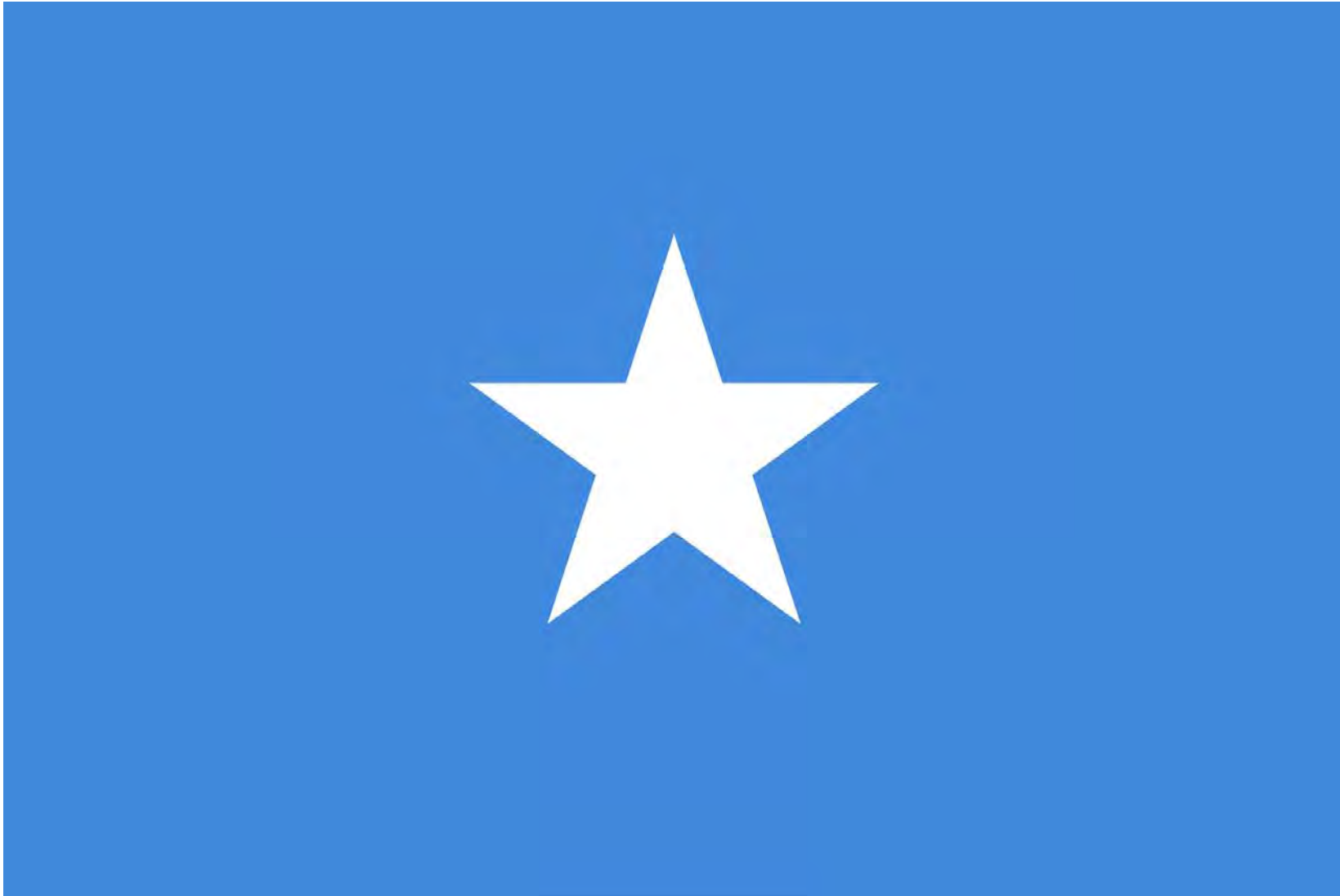
Seychelles



First published: ?
Revised: ?



Somalia



Sudan



South Africa



First published:
2003
Revised: 2012



Rwanda

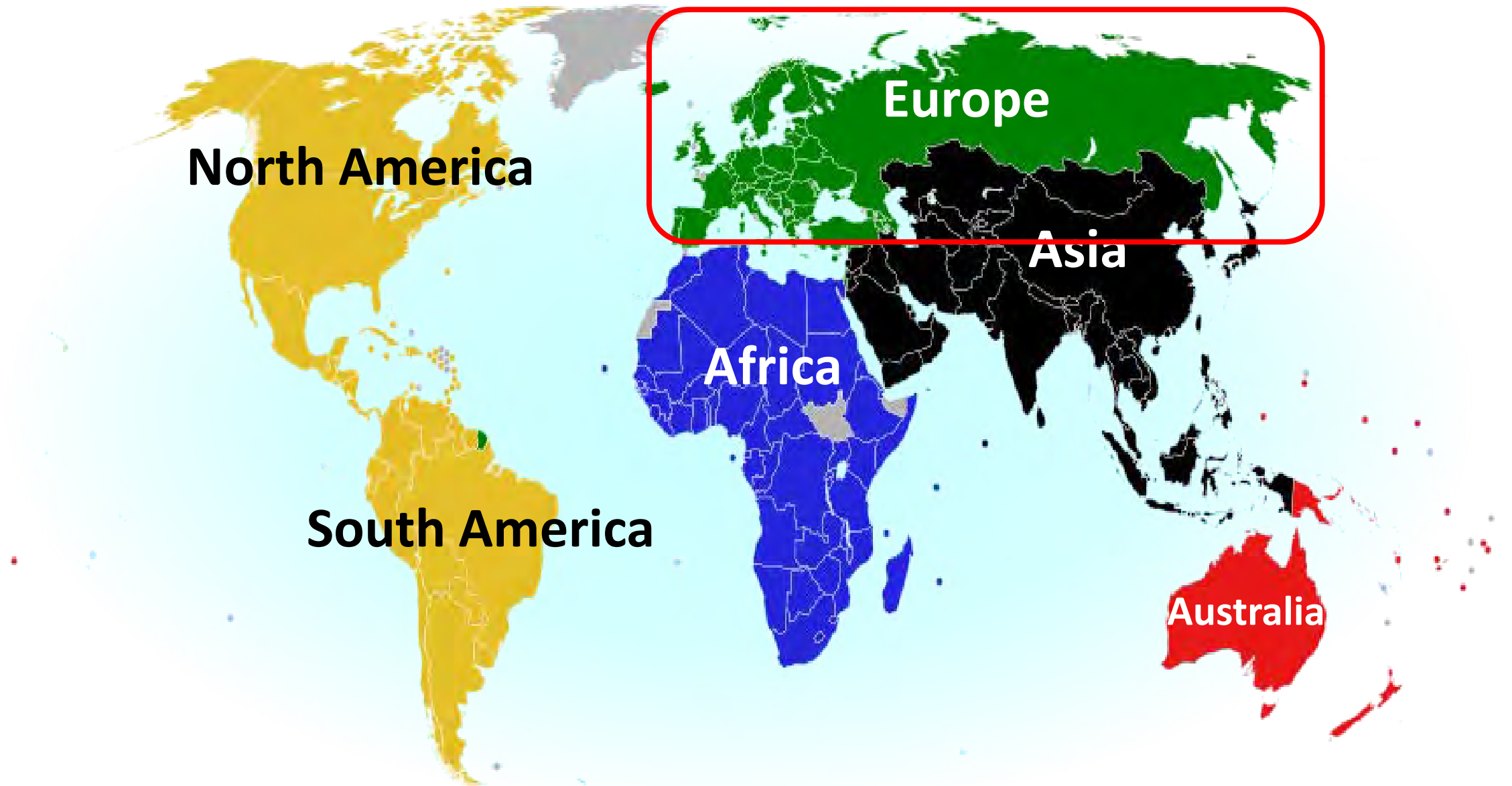


Rwanda



Zimbabwe 





North America

South America

Europe

Africa

Asia

Australia

Europe

1. Albania
2. Andorra
3. Armenia
4. Austria
5. Azerbaijan
6. Belarus
7. Belgium
8. Bosnia & Herzegovina
9. Bulgaria
10. Croatia
11. Cyprus
12. Czech Republic
13. Denmark
14. Estonia
15. Finland
16. France ★
17. Georgia
18. Germany
19. Greece
20. Hungary
21. Iceland
22. Ireland
23. Italy ★
24. Kazakhstan
25. Kosovo
26. Latvia
27. Liechtenstein
28. Lithuania
29. Luxembourg
30. Macedonia
- ★ 31. Malta
32. Moldova
33. Monaco
34. Montenegro
35. Netherlands
36. Norway
37. Poland
38. Portugal
39. Romania
40. Russia
41. San Marino
42. Serbia
43. Slovakia
44. Slovenia
45. Spain
46. Sweden
47. Switzerland
48. Turkey
49. Ukraine
50. United Kingdom
51. Vatican City

61% 6%

Malta



First published: 1986
Revised: 2016

The Healthy Plate

A guide for eating throughout life

Select a variety of nutritious foods from each food group every day.
Drink plenty of water. Keep active. Reduce sitting time. Enjoy your meals with family and friends.



Cereals, cereal products (preferably wholegrain) and potatoes

Vegetables

Water

Limit your intake

Alcohol is not allowed in children

Limit your intake

Fruit

Fats and oils

Herbs and Spices

Lean meat, fish, poultry, eggs, legumes, nuts and seeds

Milk and milk products

Health Promotion & Disease Prevention Directorate
Tel: 3238 4000, www.health.gov.mt

MATER DEI

HESC
Home Economics Teacher Centre

UNIVERSITY OF MALTA

MCAST
MCAST Malta Centre for Applied Science and Technology

Albania



First published: 2008



Austria



First published: 2010
Revised: 2015

Die österreichische Ernährungspyramide

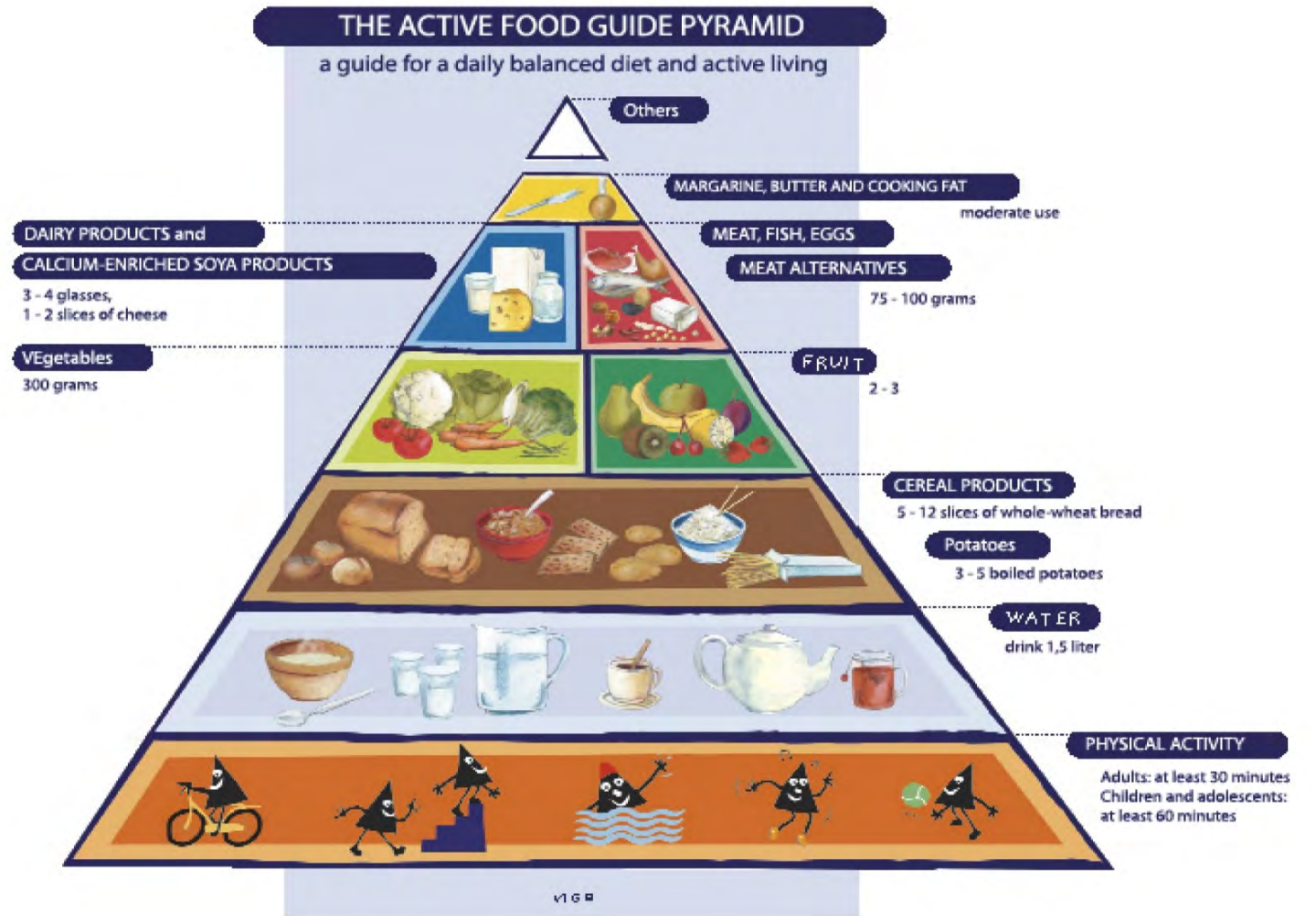


The Austrian food pyramid – 7 steps to health, 2015

Belgium



First published: 2005



Practical guidelines for healthy eating, 2005

Bosnia and Herzegovina



First published: 2004



Croatia



First published:
Adults: 2002
Children: 2008
Adolescents: 2012



Dietary guidelines, 2012

Cyprus



First published: 2007



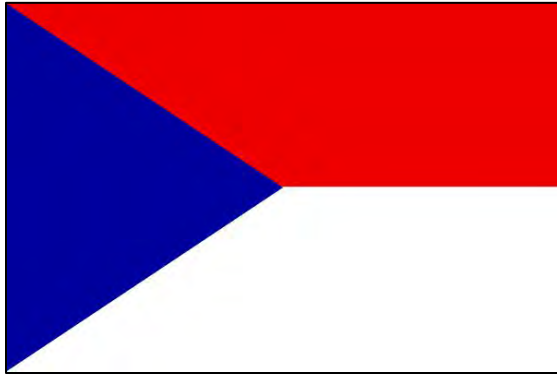
Bulgarian



First published: ?
Revised: ?

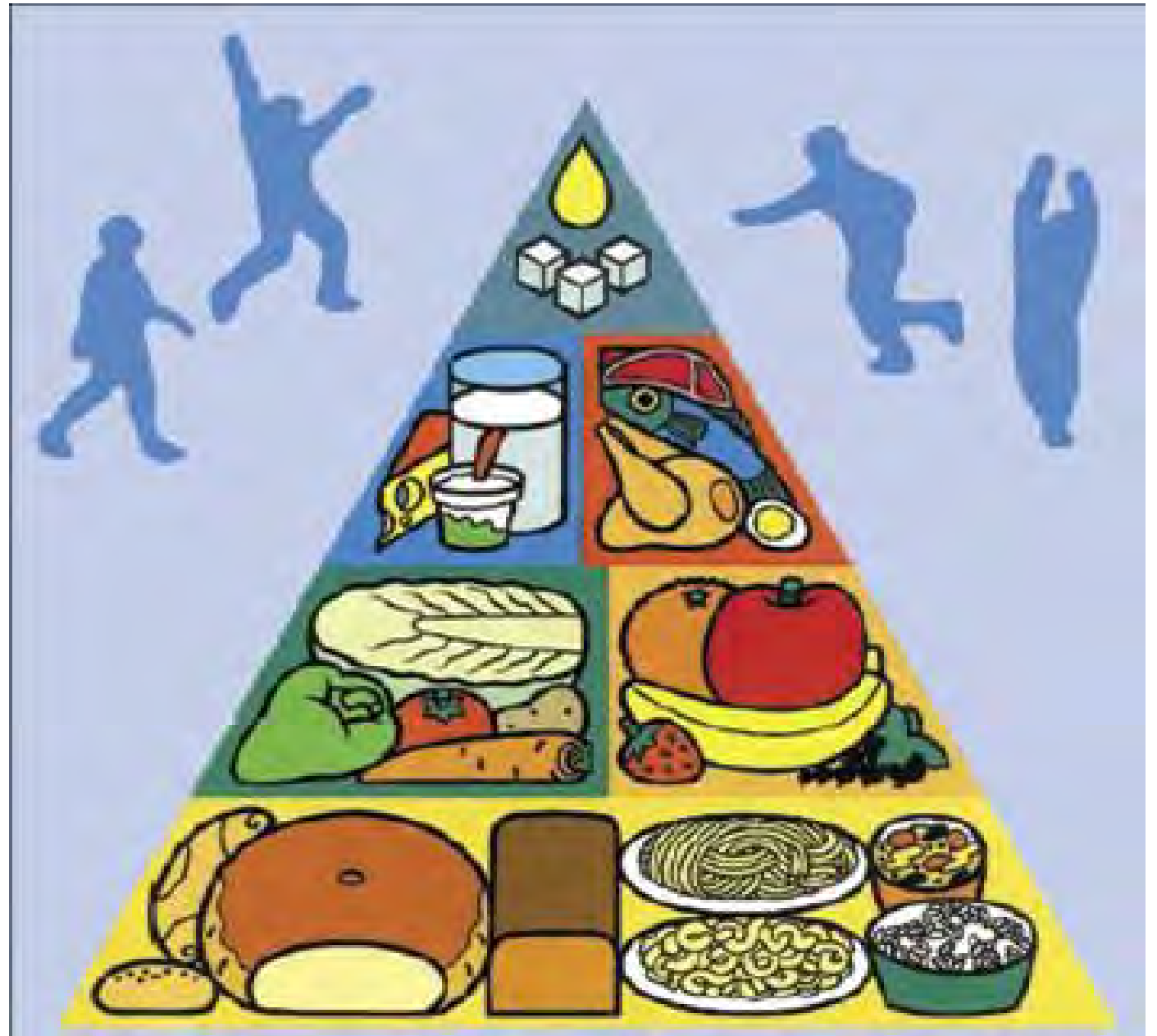


Czech



First published: ?

Revised: ?



Denmark



First published: 1970

Revised:

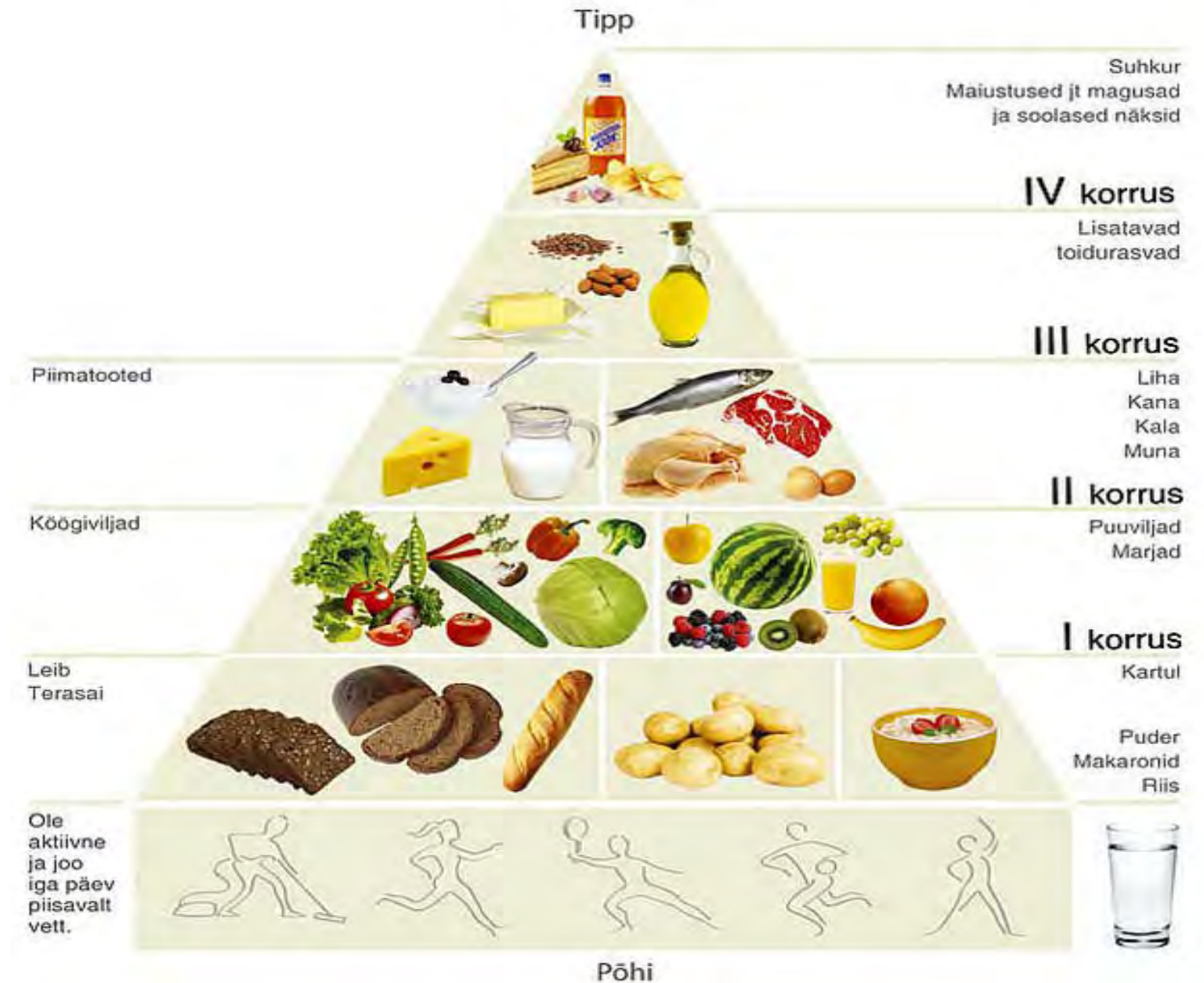
1995, 2005, 2008, 2013



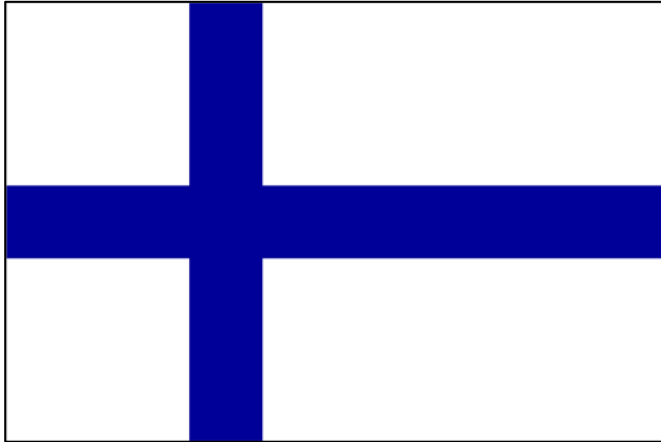
Estonia



First published: 1998
Revised: 2012



Finland



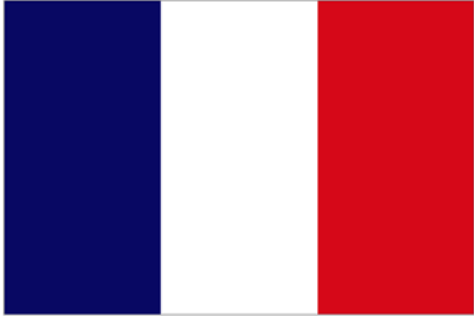
First published: 2012

Revised: 2014

Finnish nutrition recommendations 2014



France



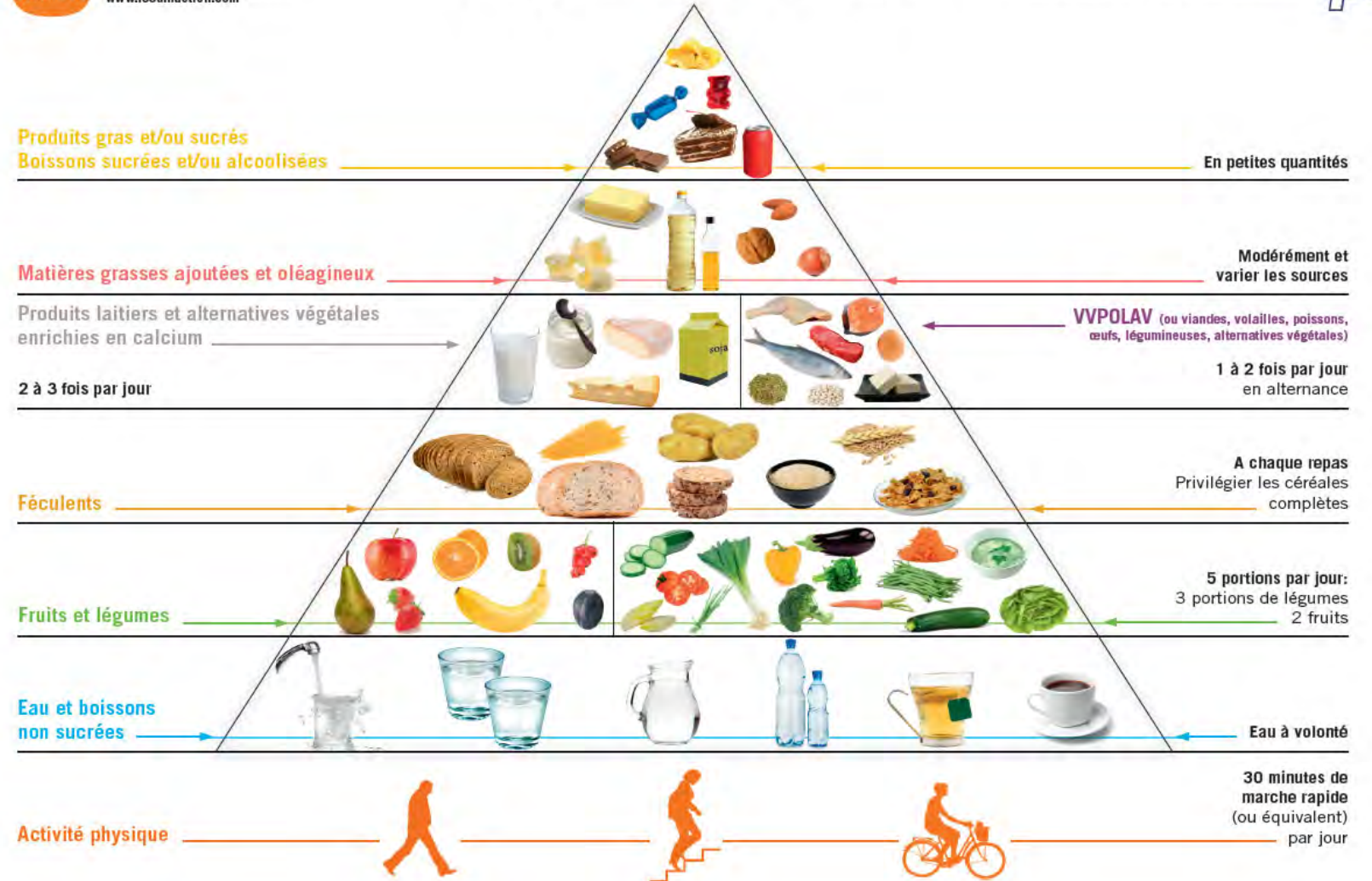
First published: ?
Revised: 2011



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www.foodinaction.com

La pyramide alimentaire

Avec la collaboration de l'Institut Paul Lambin



The French National Nutrition and Health Program's dietary guidelines, 2016

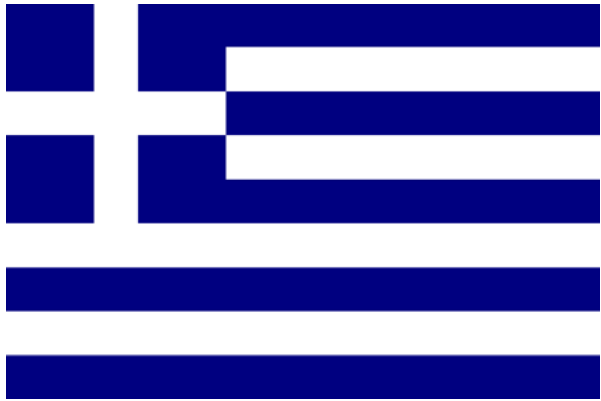
Germany



First published: 1956
Revised: 2013

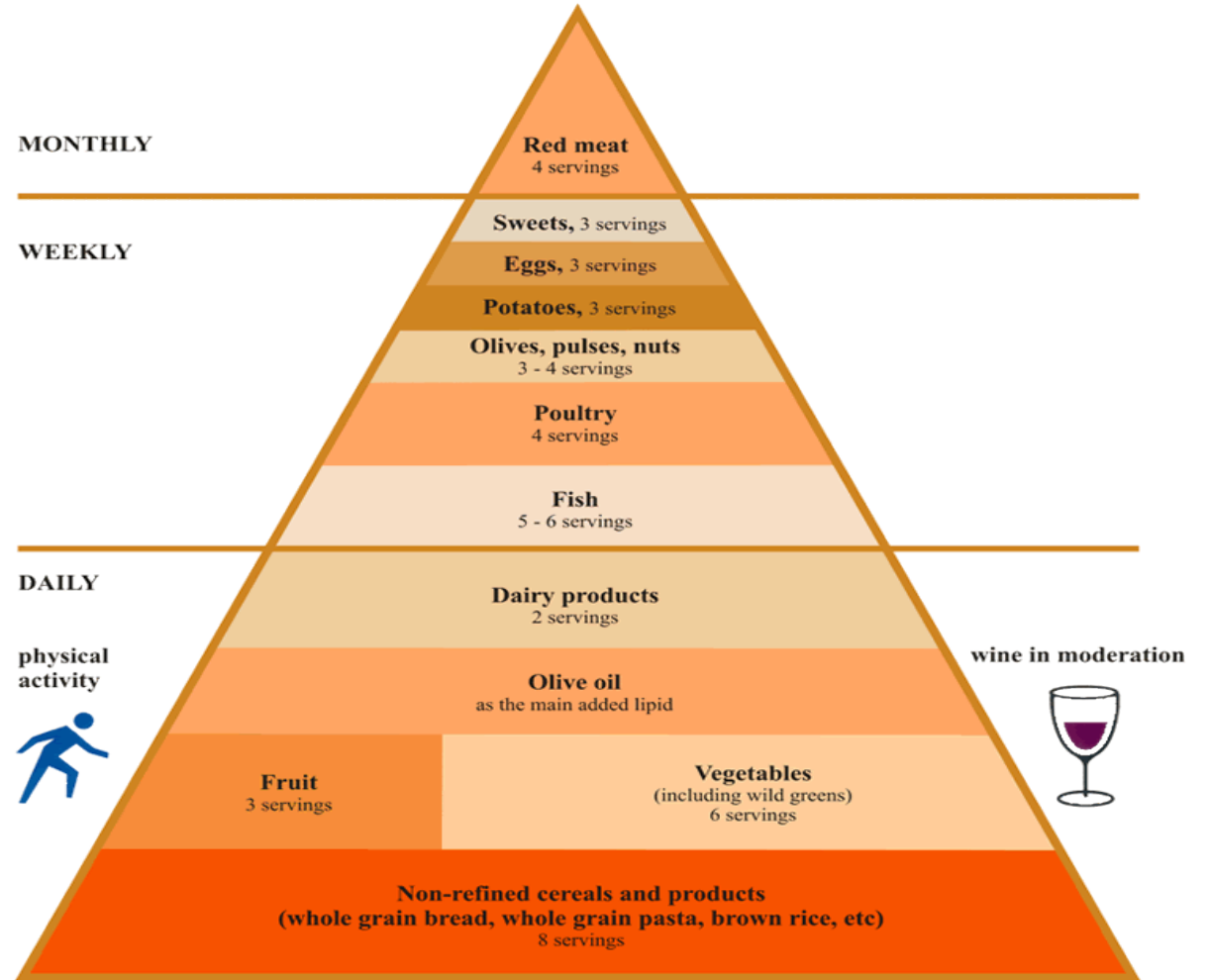


Greece



First published: 1999

MEDITERRANEAN DIET



One serving equals approximately half of the portions as defined in the Greek market regulations (portions served in restaurants)

Also remember to:

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

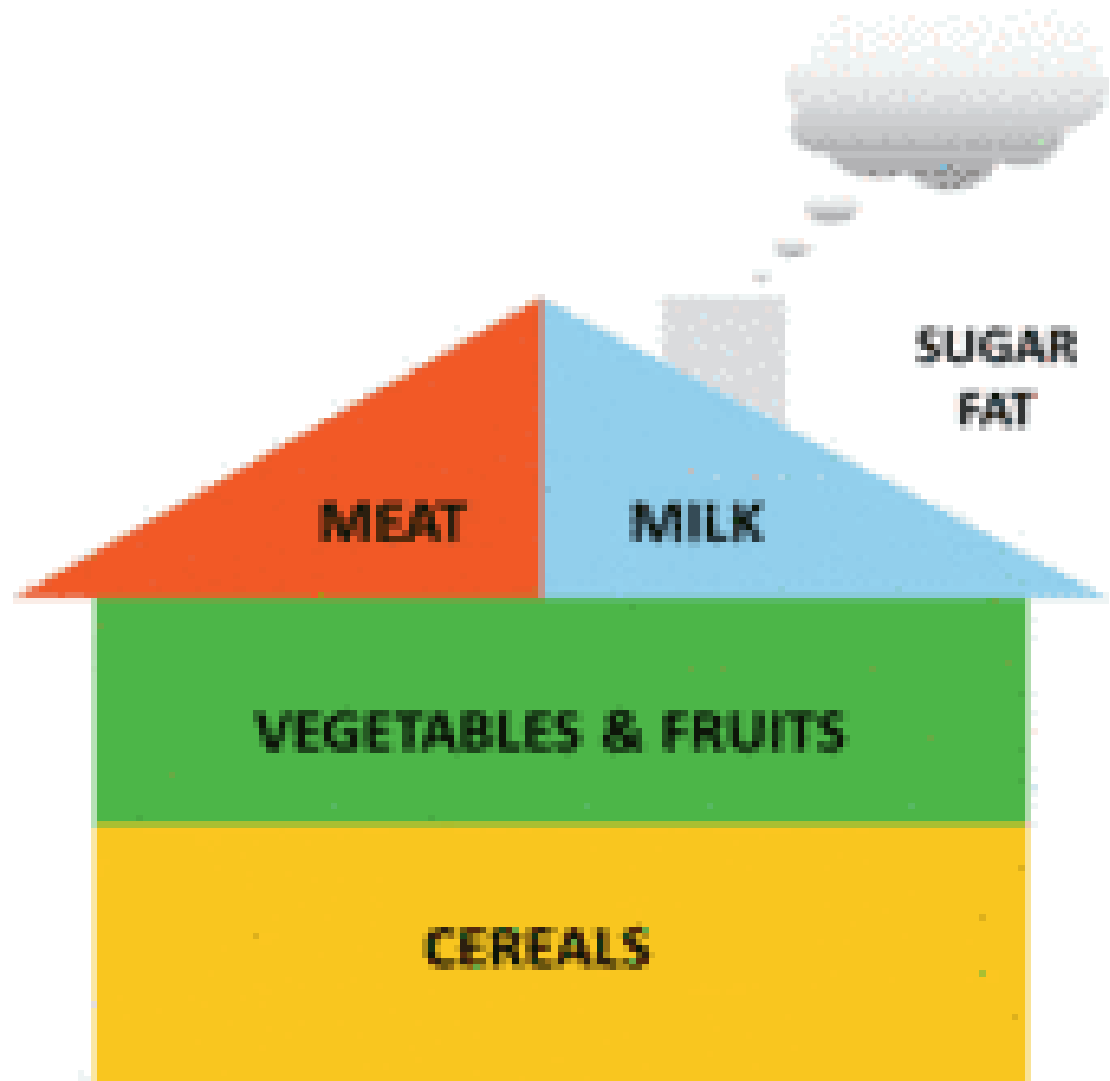
Source: Supreme Scientific Health Council, Hellenic Ministry of Health

Hungary



First published: 1987

Revised: 2004



The House of Healthy Nutrition

Ireland



First published: 2012

Revised: 2015

Your Guide to Healthy Eating Using the Food Pyramid



for Adults and Children over 5 years of age

Italy



Latvia



First publication for:
Children: 2003
Elderly: 2007
Adults: 2008



Netherlands



First published: 2006

Revised: 2015-2016

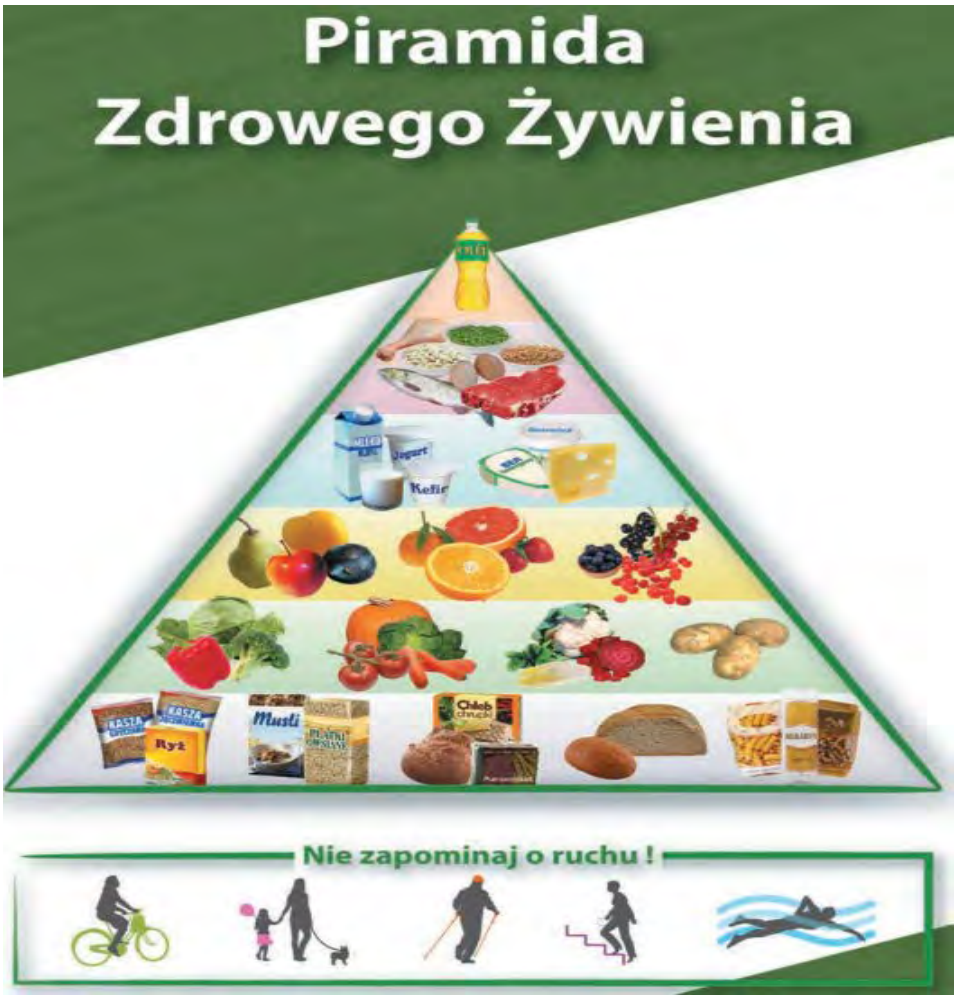
Richtlijnen Schijf van Vijf



Poland



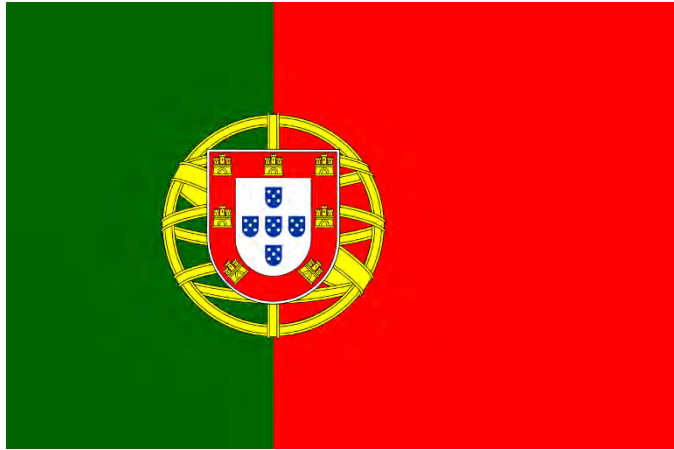
Children's Guide



Adult Guide

First published: 2009
Revised: 2010

Portugal



First published: 1977
Revised: 2003

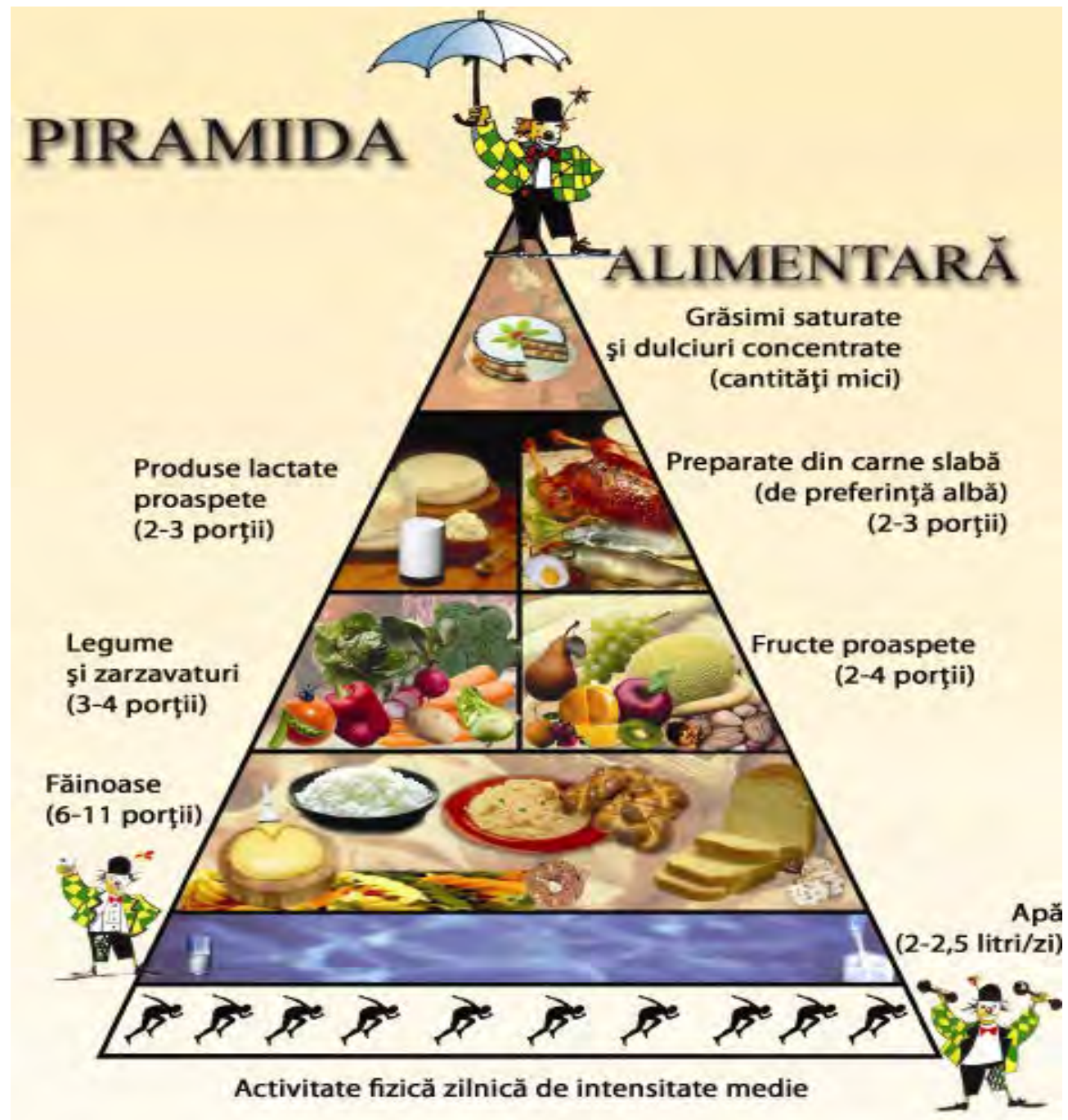


Food Wheel Guide

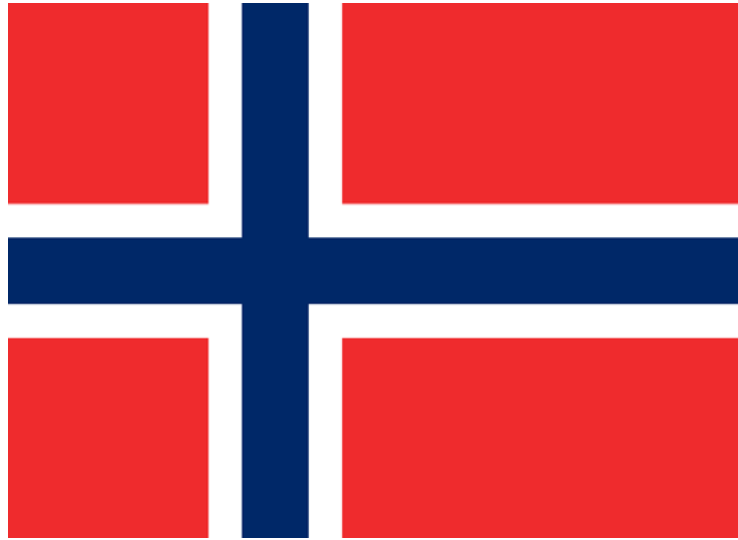
Romania



First published: 2006



Norway



First published: ?
Revised: 2014

Nordic Nutrition Recommendations 2012

Integrating nutrition and physical activity



Slovenia



First published: 2000
Revised: 2015



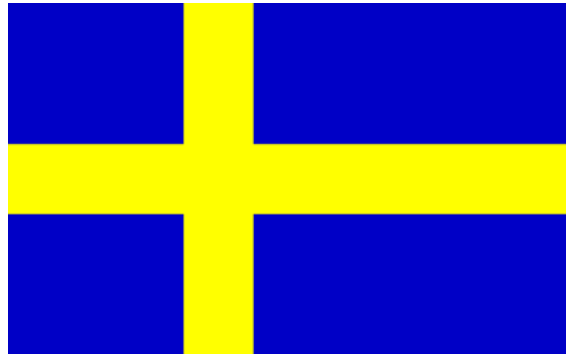
Spain



First published: 2005



Sweden



First published: 2015

One-minute advice

MORE

Vegetables, fruit and berries
fish and shellfish
nuts and seeds
exercise



SWITCH TO

wholegrain
healthy fats
low-fat dairy products



LESS

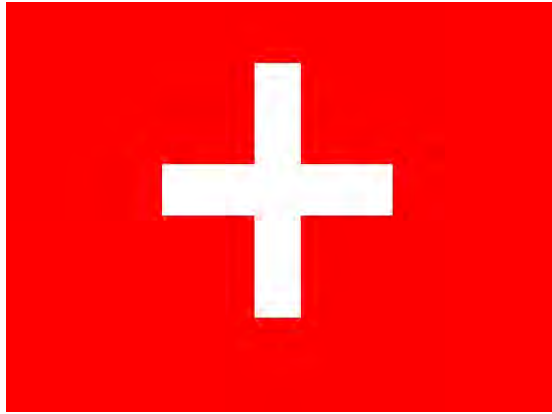
red and processed meat
salt
sugar
alcohol



In truth, most people know perfectly well what they should eat. It's no secret that vegetables are good for you and sugar isn't.

But knowing and doing are two different things. We'll give you advice and handy tips here to make it easier for you to adopt successful eating habits that are sustainable for both your health and the environment. So you can **find your own way** of eating greener, not too much and be active. After all – even tiny steps can make a huge difference!

Switzerland



First published: 1998
Revised: 2011



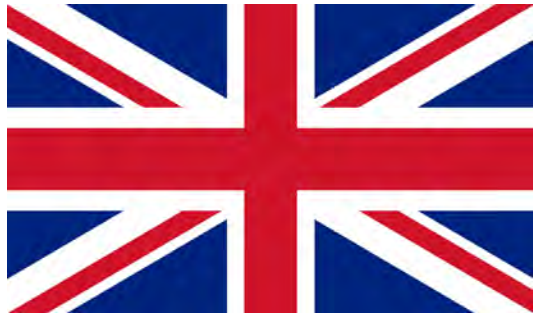
Turkey



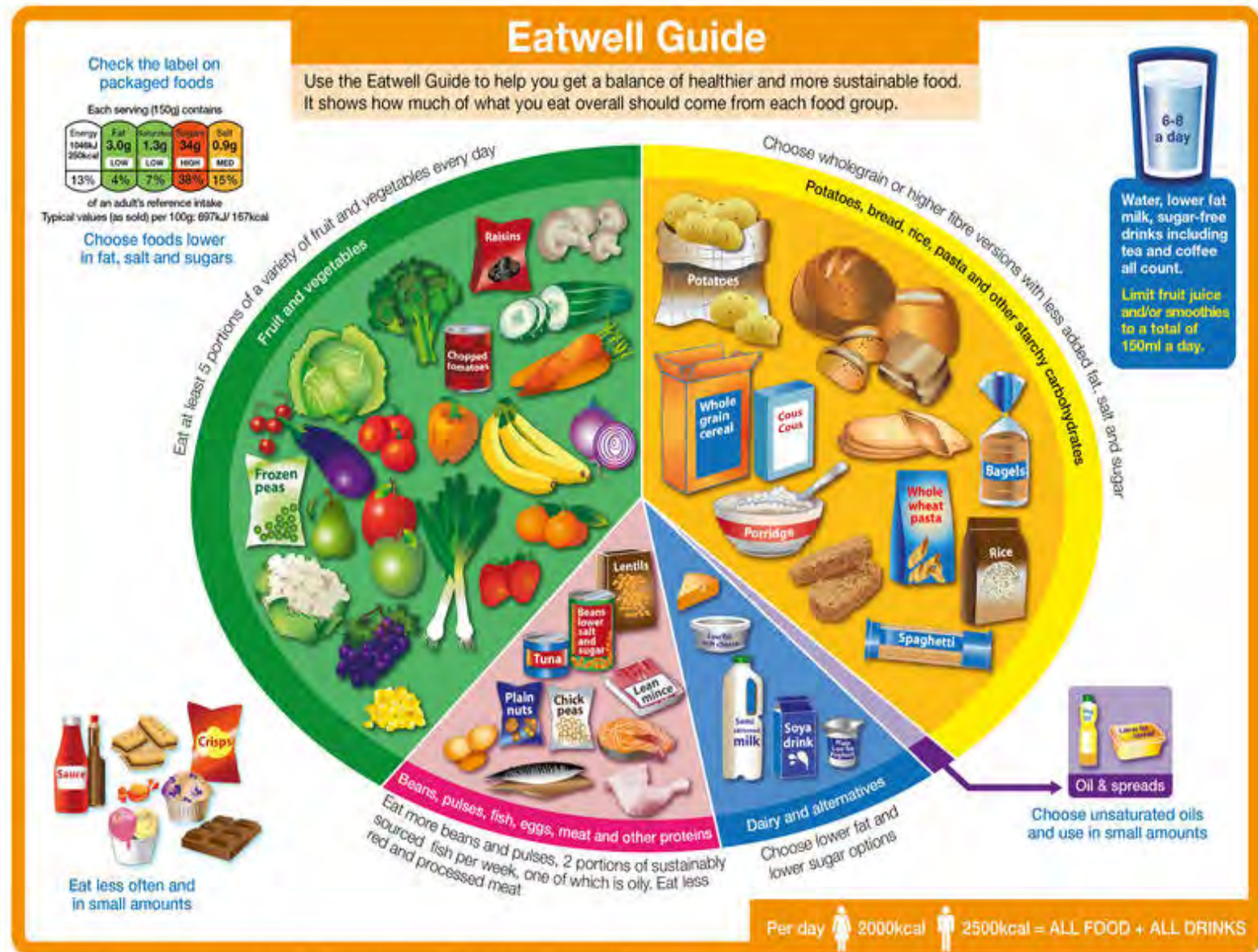
First published: 2004
Revised: 2014

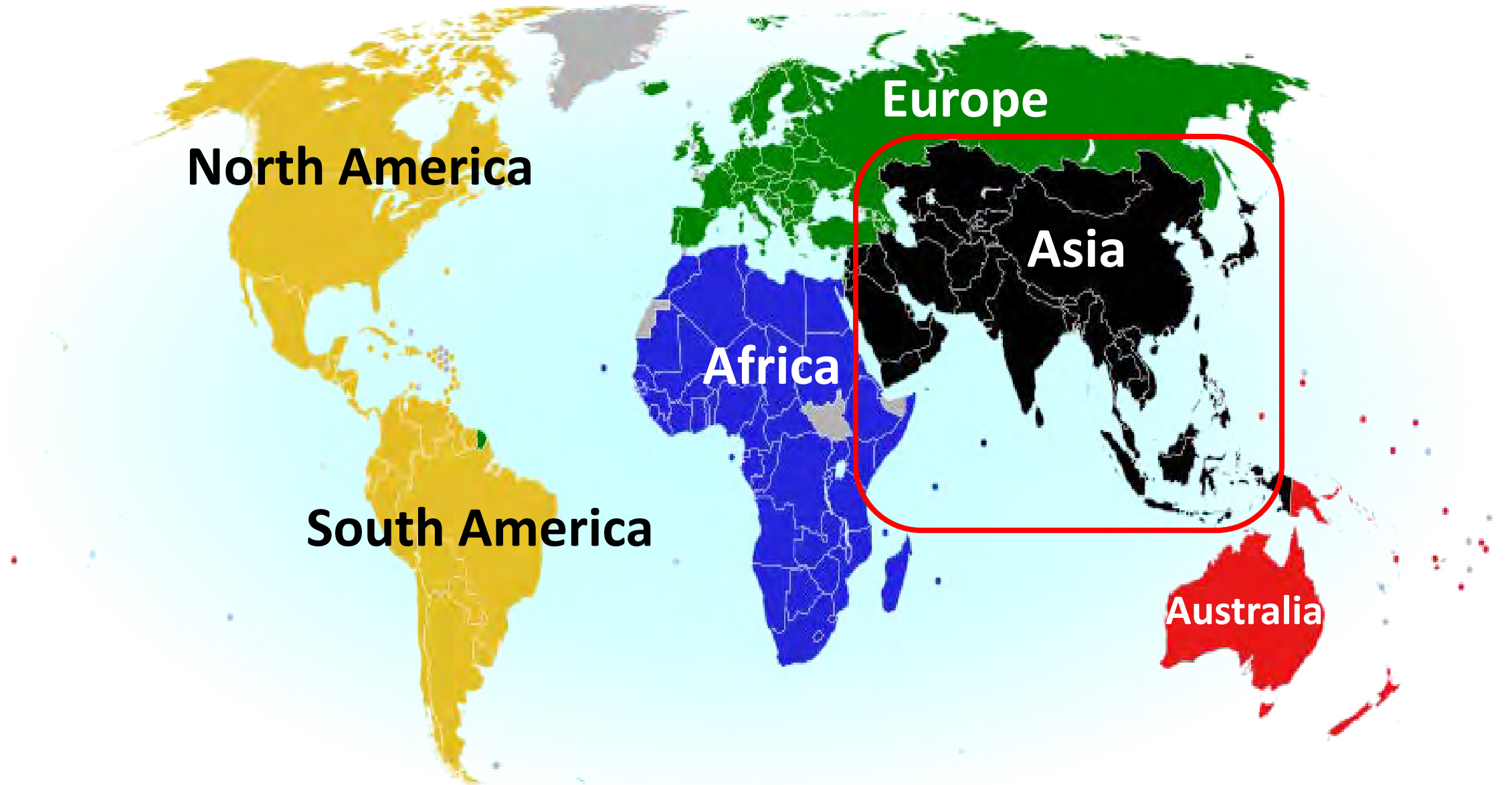


United Kingdom



First published: 1998
Revised: 2011





North America

South America

Africa

Europe

Asia

Australia

Asia & Middle East

1. Afghanistan
2. Armenia
3. Azerbaijan
4. Bahrain
5. **Bangladesh**
6. Bhutan
7. Brunei
8. Cambodia
9. **China**
10. Cyprus
11. Georgia
- ★ 12. **India**
- ★ 13. **Indonesia**
14. **Iran**
15. Iraq
- ★ 16. **Israel**
- ★ 17. **Japan**
- ★ 18. **Jordan**
19. Kazakhstan
- ★ 20. **Kuwait**
21. Kyrgyzstan
22. Laos
23. Lebanon
24. **Malaysia**
25. Maldives
26. **Mongolia**
27. Myanmar (Burma)
28. **Nepal**
29. North Korea
30. **Oman**
- ★ 31. **Pakistan**
32. Palestine
33. **Philippines**
34. **Qatar**
- ★ 35. **Saudi Arabia**
36. Singapore
37. **South Korea**
38. **Sri Lanka**
39. Syria
- ★ 40. **Taiwan**
41. Tajikistan
42. **Thailand**
43. Timor-Leste
44. **Turkey**
45. Turkmenistan
46. United Arab Emirates
47. Uzbekistan
48. **Vietnam**
49. Yemen

35%

18%

India



First published: 1998

Revised: 2011

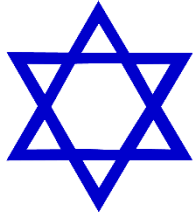


Abstain from drinking alcohol



Say NO to Tobacco

Israel 



First published: 1998
Revised: 2008



The Israeli food pyramid, 2008

Japan ★



食事バランスガイド

あなたの食事は大丈夫？



First published: 2000
 Revised: 2010, 2015

South Korea[★]



The food balance wheels.

First published:
2002
Revised:
2003, 2010

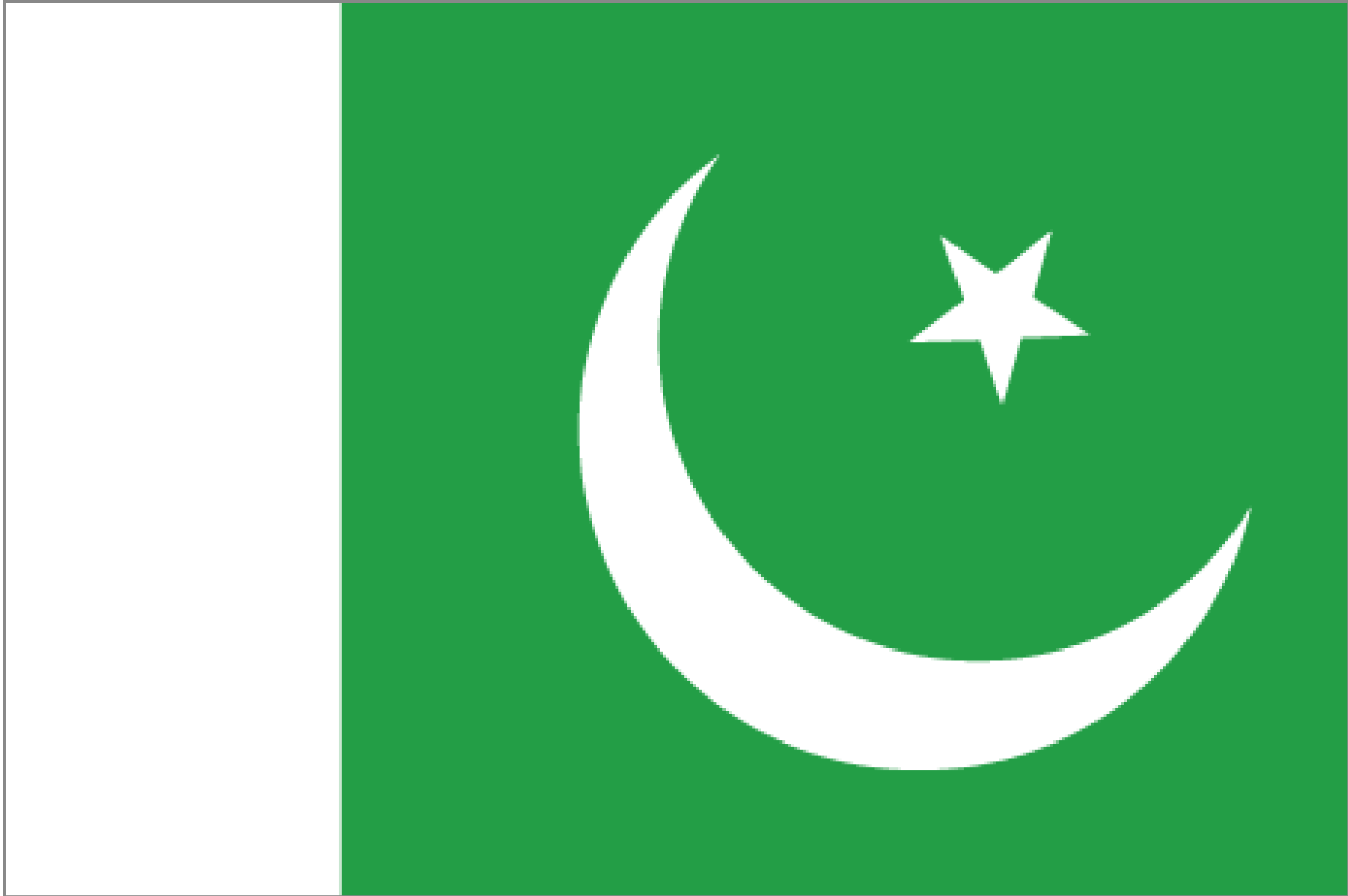


The Roly-Poly for Women



The Roly-Poly for Women

Oman[★]



Bangladesh



First published: 2000
Revised: 2013



China



First published:
1989

Revised:
1997, 2007, 2015



Source: Chinese Nutrition Society

Iran



First published: 1990
Revised: 1993,1996,2006

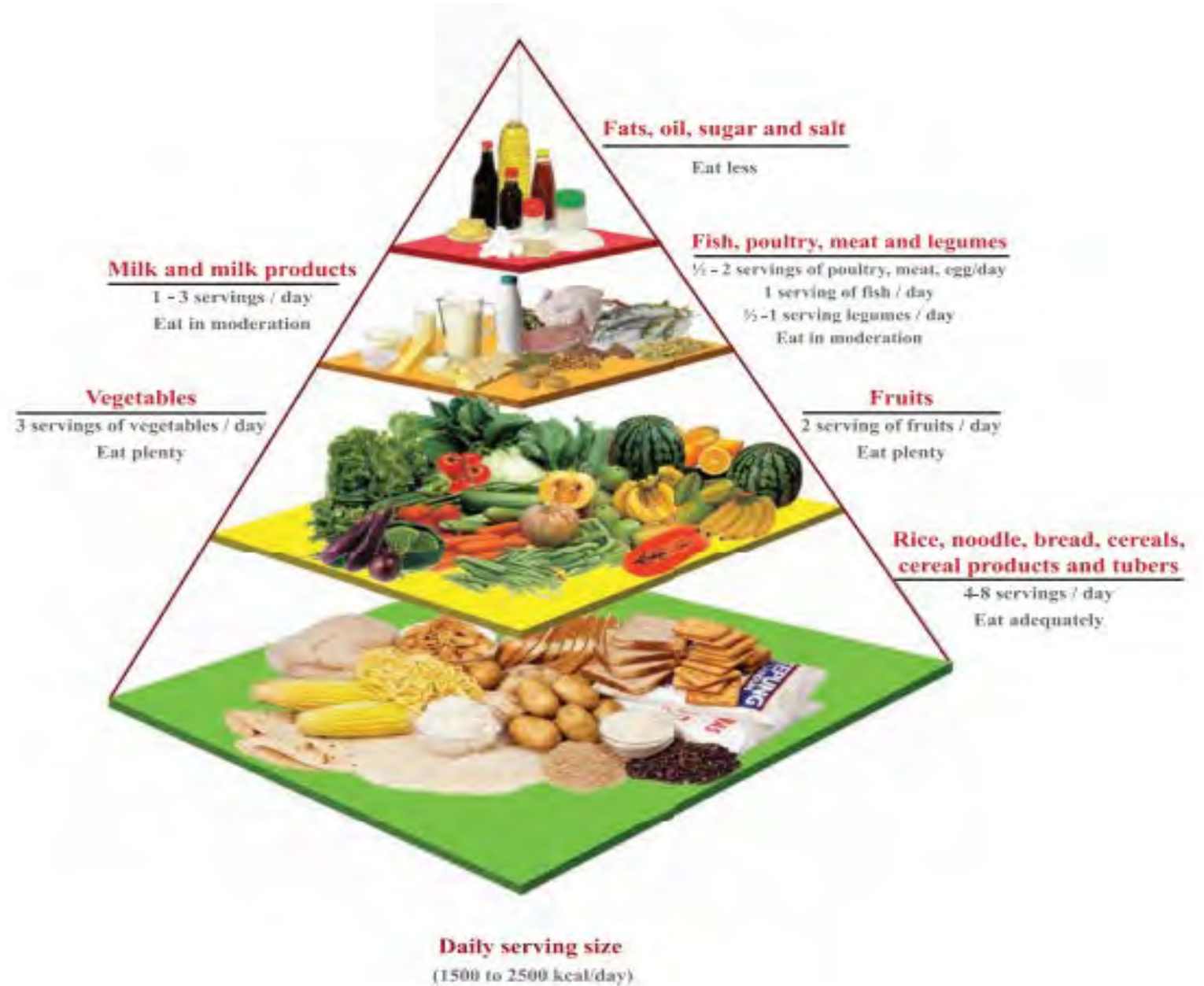


Malaysia



First published: 1999

Revised: 2010



Oman



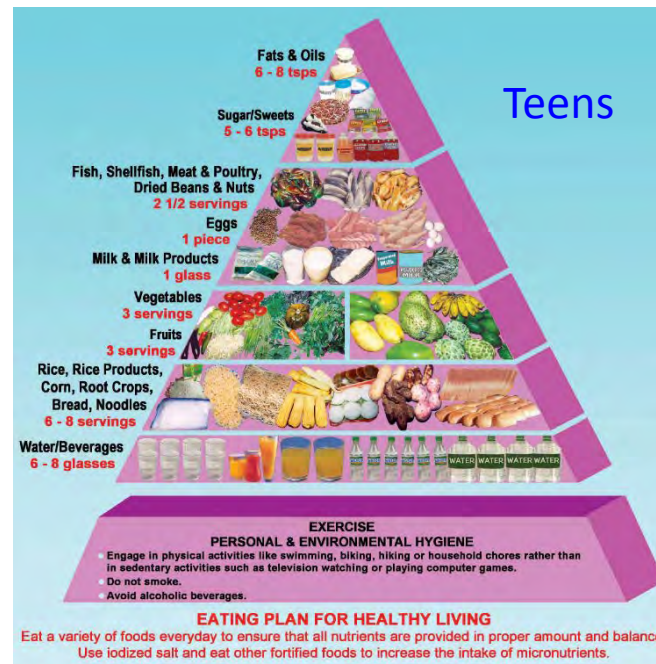
First published: 2009



Philippines



First published: 1990
 Revised: 2000, 2012



Singapore

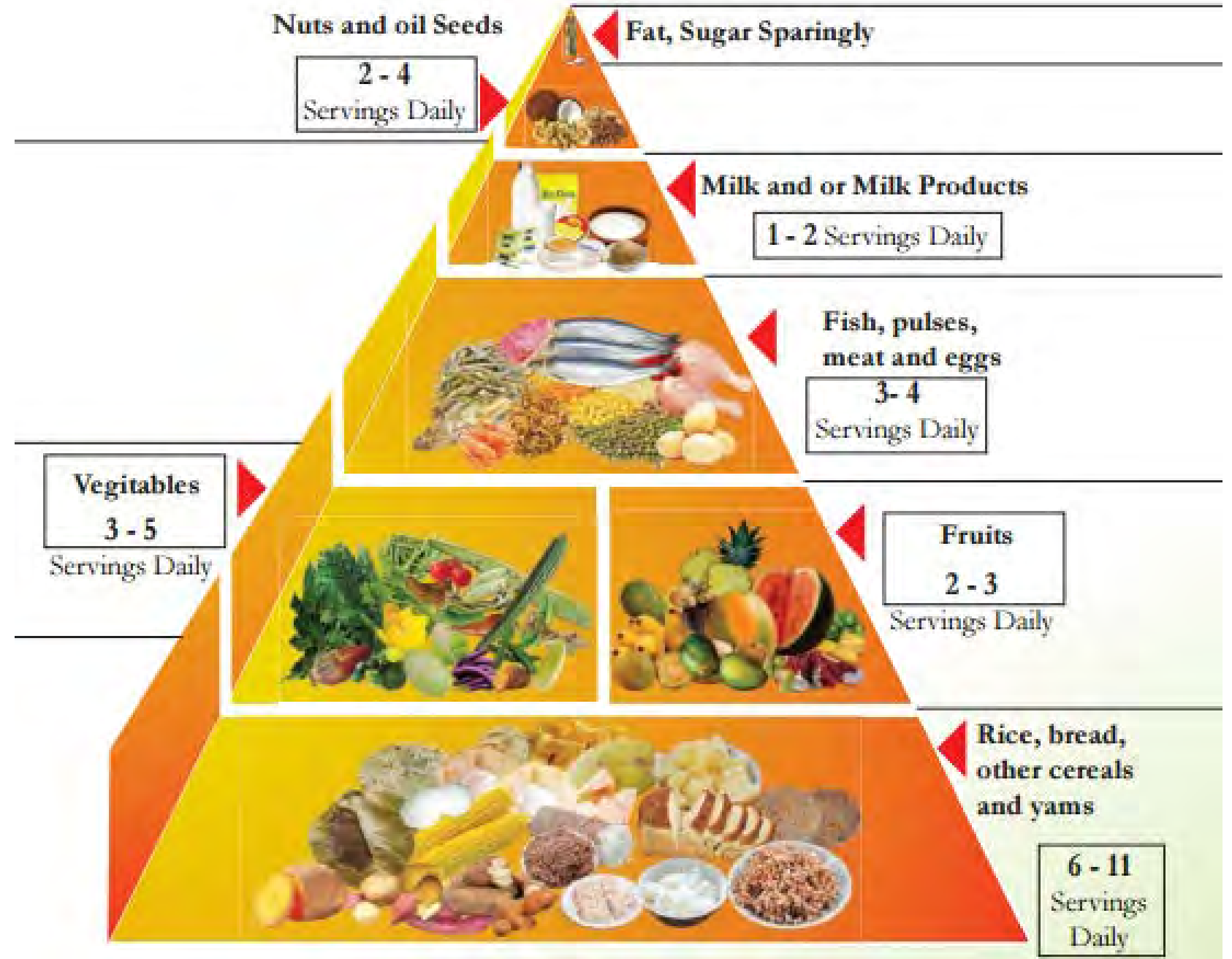


First published: ?

Revised: ?

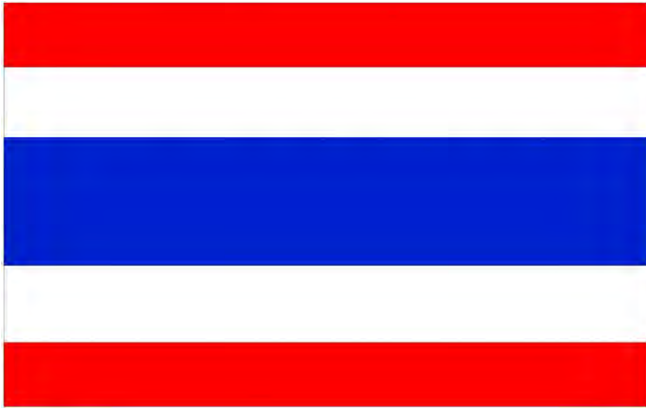


Sri Lanka



First published: 1990
Revised: 2000, 2012

Thailand



First published: 1986

Revised: 1998



Nutrition Flag

Vietnam



First published:
1995
Revised:
2001, 2006, 2013

THÁP DINH DƯỠNG CÂN ĐỐI

(Tháp Dinh dưỡng cân đối dành cho người trưởng thành, Giai đoạn 2010-2020)



Mức tiêu thụ Lương thực-Thực phẩm trung bình của một người trưởng thành trong 1 tháng

North America

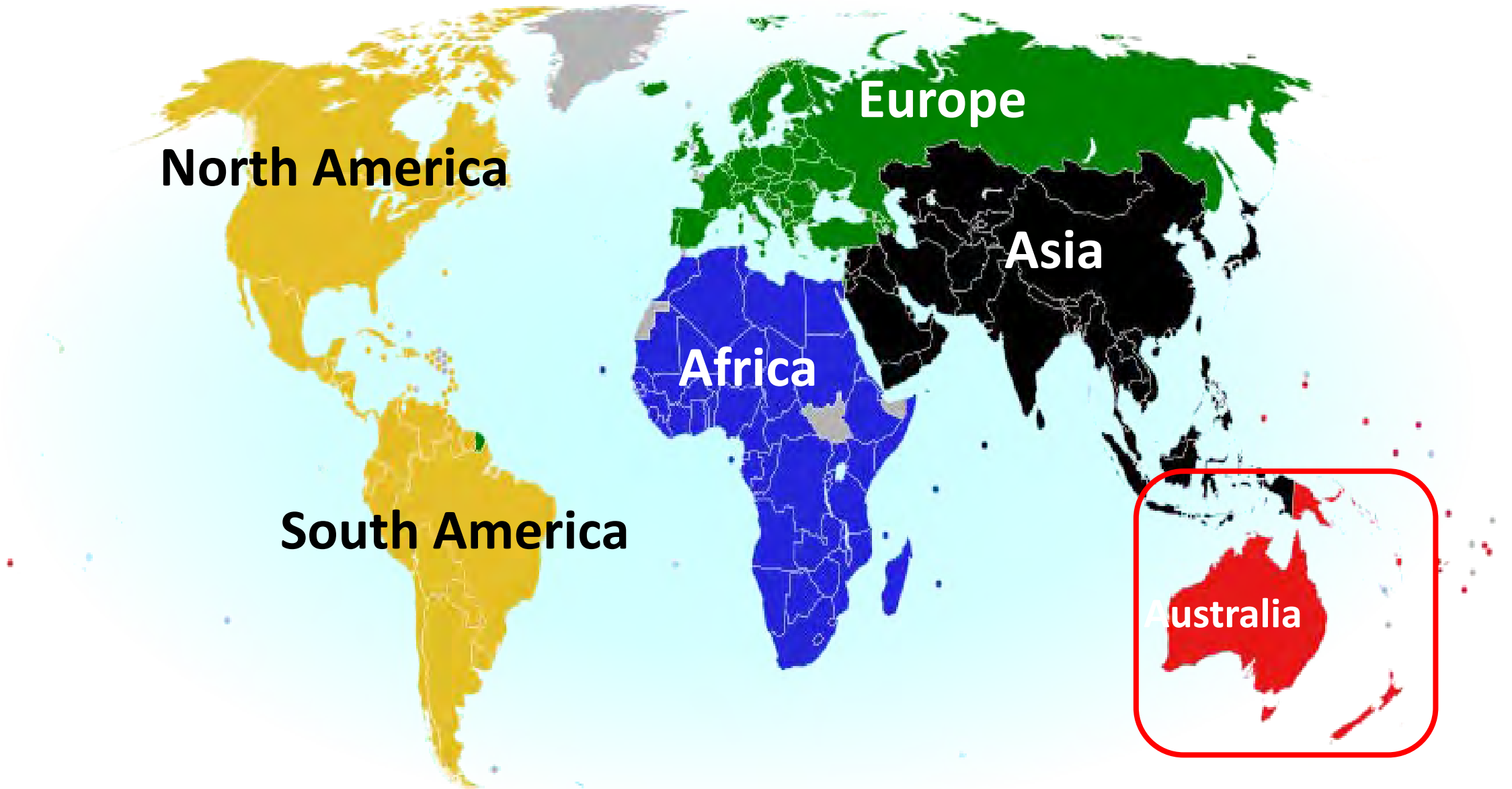
Europe

Asia

Africa

South America

Australia



Australia and Oceania

★ **1. Australia**

2. Fiji

3. Kiribati

4. Marshall Islands

5. Micronesia

6. Nauru

14%

★ **7. New Zealand**

8. Palau

9. Papua New Guinea

10. Samoa

11. Solomon Islands

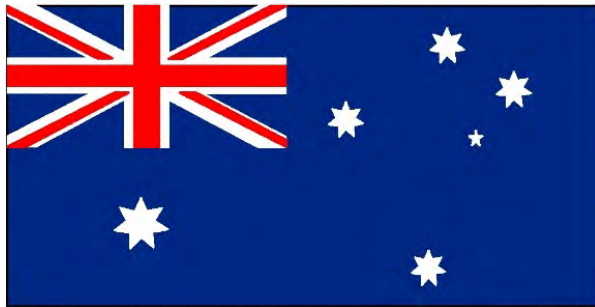
12. Tonga

13. Tuvalu

14. Vanuatu

21%

Australia



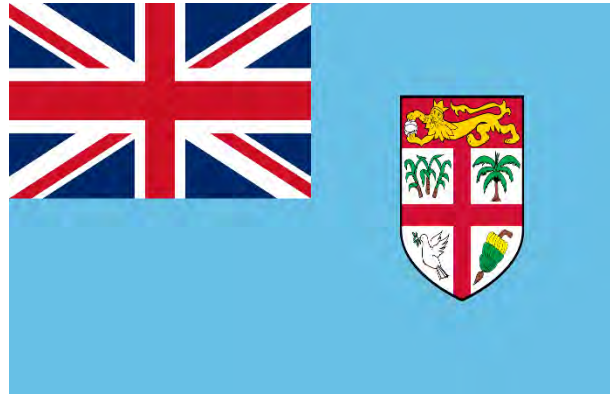
First published:
1995
Revised:
2001, 2006, 2013

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.



Fiji

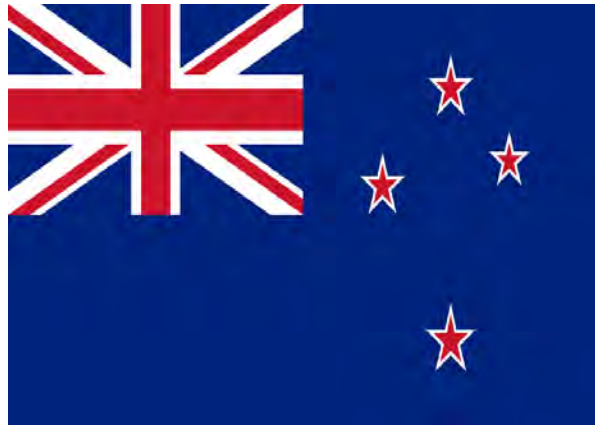


First published:
1987
Revised:
1992, 2009

Food and Health Guidelines for Fiji



New Zealand[★]



First published:
1990s



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- **Dr. Julie McCullough, RD.** Chair: Food and Nutrition Program.
University of Southern Indiana

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