



DIETARY GUIDELINES FOR THE BRAZILIAN POPULATION



2nd Edition

Brasília — DF
2014

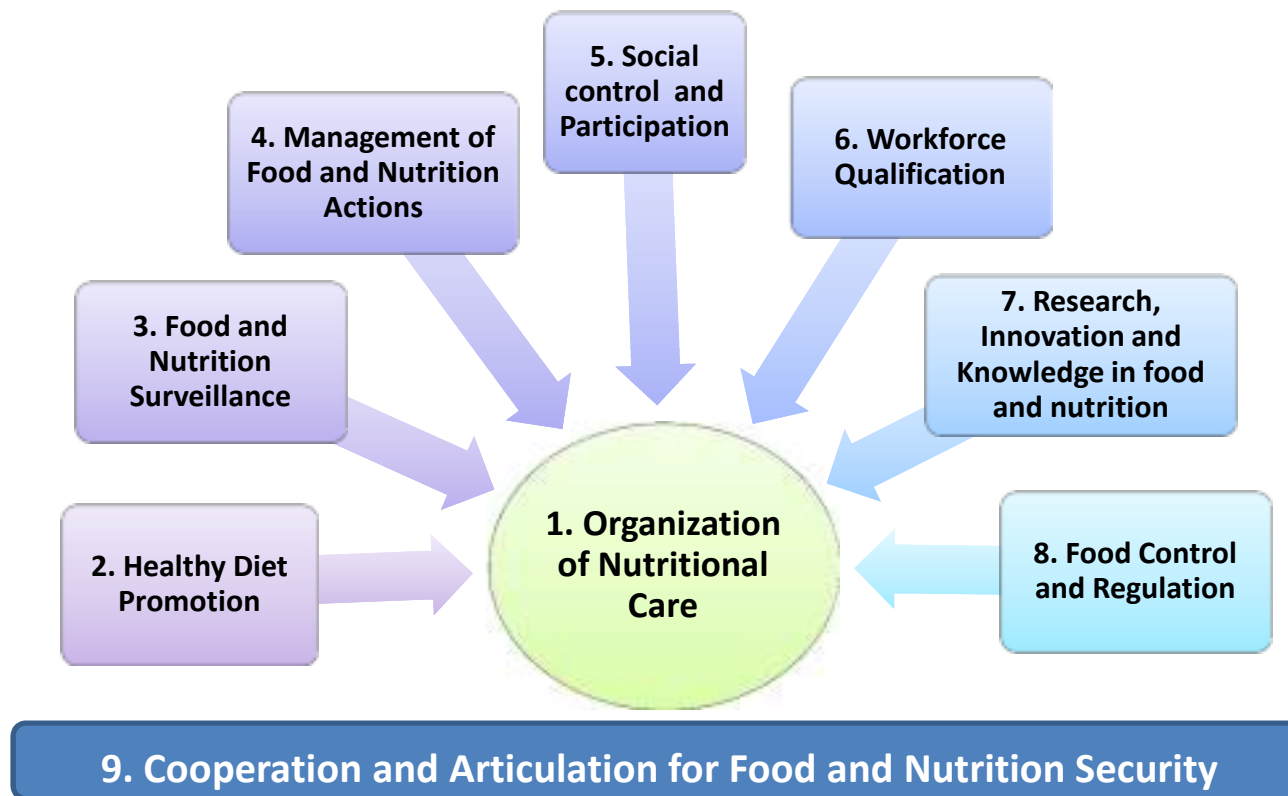


Ministério da
Saúde



BRAZILIAN NATIONAL FOOD AND NUTRITION POLICY – “PNAN”

Objective: To improve the diet, nutrition and health of the population, by promoting healthy and adequate dietary habits, food and nutrition surveillance, disease prevention and comprehensive care for health problems related to food and nutrition.



Legal frameworks that leverage health eating promotion actions



Revision of the Food Guide for the Brazilian Population

What are Dietary Guidelines?

What are their goals?

- Set of information, analysis, recommendations and guidance on the selection, preparation and consumption of food;
- Instrument of Food and Nutrition Education to promote the health of individuals, families and communities.

For whom it is intended?

- For all people, families and communities.
- And to all those whose work involves the promotion of population health: health professionals, community workers, educators and human resources, among others.



Revision of the Food Guide for the Brazilian Population



1st edition - 2006

*Revision of the
Dietary Guidelines*

Partnership of CGAN –
NUPENS/USP with
OPAS/OMS

*Technical Workshops
in 2011 and 2013*



Public Consultation:

**From February to May
2014**

*3.125 contributions
(436 individuals/institutions)*



**Public Consultation
consolidation:**

**From May to August
2014:**

Partnership of CGAN –
NUPENS/USP with
OPAS/OMS



**Launch:
October 2014**





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Structure:

- **Presentation**
- **Preamble**
- **Introduction**
- **Chapter 1. Principles.**
- **Chapter 2. Choosing foods.**
- **Chapter 3. From foods to meals.**
- **Chapter 4. Modes of eating.**
- **Chapter 5. Understanding and overcoming obstacles.**
- **Ten steps to healthy diets**
- **How to know more**

Chapter 1. Principles

Diet is more than intake of nutrients.

Dietary recommendations need to be tuned to their times.

Healthy diets derive from socially and environmentally sustainable food systems.

Different sources of knowledge inform sound dietary advice.

Dietary guidelines broaden autonomy in food choices.



Chapter 2. Choosing foods

NATURAL OR MINIMALLY PROCESSED FOODS

Natural: are those obtained directly from plants or animals and purchased for consumption without having undergone any alteration.

Minimally processed: natural foods which have been somewhat minimally altered before being purchased.



OILS, FATS, SALT AND SUGAR

Products that are extracted from natural foods or from nature itself, and used for seasoning and cooking food for the creation of culinary preparations.



PROCESSED FOODS

Products that are manufactured essentially with the addition of salt or sugar to natural or minimally processed foods.



ULTRA-PROCESSED FOODS

Products whose manufacture involves several stages and various processing techniques and ingredients, many of which are used exclusively by industry.





RECOMMENDATIONS:

Make natural or minimally processed foods the basis of your diet.

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Use oils, fats, salt, and sugar in small amounts for seasoning and cooking foods and to create culinary preparations.

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Limit the use of processed foods, consuming them in small amounts as ingredients in culinary preparations or as part of meals based on natural or minimally processed foods.

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Avoid ultra-processed foods.

Golden rule:

Always prefer natural or minimally processed foods and freshly made dishes and meals to ultra-processed foods

Ten steps to healthy diets

1. Make natural or minimally processed foods the basis of your diet.
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2. Use oils, fats, salt, and sugar in small amounts when seasoning and cooking natural or minimally processed foods and to create culinary preparations.
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3. Limit consumption of processed foods.
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4. Avoid consumption of ultra-processed foods.
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5. Eat regularly and carefully in appropriate environments and, whenever possible, in company.
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6. Shop in places that offer a variety of natural or minimally processed foods.
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7. Develop, exercise and share cooking skills.
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8. Plan your time to make food and eating important in your life.
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9. Out of home, prefer places that serve freshly made meals.
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10. Be wary of food advertising and marketing.



In conclusion:



- Instrument of Food and Nutrition Education to support Healthy and Adequate Food Promotion to people, family members and communities;
- Stop or reverse the increase of obesity and other chronic diseases, and prevent nutritional deficiencies.
- Encourage continuous improvement in the Food System, as well as in the supply chains and in the use of healthier foods.
- Support healthy practices and healthy traditional food cultures.

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