

# The European Commission's science and knowledge service

Joint Research Centre

## Food-based dietary guidelines on fruit, vegetables, and dairy across the EU

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***DG AGRI meeting 11 Oct 2018***



European  
Commission

# Background

- **FBDGs are**
  - the plain-language expression of principles of nutrition education mostly as foods, intended for use by the general public
  - an important tool for implementing nutrition policy



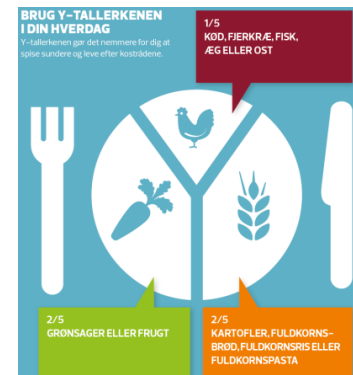
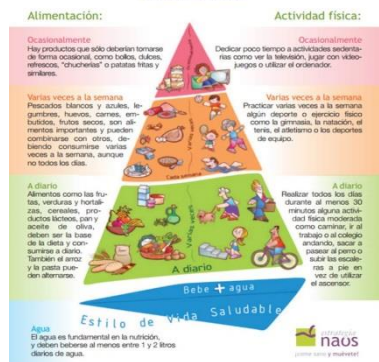
## TOITU MITMEKESISELT:

- ✓ Söö iga päev mitmeid viiest põhitoidugrupidist!
- ✓ Varieeri toite toidugrupidest seest!

## PEA MEELES!



## Pirâmide Naos



# Overall objective

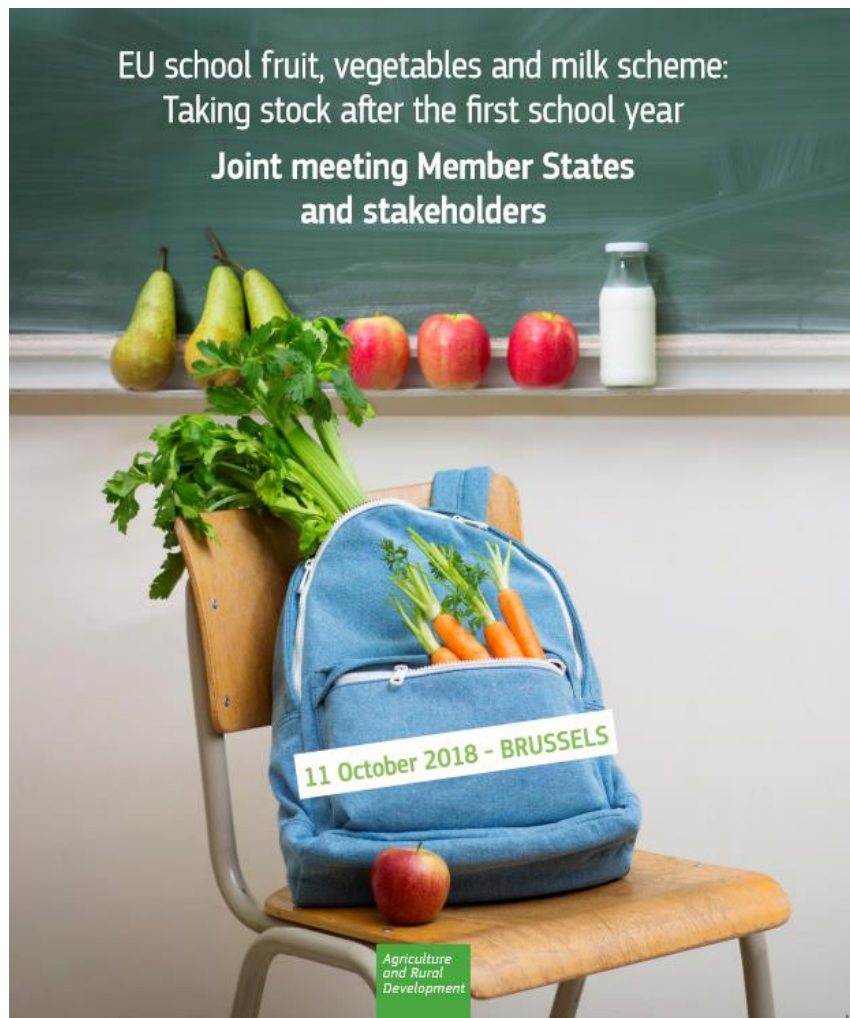
**To establish a validated database  
of recommendations from national FBDGs  
in the EU-28  
plus Norway, Iceland, and Switzerland**

**Database to be published on the**



<https://ec.europa.eu/jrc/en/health-knowledge-gateway>

# Today's focus



## Recommendations from national FBDGs on

**- Fruit, Vegetables, and Dairy -**

# Results

- **All 31 countries have FBDGs**
  - **Separate FBDGs exist for Flanders and Wallonia**
  - **Majority published or revised within last 5 years**
- **Developed mostly by national Ministries of Health or associated public health bodies**
- **Commonly targeted at healthy adult population**
  - **Several countries offer specific FBDGs for subpopulations such as children, elderly, pregnant and lactating women**
  - **9 FBDG include advice for children**
  - **15 countries have separate FBDGs for children of different ages (not analysed yet)**

# Results

- **All 32 FBDGs make recommendations for F&V intake**
  - **30 FBDGs provide quantitative recommendations, mostly accompanied by qualitative recommendations (24 FBDGs)**
  - **2 FBDGs provide only qualitative recommendations**
- **Quantitative**
  - 5 or more portions per day recommended in 23 FBDGs
  - 16 FBDGs specify gram amounts, mostly  $\geq 400$  g/d (highest at  $\geq 960$  g/d)
- **Qualitative (examples)**
  - Eat different F&V every day; eat more F&V
  - Try to choose local and fresh products in season (14 FBDGs)
  - Choose from fresh, frozen, tinned (9+2 FBDGs)
  - Fruit juice (100%) can replace max. 1 portion of fruit per day (10 FBDGs)

# Results

- **All 32 FBDGs make recommendations for dairy intake**
  - **25 FBDGs provide quantitative recommendations, mostly accompanied by qualitative recommendations (24 FBDGs)**
  - **7 FBDGs provide only qualitative recommendations**
- **Quantitative**
  - Majority of FBDGs (19) explicitly recommend 2-3 daily portions; others largely do so implicitly
  - Mostly 1-2 glasses (200-500 mL) of milk or equivalent (yoghurt, buttermilk, kefir, etc.)
  - Cheese portion typically 25-60 g
- **Qualitative (examples)**
  - Favour low-fat /(semi-)skimmed products (27 FBDGs)
  - Choose unsweetened or lower sugar varieties (explicit reference in 7 FBDGs)

# Access database with data by country

## DATABASE Food Based Dietary Guidelines



### General information

☒ General\_population

☐ Children

Country **Austria**

Graphic **Food pyramid**

if there is one, add it here

Die österreichische Ernährungspyramide



Please include information for the main aspects of the guidelines. If one aspect is not covered, please type n/a

Category	Are there quantitative recommendations? If so, tick the box and then describe.	Add here the qualitative recommendations	Add here the portion sizes
Grains	<input checked="" type="checkbox"/> 4 portions per day	Prefer whole grain products	ca. 50-70 g (whole grain) bread and bakery ware, ca. 50-60 g (or
Fruit	<input checked="" type="checkbox"/> 2 portion/day	Eat partly raw and regional/seasonal	125-150g of fruit, 200ml of fruit juice
Vegetables	<input checked="" type="checkbox"/> 3 portions/day	Eat a part of the vegetables raw and consider regional/seasonal produce in your selection.	cooked (200-300g), raw (100-200g), salad (75-100g), legumes
Potatoes	<input type="checkbox"/>		ca. 200-250 g (3-4 mid-size, or 2 fists) potatoes
Legumes	<input type="checkbox"/>		legumes raw (approx. 70-100g), legumes cooked (approx. 150-
Milk and dairy products	<input checked="" type="checkbox"/> 3 portions/day. Ideally 2 servings "white" (e.g. yoghurt, cottage cheese,	Prefer low-fat products.	milk (200ml), yogurt (180-250ml), buttermilk (200g)
Meat	<input checked="" type="checkbox"/> Max 3 portions/week of lean meat or lean sausage (up to 3 palm-sized thin	Eat red meat (e.g. beef, pork, lamb) and sausages rather rarely.	100-150g, 1 palm-sized finger-thick piece of meat, up to 3
Fish	<input type="checkbox"/> 1-2 portions/week.		150 g
Eggs	<input checked="" type="checkbox"/> Up to 3/week		1 egg
Oils and fats	<input checked="" type="checkbox"/> 1-2 tablespoons/day of vegetable oils, nuts or seeds.	Prefer high-quality oils: olive, rapeseed, walnut, soybean, linseed, sesame, maize, sunflower.	1 tablespoon oil, 1 tablespoon butter, margarine, 2
Nuts and seeds	<input type="checkbox"/>	NOTES included in oils and fats	2 tablespoons
Sweets and desserts	<input checked="" type="checkbox"/> Max 1 serving/day of foods high in fat, sugar, or salt and energy-rich	Consume sparingly, but then with pleasure and without a guilty conscience.	

Are the following aspects included in the guidelines?  
If yes, describe what the recommendation is:

Water ☒ at least 1.5L/day. Moderate consumption of coffee, tea, and other caffeinated beverages (3-4 cups/day). Prefer low-energy beverages such as (mineral) water, unsweetened fruit and herbal teas. 250ml

Alcohol ☐ Acceptable intake according to DACH 2008: 30g/day for women, 20g/day for men. NOTES <http://www.oerge.at/index.php/bildu>

Sugars ☒ max. 50g sugar  
Eat rarely. Reduce the consumption of sugar

Salt ☒ max 6g/day  
Limit consumption of high-salt foods. Use herbs

Physical\_activity ☒ Ca. 150 minutes per week of intermediate intensity. Move as much as possible in the course of the day

BMI ☒ Maintain a healthy weight

Varied\_diet ☒ Balanced and varied diet.

Lifestyle\_habits ☒ Cooked particularly gently

### Citation information

Reference	The Austrian food pyramid – 7 steps to health (German: Die österreichische Ernährungspyramide – 7 Stufen zur Gesundheit) - by the Ministry of Health (2016)
URL_Link	<a href="http://www.bmgf.gv.at/cms/home/attachments/7/3/0/CH1046/CMS1290513144661/folder_erpyr_web.pdf">http://www.bmgf.gv.at/cms/home/attachments/7/3/0/CH1046/CMS1290513144661/folder_erpyr_web.pdf</a> <a href="http://www.bmgf.gv.at/home/Gesundheit/Ernaehrung/Die_Ernaehrungspyramide_im_Detail_7_Stufen_zur_Gesundhe">http://www.bmgf.gv.at/home/Gesundheit/Ernaehrung/Die_Ernaehrungspyramide_im_Detail_7_Stufen_zur_Gesundhe</a>

# Health Promotion and Disease Prevention Knowledge Gateway



## Thank you!

### Acknowledgments

- Marianna Edwards
- Raluca Blujdea



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