

HEALTHY AND SUSTAINABLE DIETARY RECOMMENDATIONS

supplemented with physical activity recommendations for the Spanish population

EAT HEALTHY, MOVE AND TAKE CARE OF YOUR PLANET

DECEMBER 2022



INDEX

WHAT THE RECOMMENDATIONS ARE AND WHAT THEY ARE FOR	AND WHY PHYSICAL ACTIVITY BENEFITS HEALTH
3	13
WHAT SHOULD BE PRESENT IN A HEALTHY AND SUSTAINABLE DIET	SOME PRACTICAL IDEAS
More vegetables and fruits Potatoes and other tubers in moderation	When buying When cooking
4	16
Cereals, preferable whole grains	When eating Move more and sit less
5	17
More legumes	Find out more
6	
More nuts	
7	
More fish, better if blue	
8	
Eggs in moderation, according to your needs	
9	
Milk and dairy products in moderation, according to your needs Less meat, better if white	
10	
Olive Oil Every Day Tap Water Always	
11	
Reduce and even avoid	
12	
AT A GLANCE	
18	

ICONS: FLATICON

IMAGES: UNSPLASH, PIXABAY, ADOBE STOCK DESIGN

AND LAYOUT: RUBÉN MARTÍN BRAVO

NIPO: 069-23-003-X

WHAT THE RECOMMENDATIONS ARE AND WHAT THEY ARE FOR

The sustainable dietary and physical activity recommendations included in this Guide make it possible to meet the **nutritional needs of the general population** by promoting an optimal healthy state. The particular nutritional needs of the elderly and those situations in which a reduction in the amount of calories in the diet is required to maintain a healthy weight have also been considered. These recommendations contribute to **the prevention of cardiovascular diseases, type 2 diabetes and some types of cancer**, and can also help improve the health of the planet, as they consider the environmental impact of food and aim to promote a more sustainable consumption model.

To achieve both goals, it is important to increase the consumption of **products of plant origin**, such as fruits, vegetables and legumes, choose **whole grain cereals (wholegrain)** and healthy fats such as **olive oil** and those present in **blue fish**, to drink **tap water** whenever possible and to reduce the consumption of processed meats, saturated fats, sugar and salt.

The **Mediterranean diet** pattern, which promotes the consumption of fresh plant-based foods and fish, together with a moderate intake of meat and dairy products, and the use of olive oil as the main fat to prepare meals, is in line with these recommendations.

Small changes add up and can make a big difference, both to **human health** and to the **health of the planet**, since the **scientific evidence** supports the idea that choosing healthy foods can be as good for the planet as it is for the health of people in the **present and for future generations**.

Due to the importance of **physical activity** in maintaining health, recommendations to promote it and **reduce sedentary lifestyle** at different stages of life are also included in this guide.



These **recommendations** are based on the **best available scientific evidence** and on the **dietary habits, customs and traditions of the Spanish population**. For its preparation, the report of the Scientific Committee of the Spanish Agency for Food Safety and Nutrition of July 27, 2022 has been taken as a basis.

Eat Healthy, Move and Take Care of Your Planet.



WHAT SHOULD BE PRESENT IN A HEALTHY AND SUSTAINABLE DIET

MORE VEGETABLES AND FRUITS

Consume a minimum of **5 servings a day** (of which at least 3 of vegetables and 2-3 of fruits). Consuming fruit juices is not a substitute for whole fruits.

Vegetable portion: 150-200 g. Examples: a normal size flat plate of varied salad, a plate of cooked vegetables or a cream of vegetables.

Fruit portion: 120-200 g of fresh fruit. Examples: a medium piece, a medium bowl of cherries or strawberries or two slices of melon or watermelon.

FURTHERMORE...

Increase consumption of **cruciferous vegetables** (sprouts, cabbages and radishes), dark green leafy vegetables (spinach, chard, etc.), **citrus fruits** (oranges, lemons, mandarins, grapefruits, etc.) and **red fruits** (strawberries, raspberries, blueberries, blackberries, etc.)

POTATOES AND OTHER TUBERS IN MODERATION

Moderate the intake of potatoes and other tubers. Due to their high amount of fast-digesting carbohydrates, they are not comparable to other vegetables.

Portion: 150-200 g. Example: one large potato or two small ones.



You can mix raw and cooked products, fresh vegetables, dressed with olive oil and vinaigrette or steamed-cooked; and also consume vegetables and fresh fruits as a snack.

The environmental impact of vegetables and fruits is low.

Prefer buying fresh seasonal, local, and minimally processed products (e.g., frozen) and products in bulk or recyclable packaging. Buy also those that have aesthetic defects, their properties are exactly the same.

To make the most of and not waste, vegetables and fruits can be used as part of other culinary preparations, also consuming those with aesthetic defects as they retain all their nutritional properties.



FURTHERMORE...

Better consume cooked or steamed potatoes, that are part of traditional recipes.

Potatoes are one of the foods with the lowest environmental impact.

WHAT SHOULD BE PRESENT IN A HEALTHY AND SUSTAINABLE DIET

CEREALS, BETTER WHOLE GRAINS

Consume **3-6 servings a day**, more servings if you live an active life with a high caloric expenditure and no more than 4 servings if you need to reduce caloric intake.

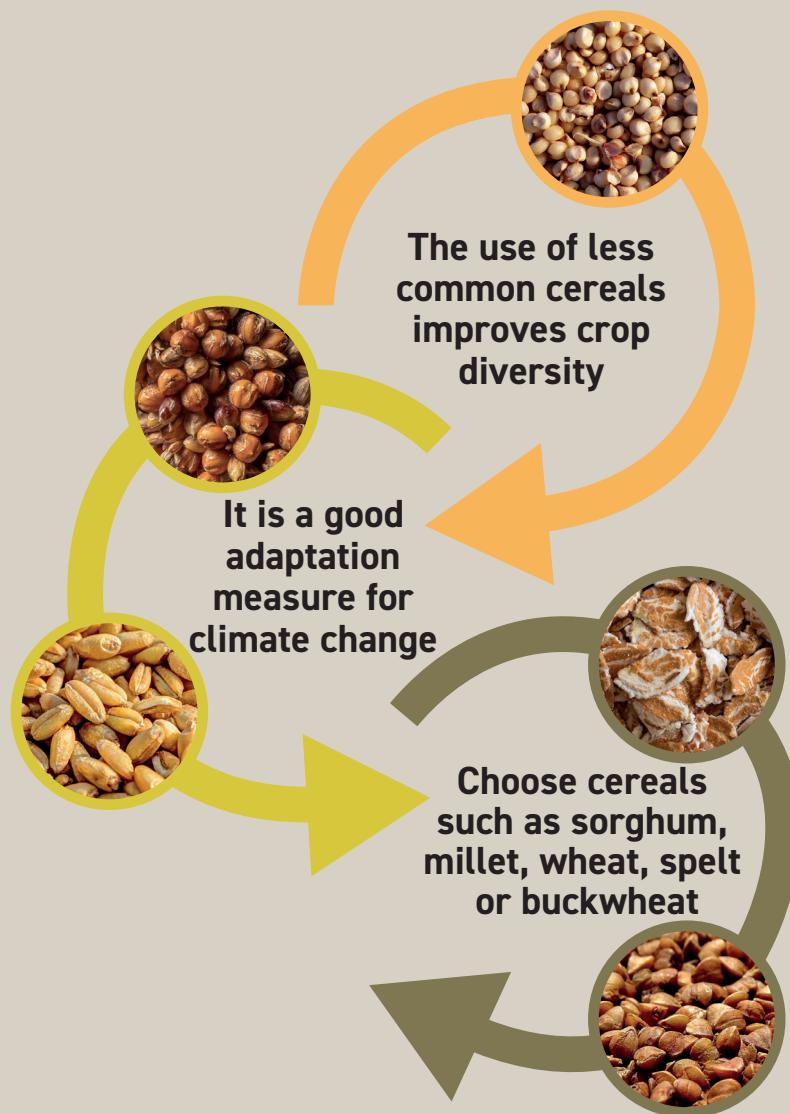
Portion: **40-60 g or bread or 60-80 g of dry pasta or rice.** Examples: 3-4 slices, a bun or a quarter of a loaf of bread, a normal bowl of rice or pasta.



FURTHERMORE...

Choose **whole grain cereals such as wholegrain rice, bread, or pasta (preferably 100 %)**, minimising the consumption of foods made with refined flours.

The environmental impact of cereals is low.



WHAT SHOULD BE PRESENT IN A HEALTHY AND SUSTAINABLE DIET

MORE LEGUMES



Consume **at least 4 servings a week** until you get to consume them daily. Legumes are an essential element of the diet, as they are an important source of protein.

If you are not used to regular consumption, it is better to increase gradually the intake so that they are well tolerated.

Portion: 50-60 g dry or about 170 g already prepared. Example: an individual dish.

FURTHERMORE...

Soak the legumes to facilitate their cooking and digestion. If they are canned, choose low-salt varieties.

STEP 1



Legumes, which are part of many Spanish traditional *spoon* dishes, can also be prepared with other vegetable ingredients and consumed in salads, as a garnish or as a purée.

To avoid waste, try to cook large quantities and freeze them and also crush cooked legumes leftovers and use them to prepare other dishes such as hamburgers, meatballs, purées, etc.

In addition, legumes have little environmental impact and an affordable price.

STEP 2



WHAT SHOULD BE PRESENT IN A HEALTHY AND SUSTAINABLE DIET

MORE NUTS



It is recommended to consume **3 or more servings a week** until you reach a daily serving intake.

Portion: 20-30 g. Example: 1 handful that allows you to close your hand (about 15-20 units of small fruits such as hazelnuts or almonds or 5 units of large fruits such as nuts).

FURTHERMORE...

Choose those with no salt, fats or added sugars.

As nuts are high in calories, their consumption must be balanced with other foods that can also have a significant caloric contribution, such as cereals or fats, in order to maintain a healthy weight.

Watch out: Avoid the consumption of nuts by girls and boys under 5 years of age due to choking hazard.

Its environmental impact is variable, since some production methods are environmentally unfriendly, such as almonds.



WHAT SHOULD BE PRESENT IN A HEALTHY AND SUSTAINABLE DIET

MORE FISH, BETTER IF BLUE



Consume at least **3 servings a week**, prioritising oily fish (blue: sardines, anchovies, mackerel, scad, etc.; white: haddock, whiting, cod, etc.; seafood: mussels, etc.).

Portion: 125-150 g. Example: 1 single fillet or several units of seafood.

FURTHERMORE...

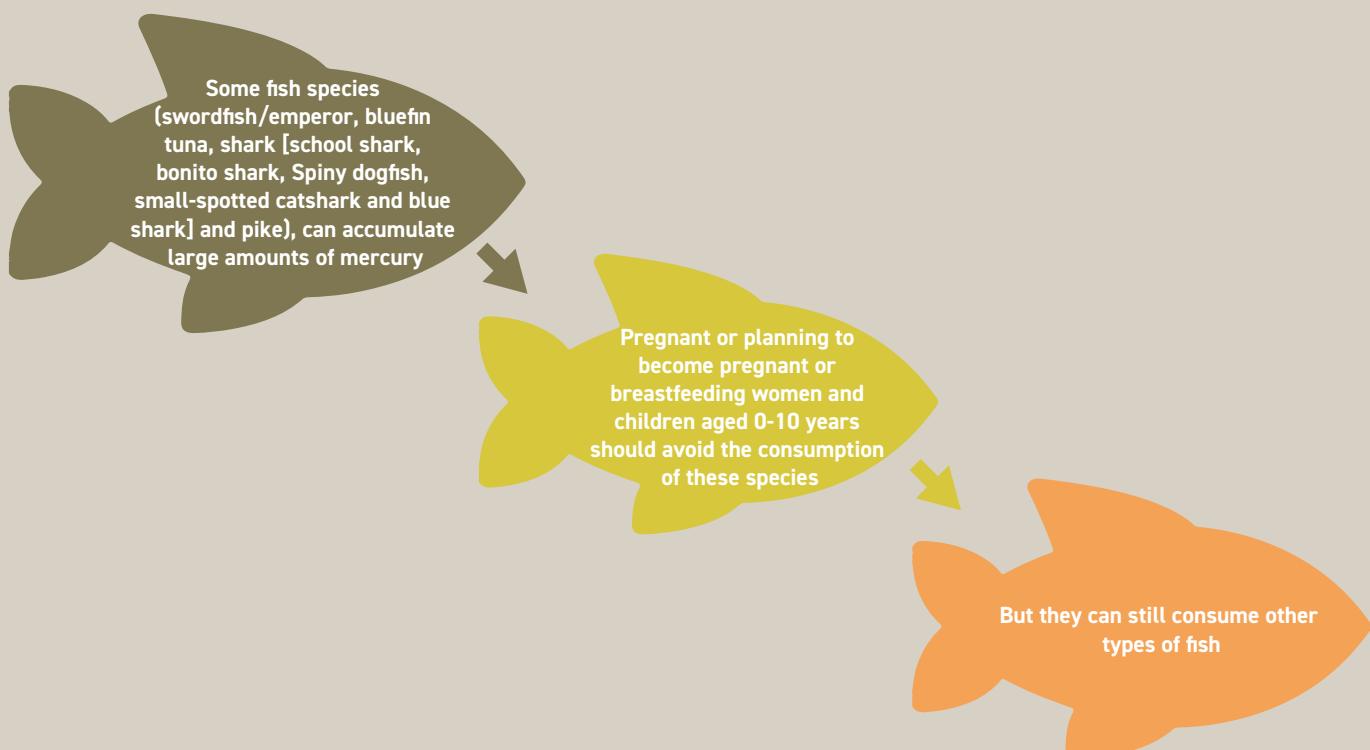
Frozen and canned fish have same nutritional value than fresh fish. If you consume canned fish, choose low-salt varieties.

The environmental impact of fish is variable depending on the fishing and farming techniques used and the characteristics of each species.

Lower environmental impact: wild fishing (squid, tuna, salmon, cod or hake), that of small fish that form large banks (sardine, herring or mackerel) or some aquaculture species (salmon, trout, bivalve molluscs such as mussel, clam, oysters or razor shell).

High environmental impact: flat fish that do not form banks and that are caught with trawling techniques, such as sole and crustaceans, such as lobster and shrimp.

Consume also the unusual varieties to avoid discarding them when they are accidentally fished.



WHAT SHOULD BE PRESENT IN A HEALTHY AND SUSTAINABLE DIET

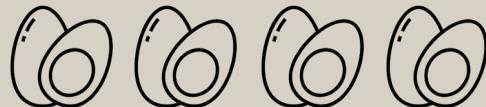
EGGS IN MODERATION, ACCORDING TO YOUR NEEDS

It is recommended to consume a **maximum of 4 medium-sized eggs a week**.

A median egg M weighs between 53-63 grams.

FURTHERMORE...

Accompany the consumption of eggs with healthy foods, such as salads, vegetables, fish and avoid



combinations with foods rich in saturated fats, such as some processed meats and refined flours, like white bread or breading.

Eggs are an affordable food with a relatively low environmental impact. For animal welfare reasons, if you can, choose eggs from free-range chickens (pastured).



Pregnancy, lactation and anorexia associated with aging are conditions with high nutritional demand



Egg consumption is highly recommended in these stages of life for its high nutritional contribution and ease of consumption

WHAT SHOULD BE PRESENT IN A HEALTHY AND SUSTAINABLE DIET

MILK AND DAIRY PRODUCTS IN MODERATION, ACCORDING TO YOUR NEEDS

It is recommended to consume a maximum of **3 servings a day**, without added sugars and with low salt content.

Portion: **200-250 ml of milk** (example: 1 glass or cup of milk), **85-125 g of fresh cheese**, **40-60 g of hard cheese** (example: 2-3 slices of cheese), **125 g of yoghurt** (example: 1 unit of yoghurt).



FURTHERMORE...

Due to the high environmental impact of dairy products, it is suggested to reduce the number of daily portions if you consume other foods of animal origin (meat, fish, eggs, milk).

It is preferable to consume whole dairy to avoid waste of the extracted fat or its transformation into butter, cream or saturated fat that is incorporated into other products.



In situations of deficiency and high nutritional demand (pregnancy, lactation, anorexia associated with aging), dairy consumption is recommended for its high nutritional contribution and ease of consumption

LESS MEAT, BETTER IF WHITE

It is recommended to consume **0 to a maximum of 3 servings of meat per week**, prioritising the consumption of white meat of poultry and rabbit and minimising the consumption of processed meat.

Each serving is equivalent to **100-125 grams**. Examples: 1 medium steak, $\frac{1}{2}$ chicken, $\frac{1}{2}$ rabbit.

FURTHERMORE...

Due to the scientific evidence on the relationship between meat consumption and health, it is recommended to reduce the amount of meat in

the diet and increase the consumption of other protein sources such as legumes.

The environmental impact of meat is greater than that of other types of food. Among meats, the production of beef and lamb has the greatest environmental impact.

When possible, choose products from farms where animal husbandry meets the highest standards of animal welfare and eat all parts of the animal (including fatty cuts and offals), to avoid waste. However, it is recommended to choose lean cuts if calorie intake needs to be controlled.

WHAT SHOULD BE PRESENT IN A HEALTHY AND SUSTAINABLE DIET

OLIVE OIL EVERY DAY

Use olive oil in all meals, as a dressing and in the preparation of food.

One serving is equivalent to 10 ml. Example:
1 tablespoon.

Due to its high caloric content, adapt the amount you consume according to your energy needs, limiting its consumption in case of excess weight or medical advice.

FURTHERMORE...

Virgin olive oil, is the oil of choice for its content in beneficial substances for health as flavonoids,

WATER ALWAYS



Water **is the drink of choice** in a healthy diet.

Drink water whenever you are thirsty.

Needs may increase in high temperature situations or during physical exercise.



decreasing the risk of cardiovascular disease, diabetes, and overall mortality. Extra virgin olive oil also has a higher organoleptic quality.

With proper management, the cultivation of olive tree can contribute to the conservation of natural resources and the landscape value of the Mediterranean area, as well as to enhance biodiversity.

FURTHERMORE...

Always drink tap or running water. The environmental impact of bottled water is much higher than that of tap water.

REDUCE AND EVEN AVOID CONSUMING

PROCESSED FOODS HIGH IN SUGARS, FATS AND SALT



Whenever possible, consume homemade food preparations. When consuming processed foods, choose those with lower content of salt, sugar and fats other than olive oil. You will find all this information in the nutritional information on the packaging.

https://www.aesan.gob.es/AECOSAN/docs/documentos/publicaciones/seguridad_alimentaria/declaracines_nutricionales.pdf



BUTTER AND OTHER SATURATED FATS



Reduce the consumption of saturated fats, such as butter and other animal fats.

SALT



According to the recommendations of the World Health Organisation, the consumption of salt, both added or present in food, should not exceed 5 g per day and table salt has to be iodised (check

the container). You can use herbs and condiments (oregano, thyme, paprika...) to reduce salt consumption.

SOME DRINKS



In order not to enhance the taste for sweet flavours, **minimise or avoid** the consumption of **sugary and sweetened beverages.**

It is also recommended **to reduce the consumption of energy drinks** by the general adult population. Children under 18 years of age and pregnant women should avoid its consumption.



...if you are under 18, pregnant or breastfeeding

...if you have high blood pressure, cardiovascular problems, or sleep disorder

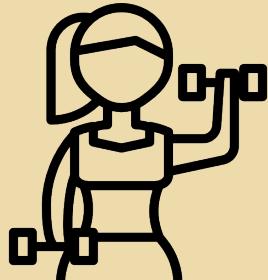
SUPPLEMENT THE EFFECT ON YOUR HEALTH OF YOUR DIET WITH PHYSICAL ACTIVITY



Physical activity is good for your heart, your body, and your mind.

Performing physical activity prevents and improves the control of diseases and improves general well-being, both physical and mental.

Everyone can benefit from increased physical activity and reduced sedentary habits. Physical activity is also beneficial for pregnant women, in the period after childbirth and for people with chronic conditions or with disabilities, always following the recommendations of health professionals.



HOW MUCH PHYSICAL ACTIVITY SHOULD I DO?

Any physical activity is better than none and the more, the better. **Every physical activity counts.**

It is better to start with realistic and affordable goals that can be met and gradually increase duration and intensity.

Physical activity can be integrated into work (for example, active breaks getting up every day).

20-30 minutes of stretches (or throughout the day), sports and recreational activities or travel (on foot, by bicycle or on some other wheeled means of transport), as well as in everyday and domestic tasks.

Adjust what you eat and the energy you spend depending on your level of physical activity to achieve and maintain a healthy body weight.

SUPPLEMENT THE EFFECT ON YOUR HEALTH OF YOUR DIET WITH PHYSICAL ACTIVITY

PHYSICAL ACTIVITY RECOMMENDATIONS BY AGE GROUP

GIRLS AND BOYS UNDER 1 YEAR



They should be active several times a day, especially through interactive play on the floor. For infants who are not yet mobile, **at least 30 minutes in a face-down position is recommended**. The more activity the better.



They should not be restrained for more than an hour at a time.

It is recommended not to spend time in front of screens.

GIRLS AND BOYS 1-2 YEARS OLD



A minimum of **180 minutes (3 hours) of physical activity of any intensity** is recommended, distributed throughout the day. The more activity the better.



They should not remain restrained for more than 1 hour at a time or sitting for long periods of time.



Screens (mobile phone, gaming machines, tablets, television, etc.) the less, the better. Avoid its use by children under 1 year and 1 hour a day maximum for children under 2 years.

GIRLS AND BOYS 3-4 YEARS OLD



At least **180 minutes (3 hours) of daily physical activity of any intensity**, of which at least **60 minutes** must correspond to **moderate or intense physical activity**. The more the better.



They should not remain restrained for more than 1 hour at a time or sitting for long periods of time.

Screens: The less, the better. Screen time should not exceed 1 hour per day.

CHILDREN AGED 5 YEARS AND OVER AND ADOLESCENTS



It is recommended at least **60 minutes (1 hour) of moderate aerobic physical activity** every day.

that strengthen muscles and bones (impact activities, games that require carrying body weight, running, jumping), at least 3 days a week.

Additionally, it is advisable to perform vigorous intensity aerobic activities (intense or weightlifting exercises, cycling...) and activities

Screens: The less, the better. It is recommended to limit sedentary activities, especially the use of screens.

SUPPLEMENT THE EFFECT ON YOUR HEALTH OF YOUR DIET WITH PHYSICAL ACTIVITY

PHYSICAL ACTIVITY RECOMMENDATIONS BY AGE GROUP

ADULTS UNDER 65 YEARS OLD



Each week, perform at least **150 to 300 minutes of moderate-intensity aerobic physical activity** (walking at a good pace, cycling at a calm pace, dancing softly...) **or a minimum of 75 to 150 minutes of vigorous-intensity aerobic physical activity** (cycling at a fast pace, dancing vigorously, climbing stairs fast, swimming and

running at a fast pace, playing sports, etc.). In addition, perform muscle-strengthening activities 2 or more days a week.

Limit the time you spend on sedentary activities.

OVER 65



In addition to the recommendations already mentioned for the previous age group, it is recommended to **prioritise activities to enhance strength and balance**. People over 65 years of age should be as active as their functional capacity allows them and adjust their level of effort to their physical condition. If you have not

done physical activity before, it is recommended to start with small doses and gradually increase the duration, frequency and intensity.

It is important to incorporate physical activities that prioritise balance, coordination, and muscle strengthening.

FURTHERMORE...



Moderate physical activity is the one that makes it a bit difficult to talk while practising, but allows you to have a conversation.

Intense physical activity makes it difficult to hold a conversation and the person is out of breath and gasps when practising.

Any type of physical activity, even of mild intensity, is better than lying down or sitting for a long time (sedentary lifestyle).

In everyday activities, in the workplace, in household tasks or when travelling, you can add physical activity time by climbing stairs, taking active breaks, moving on foot or by bicycle, etc.

MOVE MORE, SIT LESS, AND EXERCISE.

SOME PRACTICAL IDEAS

WHEN BUYING



* **Carry your shopping bag or basket** with you, better **made of fabric** or **mesh**; do not consume plastic unnecessarily.

* **Make a list** of what you really need. Adjust the amount you're going to buy based on what you've calculated you're going to eat and the capacity of the fridge.

* **Do not discard ugly pieces of fruit** so as not to contribute to food waste. Choose the fruits at the right point of maturation, taking into account that some will surely be eaten after a few days, thus preventing them from spoiling.

* Whenever you can, **buy in bulk** and if you use **packaging**, make it **recyclable**.

* Choose fish species with less environmental impact and that respect the most sustainable fishing techniques. You can consult for example:

<https://www.msc.org/es> 

<https://es.asc-aqua.org/>

WHEN COOKING



* Learn how to cook and try recipes that help you eat tasty and healthy.

* Plan weekly menus considering the frequency of consumption of these recommendations and organise the purchase, storage and reuse of food to minimise food waste.

* Steaming food maintains its nutritional properties.

* Include vegetables, fruits and legumes as part of your culinary preparations.

* The consumption of **local food** can favour economic development and establishment of employment in rural environments of our country.

* **Eating seasonal foods** helps to maintain a sustainable agriculture and to protect the environment.

* **Read the nutritional information on foods and beverages labels.** In some products you will find the Nutri-Score system, a front label that reflects in degrees the overall nutritional quality of a food: from higher quality (letter A and green colour) to lower quality (letter E and strong orange colour). Choose from the products you are looking for, those with the letter A or B.



* **Check the date marking** of the food and learn to differentiate between the use by date and the best before date.

<https://www.youtube.com/watch?v=Aqhv-4ZkgXQ>



* If you are going to use the oven, try to cook several foods at once.

* Freeze and store safely to prevent wasting. The ideal cooling temperatures range from 0 to 5°C. In the freezer, food can be stored for several months below -18°C.

https://www.aesan.gob.es/AECOSAN/docs/documentos/publicaciones/seguridad_alimentaria/congelar_descongelar.pdf

<https://www.youtube.com/watch?v=L2868s638g4>



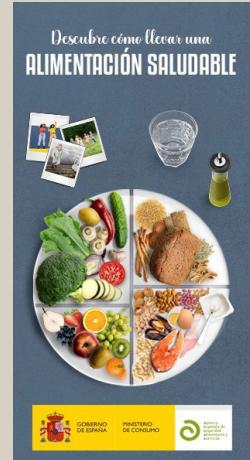
SOME PRACTICAL IDEAS

WHEN EATING



- * Prefer eating fresh, unprocessed or minimally processed foods.
- * Adjust what you eat and the energy you expend to achieve and maintain a healthy body weight.
- * Prefer eating whole pieces of seasonal and local fruits and vegetables, and of different varieties and colours.
- * Eat more legumes, not just in winter. In summer you can put them into salads.
- * It is better not to favour the consumption of foods with sweet taste (with sugar or sweeteners) or salty so as not to accustom the palate, especially in childhood, and thus control the consumption of sugar and salt from very early ages.

* A **healthy plate** can consist of 50% fruits and vegetables, 25% whole grains, and 25% healthy protein. The Spanish Agency for Food Safety and Nutrition has prepared a healthy dish in which in addition to the recommendations of consumption of the different foods, includes recommendations on physical activity.



HEALTHY EATING VIDEO



- * Take your time and eat at ease, if you can be in company, better. Enjoy the food!

MOVE MORE AND SIT LESS



- * **Take advantage of daily tasks to do more physical activity:** walk, even for short distances, climb stairs, walk with family or friends, walk while on coffee break instead of sitting down...
- * You can use the sports facilities of your city council (in parks or sports centres) to do maintenance activities or practise a sport.

* You can use step counters to count your daily steps and progress to at least **7,000-8,000 steps** (equal to about 6 kilometres).

FIND OUT MORE



https://www.aesan.gob.es/AECOSAN/docs/documentos/seuridad_alimentaria/evaluacion_riesgos/informes_comite/INFORME_RECOMENDACIONES_DIETETICAS.pdf

https://www.aesan.gob.es/AECOSAN/web/nutricion/seccion/estrategia_naos.htm

https://www.aesan.gob.es/AECOSAN/web/para_el_consumidor/seccion/recomendaciones.htm

AT A GLANCE



VEGETABLES

At least **3 servings per day of 150 to 200 g**. For example, a plate of salad, cooked vegetables or a cream. And better if the purchases are fresh and local!



FRUITS

At least **2-3 servings per day from 120 to 200 g**. If the fruit is local, even better. And remember, even if they have aesthetic defects they are just as good. Eat them!



CEREALS

Between **3 and 6 servings a day and better if they are whole grain**, depending on whether you lead a more or less active life. Consume different types of cereals to promote crop diversity. Long live diversity!



PROTEINS

Take at least **4 servings of legumes, 3 of nuts** without salt or added fats, **3 of fish** and **up to 4 eggs** per week. Plus **no more than 3 dairy a day** with no added sugars. As for meat, **reduce its consumption**, for your health and that of the planet!



OLIVE OIL

Use it in all meals, as a dressing, and in the preparation of food. The consumption of olive oil favours the conservation of olive trees. Olive tree growing can contribute to the conservation of natural resources and the landscape value of the Mediterranean area, as well as to enhance biodiversity.



PHYSICAL ACTIVITY AND SEDENTARY LIFESTYLE

Walk at least 7,000 to 8,000 steps a day. WHO recommends 75-150 minutes of intense physical activity per week. Your body and mind will thank you.

Don't stop! Every Movement Counts!



WATER

Water is the drink of choice in a healthy diet. **Drink water whenever you are thirsty**. Needs may increase in high temperature situations or during physical exercise.

SUSTAINABLE DIETARY AND PHYSICAL ACTIVITY RECOMMENDATIONS
DECEMBER 2022
PUBLISHER: SPANISH AGENCY FOR FOOD SAFETY AND NUTRITION

