



1. General Information

Purpose

To contribute to improving the diet of the Peruvian population and thereby maintaining and improving their health and nutrition.

Objectives

- Establish principles for healthy eating among the Peruvian population over the age of two.
- Establish key educational messages on healthy eating that contribute to improving the diet and nutrition of the Peruvian population over two years of age.

The promotion of healthy eating is a fundamental strategy in protecting the health of Peruvian families.

Scope

This Technical Document applies to all health establishments and medical support services of the Ministry of Health, Regional Governments (Regional Health Directorate

- DIRESA, Regional Health Management - GERESA or their regional equivalents), local governments, Social Health Insurance - EsSalud, Armed Forces Health Services, Peruvian National Police Health Services, private health establishments; and other providers that offer health care throughout the country, in their comprehensive health care, health promotion, intramural or extramural activities, as appropriate. It can serve as a reference for the sectors that are part of the National Food and Nutrition Security Strategy within the framework of the provisions of Supreme Decree No. 021-2013-MINAGRI.

Legal basis

- Law No. 26842, General Health Law and its amendments.
- Law No. 30021, Law on the Promotion of Healthy Eating for Children and Adolescents.

- Legislative Decree No. 1161, Law on the Organization and Functions of the Ministry of Health.
- Supreme Decree No. 021-2013-MINAGRI, which approved the National Strategy for Food and Nutritional Security 2013 - 2021.
- Supreme Decree No. 008-2015-MINAGRI, which approved the National Food and Nutrition Security Plan 2015-2021.
- Supreme Decree No. 008-2017-SA, which approved the Regulations on the Organization and Functions of the Ministry of Health and its amendments.
- Supreme Decree No. 017-2017-SA, which approved the Regulations of Law No. 30021, Law on the Promotion of Healthy Eating.
- Supreme Decree No. 012-2018-SA, which approved the Advertising Warning Manual within the framework of Law No. 30021, Law on the Promotion of Healthy Eating for Children and Adolescents, and its Regulations approved by Supreme Decree No. 017-2017-SA.
- Ministerial Resolution No. 209-2015-MINSA, which approved the Technical Document: Management for the Promotion of Physical Activity for Health.
- Ministerial Resolution No. 229-2016-MINSA, which approved the Technical Document: Policy and Strategy Guidelines for the Prevention and Control of Noncommunicable Diseases (NCDs) 2016-2020.
- Ministerial Resolution No. 850-2016-SA, which approves the document entitled "Standards for the Preparation of Regulatory Documents of the Ministry of Health."

Responsibility National

level

The Ministry of Health, through the Health Promotion Directorate of the General Directorate of Strategic Interventions in Public Health, in coordination with the National Center for Food and Nutrition of the National Institute of Health, is responsible for the dissemination of this Technical Document. These bodies, within the scope of their competencies, are responsible for the technical assistance, supervision, and evaluation of this Technical Document.

Regional level

The DIRESA/GERESA or their regional equivalents are responsible for the dissemination and technical assistance in their respective jurisdictions.

Local level

Healthcare facilities are responsible for implementing and disseminating the contents of the technical document within their sphere of competence, as part of nutritional education initiatives aimed at the general public.

2. Principles for the development of dietary guidelines for the Peruvian population

This document is based on the following principles:

Adequate and sufficient nutrition

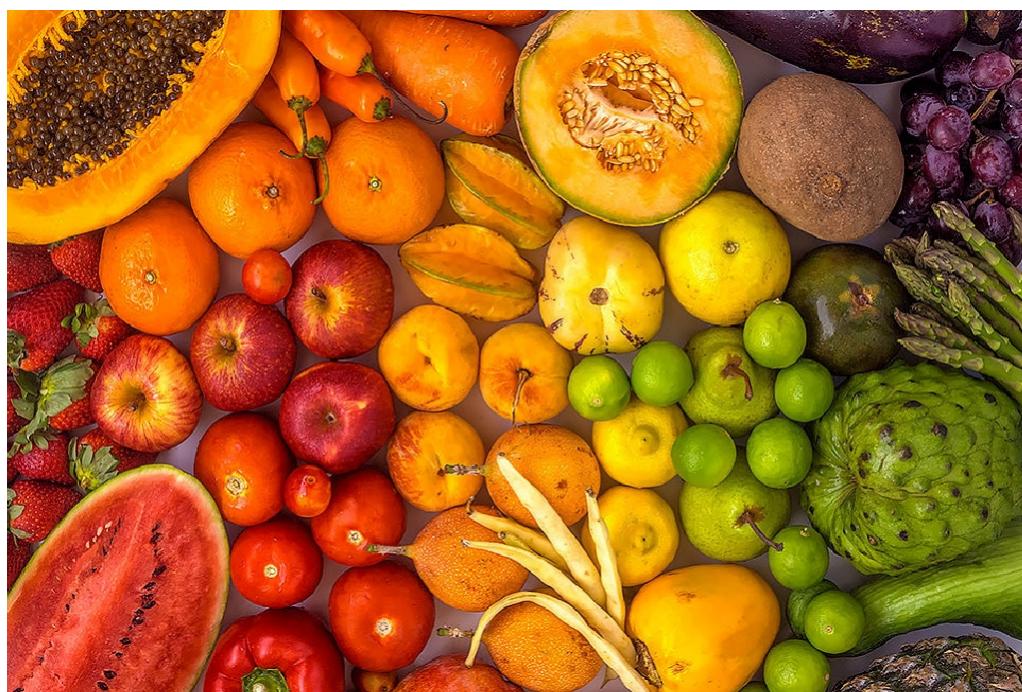
In line with the cultural traditions of the population, to provide information to the population on food options and healthy preparation and combination alternatives, so that they can maintain optimal and healthy health.

Our cuisine takes advantage of the diversity of natural foods available to us, sourced from across the country

Culinary culture and diversity

Our country has a great diversity of food based on natural foods produced in the different ecological zones of the country, a practice that dates back to pre-Hispanic times, la which was enriched with foods brought from other regions of the world. In culinary terms, this implies the development of knowledge and technologies for the domestication of a wide range of food inputs; conservation, processing, and distribution. All this development, in turn, was expressed in the creation of specific preparations, forms of presentation, habits, and ritualized occasions of consumption, thus contributing to the diversity that characterizes Peruvian cuisine.

This culinary culture means that food practices in Peru are recognized as central elements of the daily and public life of the population, as they express: 1) cultural identity and diversity; 2) traditional techniques and knowledge that contribute to the creation of textures



and distinctive flavors of regionally or nationally identifiable recipes; 3) an opportunity for family space, meeting, and local or regional identity, especially for migrant populations in the country who reside in the most important urban centers of the country, and 4) food is perceived by Peruvians from different parts of the territory and by those who reside abroad as an important resource for inserting themselves into the global world, but above all, for projecting a positive national image and

to build a national identity that is recognized in its diversity.

In this context, the Peruvian State guides the population towards a better choice of foods typical of their culture, taking as a frame of reference our food diversity and national, regional, or local culinary culture, which must be maintained by appealing to the use of natural foods in the preparations made by Peruvian families.

Communal dining

Eating in company is one of the most characteristic manifestations of human society: humans tend to eat in groups. This has been a social practice since humans have existed and has become a family and cultural ritual. However, modern life over the last half-century has placed new demands on family members in terms of work, the need to travel long distances in cities, and the adoption of various technological devices, which together have encouraged the practice of eating alone, some or all of the day's meals⁽⁶⁾ and in many cases, accompanying mealtimes with television, computers, or cell phones.

Today, it is necessary to reevaluate the practice of eating our meals together with our family, friends, or coworkers, a practice that should be revived because it influences enjoyment and happiness, while eating alone is associated with negative emotions such as loneliness and boredom without making us aware of what and how much we eat.

Eating is a social and cultural process, not just a biological one

The act of eating is presented as a "biological" and natural fact. The fact that we need to eat, and that to do so, today and in the past, humans try to procure food according to our needs and preferences, seems so obvious that it does not deserve reflection. Without



Eating in company promotes healthier habits and reduces the likelihood of becoming overweight.

However, today we understand eating as a process that goes beyond the intake of nutrients, as it is a complex and multidimensional phenomenon.

Various factors influence food choices, including biological factors such as hunger, appetite, and taste; economic factors such as cost, income, and accessibility to different types of food; social factors such as culture, religion, family, and lifestyle; factors derived from the type and degree of knowledge and/or skills related to food in general and cooking in particular; psychological factors such as personality or stress; and attitudes, beliefs, values, and knowledge in general⁽¹²⁾

In this context, eating is not only a biological behavior, but also a social one. Evidence shows that social factors influence food choices and intake, which can be used to promote healthy changes in eating behavior¹³.

issues in our country are related to social phenomena linked to scarcity, abundance, and globalization, which offer guidelines that unify habits and provide dietary homogeneity¹⁴. Therefore, although healthy dietary practices are widely publicized, most of which are socially accepted, it is necessary to reinforce the emphasis on the relationship between diet and

A healthy diet not
only provides
aesthetic benefits,
but also
reduces the
risk of disease.





Family farming is ecosystem-friendly and takes advantage of its natural wealth to offer a wide variety of food.

health, linking dietary recommendations to the prevention of problems such as malnutrition and micronutrient deficiencies, which coexist with overweight and obesity, the latter being directly related to noncommunicable diseases.

Biodiversity and family farming¹⁵

The biodiversity of our territory has earned our nation recognition as one of the seventeen countries known as megadiverse, as they collectively possess more than 70% of the planet's biodiversity, which continues to contribute to global development and sustainability¹⁶.

Likewise, it is important to highlight the contribution of family farming, which emphasizes those who produce and supply natural foods to the population, offering the opportunity to access them for healthy family nutrition.

Food based on natural or minimally processed foods

It is important to highlight the importance of consuming foods in their natural state and ensuring that they form the basis of a healthy diet for the population, within the context of our food diversity and culinary culture.

3. Messages for healthy eating

To provide the population with information that contributes to the adoption of new healthy eating practices and the improvement of their nutritional status, twelve messages are proposed, which take into account: 1) choosing natural foods as the basis of the diet; 2) avoiding processed and ultra-processed foods to prevent disease; and 3) practicing a healthy lifestyle. Thus, the messages are divided into three themes as follows:

Theme A:

Prefer and choose natural foods as the basis of your diet and avoid ultra-processed foods.

A set of messages promoting the choice and consumption of natural foods such as fruits, vegetables, legumes, meats, milk, and cereals that are rich in fiber, iron, and various minerals and nutrients. It is also recommended to consume processed foods such as cheese, bread, jams, and ham in moderation, as they contain high amounts of salt or sugar. Similarly, it is suggested to avoid

such as soft drinks, packaged sugary fruit juices, sugary yogurts with colorings, packaged potato chips, among others.

Theme B:

Prepare meals and dishes with natural foods, drawing on Peru's rich and varied culinary tradition.

A set of messages promoting home cooking and traditional culinary preparations, which are perfectly suited to a cuisine that is both healthy and tasty.

Theme C:

Practice a healthy lifestyle.

A set of messages describing practices such as drinking water, exercising daily, avoiding long periods of sitting, and maintaining a critical attitude toward advertising for ultra-processed foods and beverages.

Prefer and choose natural foods as the basis of your diet and avoid ultra-processed foods.

Message 1

Choose and enjoy the variety of natural foods available in your area.

Peru is recognized internationally as a natural pantry of foods that are unique in quality and flavor. When prepared in a healthy way, these foods form the basis of a diet that contains all the healthy properties of food, thus meeting the body's nutritional needs and preventing malnutrition, overweight/obesity, and associated diseases such as cardiovascular disease, hypertension, and diabetes, among others. In this sense, choosing fresh, natural foods native to the region becomes the basis of a healthy and culturally appropriate diet.

For this reason, it is advisable to consume natural foods instead of ultra-processed foods that contain excessive amounts of sodium, sugar, saturated fat, and *trans* fat. Likewise,

these foods from replacing homemade meals consumed by families.

It is recommended that culinary ingredients such as oil, sugar, and salt be used in moderation. It is also recommended to use natural culinary ingredients such as chili peppers, aromatic herbs, pepper, cumin, garlic, among others, which can be used to suit the diner's taste.

Practical tips:

- Prepare your meals with natural foods that are available in your area.
- Eat local foods prepared in a healthy way.
- Enjoy our cuisine without overdoing the quantities.
- If you eat out, look for a home-style menu or traditional food.



Message 2

Reduce your consumption of processed foods to protect your health.

Processed foods are those made by hand or industrially from natural foods. Salt, sugar, oil, or other culinary substances are added during production to make them last longer and taste better. Different methods are used in their preparation, including cooking, drying, or non-alcoholic fermentation, as in the case of bread, cheese, and yogurt.

Practical tips:

- Choose foods that are lower in sugar and salt. Check the labels.
- Avoid eating processed foods every day.
- When you do eat processed foods, eat them in small portions.

Message 3

Protect your health by avoiding ultra-processed foods.

Ultra-processed foods are industrial formulations made entirely or mostly from substances extracted from foods (oils, fats, sugar, starch, proteins), derived from food constituents (hydrogenated fats, modified starch) or synthesized in laboratories

from organic materials, such as petroleum and coal derivatives (colorants, flavorings, flavor enhancers, and various types of additives used to give products attractive sensory properties).

Examples of this type of food include sweetened soft drinks, bottled fruit juices, packaged breads, candy, packaged cakes, most sweet and savory cookies, microwave meals,

Practical tips:

- When preparing your children's lunchboxes, avoid ultra-processed products such as cold cuts, filled cookies, and packaged sweet or savory snacks.
- It is advisable not to consume mayonnaise and other creams or packaged sauces with your food, as they contain high levels of salt, saturated fats, and *trans* fats.
- It is advisable to reduce the consumption of cakes and cakes due to their high fat and sugar content.
- Avoid packaged sugary drinks and drink plain water instead.



Prepare meals and dishes with natural ingredients, drawing on Peru's rich and varied culinary tradition.

Message 4

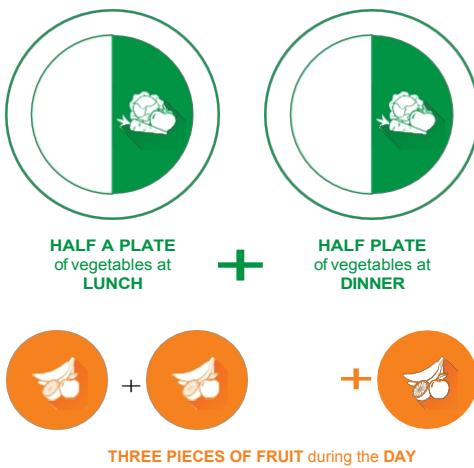
Add color and health to your life by eating fruits and vegetables every day.

Fruits and vegetables contain vitamins, minerals, and other components that are essential for the proper functioning of our bodies and the prevention of disease. Fruits and vegetables also help prevent obesity, reducing the risk of cardiovascular disease, hypertension, diabetes, and various types of cancer, which are clearly associated with this condition^{17,18,19}.

Considering these benefits, the World Health Organization (WHO) recommends consuming a minimum of 400 grams of fruits and vegetables daily²⁰. It is important that your whole family accompany each meal with a serving of fruits and vegetables of various colors. It should be noted that it is preferable to avoid packaged fruits or vegetables, as they often contain preservatives, added sugar, oil, and/or salt.

Recommended amount

400 grams of vegetables and fruit per day



Practical tips:

- When shopping, choose fruits and vegetables of different colors, preferably seasonal ones.
- Accompany your lunch and dinner with fresh or cooked vegetable salads.
- Try adding a piece of fruit to your breakfast, lunch, and dinner.
- Wash fruits and vegetables thoroughly before eating them.
- Try fruits and vegetables that you don't usually eat.

Message 5

Strengthen your body and mind by eating animal-based foods every day, such as meat, offal, blood, fish, eggs, and dairy products.

Animal-based foods help build, grow, and maintain your body because they contain high biological value proteins, which are essential for building and repairing body tissues; micronutrients, such as vitamin A, vitamin D, and B vitamins; and minerals such as iron and zinc, which prevent anemia and contribute to the development of our defenses against disease.

Thus, its consumption is healthy and recommended for all age groups, especially children, adolescent women, pregnant women, and women who are breastfeeding

breastfeeding, who are more prone to anemia. In this regard, it should be noted that blood and offal such as liver, heart, spleen, and kidney are excellent sources of iron.

Similarly, it should be noted that fish, thanks to its omega-3 fatty acid content, contributes to reducing cardiovascular risk^{21,22,23}, which is why it is recommended to include it in the family diet at least twice a week, taking advantage of the fact that in our country there is a wide variety and availability in all regions.

Eggs are also an important food because they provide high biological value protein, which contributes to maintaining good nutritional status, as well as growth and development in children, adolescents, and pregnant women. Dairy products are also a source of protein and calcium²⁴.

Practical tips:

- Eat red meat, offal, or blood sausage at least three times a week.
- Eat less fried food. Instead, opt for stewed, grilled, baked, or steamed dishes.
- Eat fish at least twice a week.
- Eat meat de poultry, such as chicken, turkey, and guinea fowl, or others, such as guinea pig or rabbit, twice a week.
- Before cooking, remove visible fat from red meat and skin from poultry.
- You can eat one egg a day, preferably boiled.
- Consume milk, cheese, and natural yogurt to strengthen your bones and teeth.

Message 6

Don't miss out on legumes; they are tasty, very healthy, and can be prepared in many ways.

Legumes such as lentils, beans, peas, broad beans, lima beans, chickpeas, among others, are a good source of plant-based protein and, when combined with grains in your daily diet, provide essential amino acids to your body. Legumes also contain fiber, vitamins, and minerals. Similarly, they are a source of complex carbohydrates that provide energy^(25,26).

Its consumption is healthy and recommended as an integral part of our regular diet for all age groups, especially for people who engage in intense physical activity, growing adolescents, pregnant and lactating women, and older adults. In addition, it contributes to the prevention and control of high blood pressure, and its consumption is associated with a lower risk of mortality from cardiovascular disease²⁷.



Practical tips:

- Accompany your bean dishes with a cereal such as rice or quinoa, and you can serve them with small portions of animal-based foods such as meat, chicken, fish, offal, or eggs.
- Add vegetable stews to your salads.
- Accompany your consumption of vegetable stews with fruits or natural juices rich in vitamin C, such as lemonade.

Message 7

Take care of your health; avoid becoming overweight by reducing your consumption of sugars in your food and drinks.

Excessive sugar consumption contributes to overweight and increases the risk of cardiovascular disease, obesity, and diabetes^{28,29,30,31,32}. According to the World Health Organization (WHO), it has been proven that the consumption of foods and beverages high in sugar can be a significant source of unnecessary calories for the entire population.

It should be noted that there are several products such as sodas, juices, sugary soft drinks, cookies, desserts, among others, that contain excessive amounts of sugar.



According to the WHO, sugar consumption should be reduced to less than 10% of the total energy³³ needed daily. This is equivalent to 10 teaspoons per day.

Practical tips:

- Get into the habit of enjoying herbal teas and soft drinks made at home without sugar.
- Replace desserts, filled cookies, packaged sweets, and cakes with fresh fruit.
- Replace sodas, packaged fruit juices, and packaged sugary juices with water or natural juices without sugar.
- When preparing drinks for your children's lunchboxes, consider healthy options such as water, natural fruit-based soft drinks, chicha morada, emollients, or herbal teas, all of which are low in sugar or sugar-free.
- Honey, algarrobita, and chancaca contain sugar, so consume them in moderation.
- Enjoy the natural flavor of foods and your own preparations.

Message 8

Watch your weight by consuming rice, bread, and pasta in moderation.

Excessive consumption of these products contributes to overweight and increases the risk of cardiovascular disease and diabetes. Reduce your portions of these foods.

Proper portion size

23 cm plate.



HALF PLATE
of vegetables

A QUARTER
of grains

A QUARTER of
Animal-based foods

We eat as if we were going to perform a great deal of physical energy, and then we spend most part of the day sitting at home, at work, at school, and/or on public transportation. school, and/or on public transportation.

Practical tips:

- At breakfast, you can eat up to two pieces of bread depending on your physical activity.
- Eat rice or noodles or bread at lunch or dinner, not all three meals at once.
- Avoid filling your plate or going back for seconds, as these are not healthy practices.

Message 9

Avoid high blood pressure by reducing the amount of salt in your meals.

Excessive salt consumption contributes to hypertension and increases the risk of heart disease^{34,35}.

Because salt is the main source of sodium in our diet, the World Health Organization (WHO) and the Food and Agriculture Organization of the United Nations (FAO) recommend reducing its consumption to less than 5 g/day, which is equivalent to a sodium intake of less than 2 grams per day. It should be noted that preliminary data show that our current average consumption is 7 grams per person per day, which is higher than the World Health Organization's recommendations.

Practical tips:

- Season your dishes with natural ingredients such as oregano, thyme, rosemary, chili peppers, among others, instead of commercial seasonings that are high in sodium.
- Do not add more salt to your meals when eating; remove the salt shaker from your table.
- Replace instant soups, cold cuts, and salty snacks with fresh foods and homemade dishes.

Age affects the sense of , and many people get into the habit of adding salt to their meals.



Practice a healthy lifestyle

Message 10

Stay healthy by drinking 6 to 8 glasses of water a day.

Water is essential for our bodies to function properly, and since it is not stored in the body, it must be replenished throughout the day^{36,37}. For this reason, the European Food Safety Authority³⁸ recommends drinking 2 to 2.5 liters of water a day, approximately 6 to 8 glasses. This can come from three sources: pure water, herbal teas or unsweetened fruit juices, and the food we eat during the day.



It should be noted that people who are more physically active and those who live in hot environments require greater water consumption³⁹.

The sensation of thirst is the beginning of dehydration. Therefore, it is important not to wait until you feel thirsty to drink water, so it is recommended that you plan your consumption throughout the day.

Practical tips:

- During the day, drink at least 4 glasses of pure water. The rest can be herbal teas, soft drinks, or natural juices without sugar.
- Make sure the water you are drinking is safe. It is preferable to drink boiled water.
- Don't wait until you're thirsty to drink water.
- Remember to encourage older adults to drink water, as their sense of thirst is diminished.

Message 11

Keep your body and mind active and alert by engaging in at least 30 minutes of physical activity every day.

Regular physical activity reduces the risk of cardiovascular disease, hypertension, diabetes, and various types of cancer, contributing to proper weight control. It also improves muscle condition and cardiorespiratory function, as well as bone and functional health. In addition, it helps reduce stress, alleviating symptoms of depression and ^{anxiety}.



Considering these benefits, the World Health Organization (WHO) recommends maintaining adequate levels of physical activity throughout all stages of life.

Thus, it is important for each member of the family to have a physical activity routine, whether they are children, adolescents, young adults, adults, or older adults.

Practical tips:

- Household chores such as sweeping, washing, mopping, or sweeping can also be part of your physical activity routine.
- Use the stairs instead of the elevator.
- Try to have a physical activity routine of 30 minutes or more; there is no need to go to a special place, for example: walking, cycling, among others.
- Encourage group games, dancing, or sports with your family and friends.
- Organize with your coworkers to take an "active break" with stretching and mobility exercises.

Message 12

Choose homemade meals and enjoy them in company

Peruvian cuisine has achieved worldwide recognition for its use of local ingredients, its flavor, and its revaluation of home cooking as an activity that is essential to the well-being of households and families. Therefore, it is important to encourage cooking at home and to promote the learning of homemade recipes among family members⁽⁴²⁾. Enjoying meals with family or friends contributes to people's social and emotional well-being.

Let us remember that one of the main threats to enjoying a healthy diet is the urban lifestyle, expressed in part by the growth of fast food chains and franchises. In

Cooking is a skill that every child should learn, just like swimming, playing an instrument, or riding a bike.

that sense, if you eat out, look for a place that serves homemade food instead of fast food.

It has been proven that sharing family meals has benefits, such as reducing the likelihood of becoming overweight or developing eating disorders, and encouraging the consumption of healthy foods^{43,44}. Remember that mealtimes are a social occasion, so it is advisable to eat in company.

Practical tips:

- Encourage conversation with your family and friends at mealtimes.
- Try to eat at set times and without rushing.
- Avoid eating in front of the TV, computer, cell phone, or tablet.
- Encourage family members to participate in meal planning and preparation.

Food Chart

To summarize, here is the food chart for the Peruvian population, which will help you remember the information presented in the 12 messages.

This chart has been specially designed for our population and was validated in two phases. The first was carried out with food and nutrition experts from public and private entities, and the second with the population of Metropolitan Lima and cities on the coast, in the mountains, and in the jungle of our country.

In the latter, around 400 people of both sexes participated in five different age groups: primary school students (8 to 10 years old) and secondary school students (15 to 17 years old), young people (20 to 29 years old), adults (30 to 45 years old) and older adults (60 to 75 years old).

