



A vibrant geometric pattern featuring a central blue circle. Surrounding this center are eight segments arranged in a circular fashion. The segments are colored in a repeating sequence: red, yellow, green, and purple. Each segment is decorated with a white geometric pattern of interconnected lines and shapes, creating a complex, crystalline appearance. The overall design is symmetrical and visually striking due to the high contrast between the colors and the white patterns.

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www.sharjah.ac.ae

Dietary Guidelines

Science-based advice:

Promote health

Reduce risk of major chronic disease

Target people:

Apply to most people age 2 and older

The Dietary Guidelines are revised and reissued every 5 years.



Dietary Guidelines



Help people choose nutritious foods and limit potentially harmful dietary components like:

Fat, sugar, cholesterol, salt, and alcohol

Incorporate food preferences of different racial/ethnic groups, vegetarians, and other groups when planning diets.

Help in developing educational programs and material.

Why Are Guidelines Important?

Dietary Guidelines address significant nutrition-related health issues facing the population such as:

- Obesity and other diet-related chronic disease
- Cardiovascular Disease (CVD)
- Type 2 Diabetes Mellitus (DM)
- Cancer



Why Are Guidelines Important?

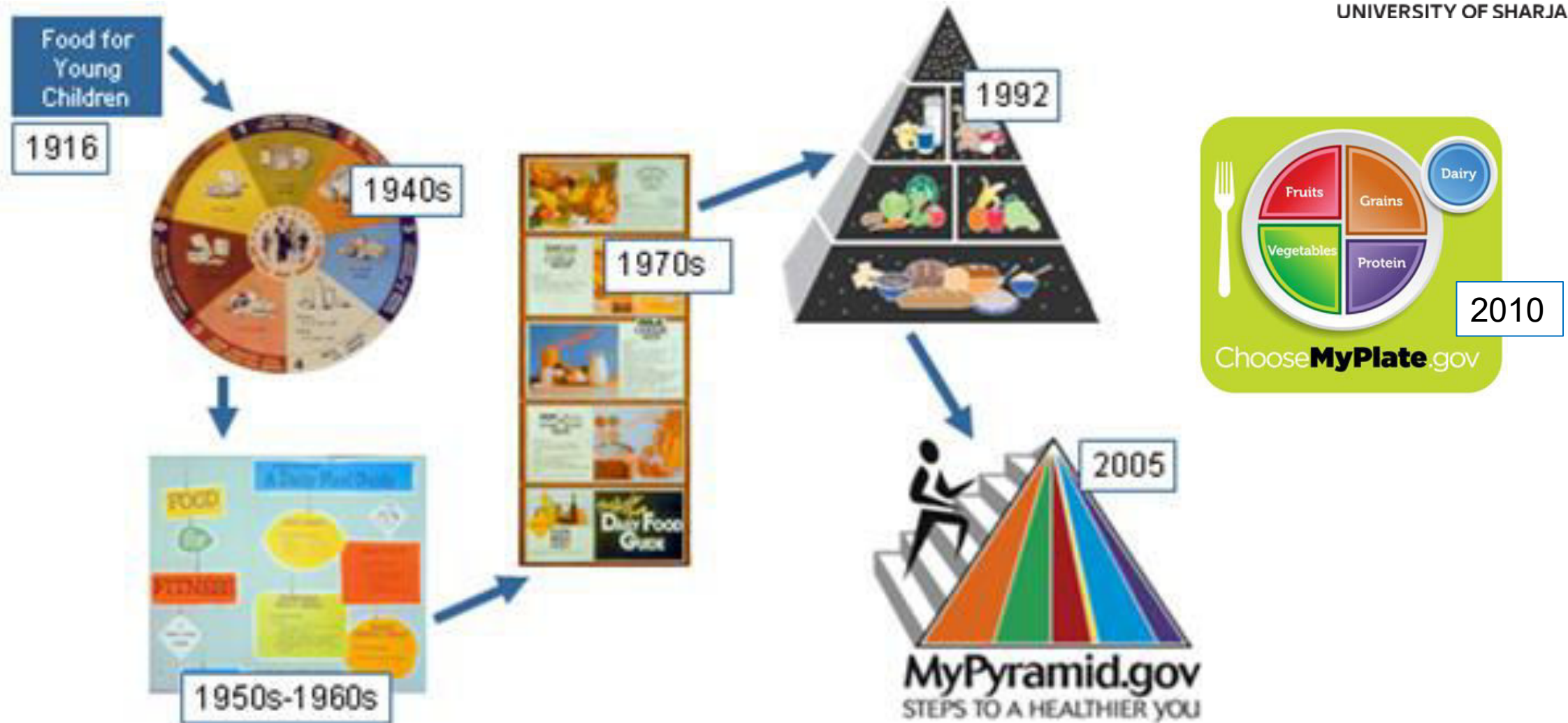


The Dietary Guidelines report provides **evidence-based** food and beverage recommendations for ages 2 and older.

These recommendations aim to:

- Promote health
- Prevent chronic disease
- Help people reach and maintain a healthy weight

History of USDA's Food Guidance



Purpose and History: *Dietary Guidelines for Americans*



1980



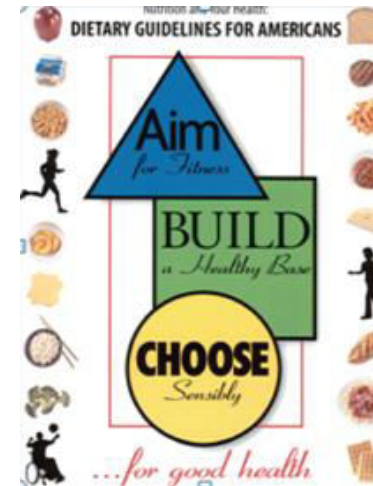
1985



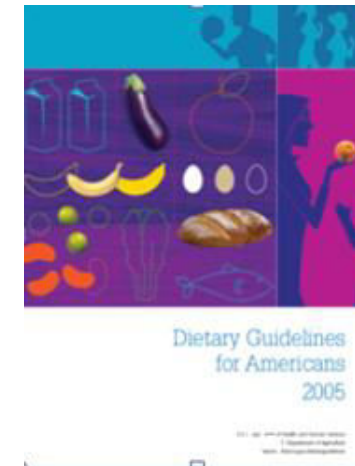
1990



1995



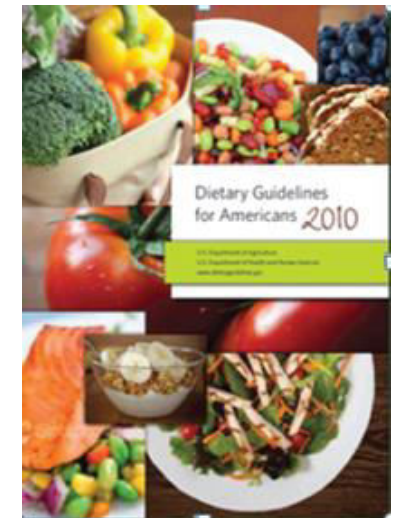
2000



2005



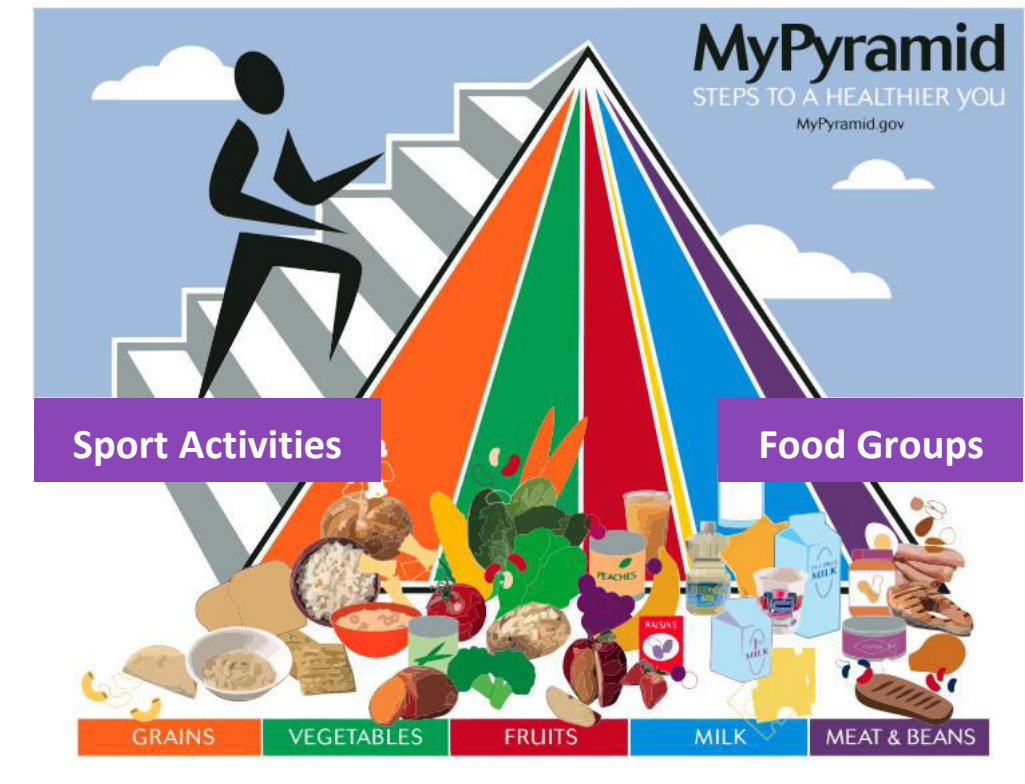
2015



2010

Food Guide 2005

This symbol has been chosen to be simple
Designed to remind consumers to make healthy
food choices and to be active every day
Small steps make substantial impact on health



Dietary Guidelines

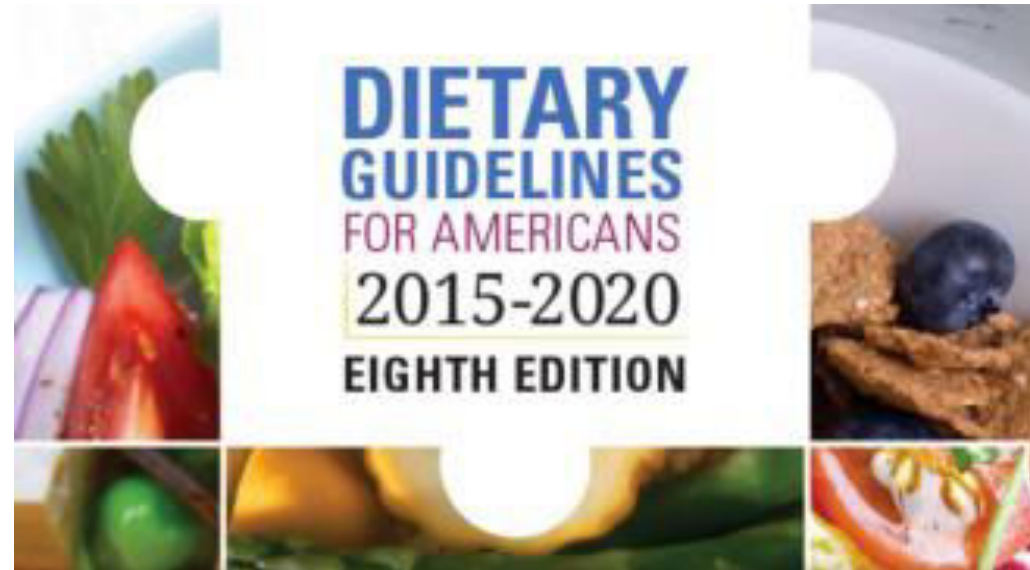


The My Plate Icon is designed to:

- Help consumers make **better food choices**
- Remind Americans to **eat healthfully**
- Illustrate **the five food groups** using a familiar mealtime visual: a place setting

2015-2020 Dietary Guidelines for Americans

Three key messages focus on helping consumers work toward a life-long pattern of consuming nutrient-dense foods and beverages while staying within calorie needs.



Three Key Messages

1. Eat for health and the long run:



Healthy eating patterns include all foods and beverages consumed over a long span of time, and they can be flexible and **adaptable to your tastes and preferences.**

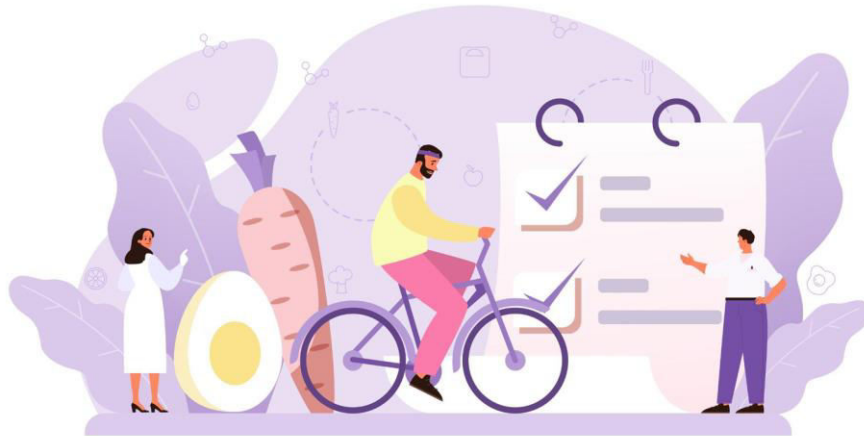
Include a large variety of fruits, vegetables, whole-grain products, and lean proteins and legumes. **Add healthy fats from nuts, seeds, and vegetable oils.**

Healthy eating patterns are low in added sugars and saturated/trans fats. **Aim for <10% of calories from these groups.**

Healthy eating patterns are low in sodium from processed foods. **Aim for <2300 mg/day.**

Three Key Messages

2. Start with shifts, or small changes:



- All foods and beverages count toward a healthier meal pattern
- Shift toward more nutrient-dense choices within and across food groups
- Small changes add up
- Accommodate personal tastes and cultural preferences to make the shift easier to maintain

Three Key Messages

3. Support healthy choices for everyone:



Healthy food, beverages, and physical activity choices should be available to all ages and throughout the food system:

- Schools
- Workplace
- Community and restaurants
- Grocery stores and home

Professionals in these sectors should develop strategies that help individuals align their choices with the *Dietary Guidelines*.

Dietary Guidelines: Key Recommendations

I. Consume a **healthy eating pattern** that accounts for all foods and beverages *within an appropriate calorie level*

II. Meet the **Physical Activity** Guidelines for Americans



Food-Based Dietary Guidelines - United Arab Emirates (2019)

Main Goals:

Improve the nutritional status of the United Arab Emirates (UAE) population.

Prevent poor nutrition, obesity, and chronic diseases.

Reduce the rate of chronic diseases such as diabetes mellitus, hypertension, heart diseases, and cancer.



Food-Based Dietary Guidelines - United Arab Emirates (2019)

Messages:

Support and strengthen a healthy lifestyle through a healthy diet and physical activity for all.

Maintain healthy eating at all stages of life.

Reduce calories by reducing sugar, fat (especially saturated and trans fat), and salt intake.

Consume diversified nutrient-rich foods and beverages.

To adopt healthy eating patterns, replace unhealthy foods with healthy foods.

Ensure food safety.



Food-Based Dietary Guidelines - United Arab Emirates (2019)

الدليل الإرشادي الوطني للتغذية



Food Groups:

It is divided into six food groups, each one represented with a unique colour.

What distinguishes UAE food guide is the addition of water as a group representing the base of the Burj with a blue color.

Food-Based Dietary Guidelines - United Arab Emirates (2019)

الدليل الإرشادي الوطني للتغذية



Food Groups:

The food groups (in addition to water) are:

- 1) Cereals and starches
- 2) Vegetables
- 3) Fruits
- 4) Dairy products
- 5) Meats and proteins
- 6) Fats

Food Groups: Grains



Any food made from wheat, rice, oats, bread, pasta, and breakfast cereals is in the grain group.

Grains are divided into two subgroups:

Whole Grains and Refined Grains

Whole grains contain the entire grain; the bran, germ, and endosperm

Refined grains have been processed and dietary fiber, iron, and many B vitamins were removed. (ex: white rice and flour)

Food Groups: Grains



Key Consumer Message:

Make **at least half of your grains** whole grains.

How much is needed?:

Consume **3 or more ounce (85 - 100g)** – equivalents of whole-grain products per day

What counts as an ounce?

- 1 slice of bread
- 1 cup of ready-to-eat cereal
- ½ cup of cooked rice or pasta

Food Groups: **Proteins**



Includes all foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds.

Choose **low-fat or lean** meats and poultry.

Include at least 2 portions of cooked seafood per week.

Vegetarian options in the Protein Foods Group **include beans and peas, processed soy products, and nuts and seeds.**

Food Groups: **Proteins**



Key Consumer Message:

Choose low-fat or lean meats and poultry including a variety of protein sources (animal and plant).

How much is needed?:

Generally, men and women need **5½–6 oz every day**

What counts as an ounce?

- **1 ounce (30g)** of meat, poultry or fish
- $\frac{1}{4}$ cup cooked beans
- 1 egg
- $\frac{1}{2}$ ounce of nuts or seeds

Food Groups: Dairy



Most Dairy Group choices should be fat-free or low-fat.

Foods made from milk that retain their calcium content are part of the group.

Intake of dairy products is linked to improved bone health, and may reduce the risk of osteoporosis.

Quantity needed for adults is 3 cups of milk or equivalent per day.

Food Groups: Dairy



Key Consumer Message:

Switch to fat-free or low-fat (1%) milk (or dairy).

How much is needed?

Consume 3 cups (700 ml) per day of fat-free or low-fat milk or equivalent milk products

What counts as a cup?

- 1 cup of milk, yogurt, or soymilk (soy beverage)
- 1 ½ ounces of natural cheese
- 2 ounces of processed cheese

Food Groups: Fruits and Vegetables



Focus on fruits (fresh, canned, frozen, or dried) and limit the consumption of fruit juice.

Color your plates with dark green, red and orange vegetables.

We need around **5 fruits and vegetables per day**.

Eating a diet rich in vegetables and fruits as part of an overall healthy diet may **reduce risk for heart disease, including heart attack and stroke and some type of cancers**.

Most fruits are naturally low in fat, sodium, and calories and rich in fibers and vitamins.

Food Groups: Fruits and Vegetables



Key Consumer Message:

Make half your plate fruits and vegetables.

How much is needed?:

2 cups of fruit (500g)

2 ½ cups (600g) of vegetables per day



What counts as a cup?

- 1 cup of fruit or 100% fruit juice or ½ cup of dried fruit
- 1 cup of raw or cooked vegetables or vegetable juice
- 2 cups of raw leafy greens

Food Groups: Oils



Key Consumer Message:

Consume **less than 10 percent** of calories from saturated fatty acids and **less than 300 mg/day** of cholesterol, and consume trans fatty acid as low as possible.

Keep most fats coming from sources of monounsaturated and polyunsaturated fatty acids such as fish, nuts, and vegetable oils.

Select meat, poultry, and milk or milk products that are lean, low-fat, or fat-free.

What Does a Healthy Eating Pattern *Consist Of*?

A variety of vegetables from all subgroups:

Including all fresh, frozen, dried, and canned versions in cooked or raw form, dark greens, red and orange, beans and peas, and starchy vegetables

Fruits, especially whole fruits:

Including fresh, canned, frozen, dried, and 100% fruit juice, are essential to a healthy eating pattern



What Does a Healthy Eating Pattern *Consist Of*?

Oils:

- Oils should replace solid fats
- Major source of essential fatty acids and Vitamin E



Hidden Components in Eating Patterns



What Does a Healthy Eating Pattern *Limit*?



- The intake of ***trans* fats** should be as low as possible
- **Saturated fats** should be limited to less than 10% of the total daily caloric intake
- Consume less than 10% of calories per day from **added sugar**
- Consume less than 2,300 milligrams per day of **sodium**
- If **alcohol** is consumed, *do so in moderation*

Healthy Physical Activity Patterns

Adults

Aim for 150 minutes of moderate intensity physical activity per week, and at least 2 days of muscle-strengthening exercises per week



Youth Ages 6-17 Years

At least 60 minutes of physical activity per day including aerobic, muscle-strengthening, and bone-strengthening activities



Dietary Guidelines in Arab Countries



Information For Your Interest





WebMD presents

A Healthy Plate

The USDA is bringing a new food icon to the table, replacing the food pyramid with a plate. WebMD's Director of Nutrition Kathleen Zelman offers up some healthy meal options to make that plate great.

Fruits

Options:

- ½ cup berries (raspberry, strawberry, blueberries)
- 1 medium apple, banana, orange, or pear
- ½ cup fruit salad
- 1 slice melon (honeydew, cantaloupe, watermelon)
- ¼ cup dried fruit (raisins, blueberries, cranberries)
- 4 ounces calcium-fortified 100% orange juice

Grains

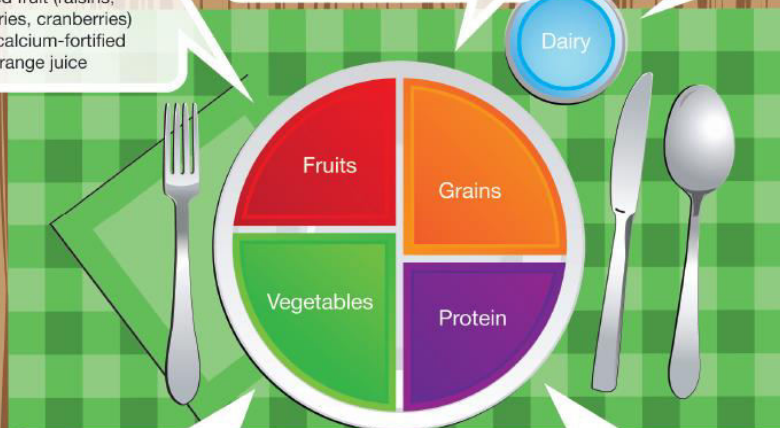
Options:

- ½ cup couscous
- ½ cup oatmeal
- 1 slice whole wheat bread
- ½ cup bran cereal
- ½ cup pasta
- ½ cup brown rice
- Whole-grain crackers

Dairy

Options:

- 8 ounces low-fat yogurt
- 1.5 ounces low-fat cheddar cheese
- 8 ounces skim or low-fat milk
- 8 ounces fortified soy beverage
- 1.5 ounces low-fat string cheese
- ½ cup low-fat cottage cheese



Vegetables

Options:

- ½ cup broccoli
- 1 cup spinach salad
- ½ cup stir-fried vegetables
- ½ cup beans or peas
- 1 medium sliced tomato
- 1 cup vegetable soup
- 4 ounces vegetable juice

Protein

Options:

- 3 ounces salmon
- 3 ounces beef or pork tenderloin
- 1 boneless, skinless chicken breast (3 ounces)
- 1 large egg
- 2 tablespoons nut butter
- 1.5 ounces nuts
- 4 ounces (½ cup) tofu

LESS



Salt



Saturated Fats



Solid & Trans Fats



Added Sugars



Fast Food



Refined Grains

MORE



Seafood



Whole Grains



Low-fat Dairy



Healthy Oils



Fruits & Vegetables



Lean Protein



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