Assessing Food Guidelines

In Task 3-3 the team learned more about the different food groups. A balanced diet starts by including all of the food groups every day. However, depending on where you live, how food is grouped and the suggested amounts of each food group may be different. Different countries create food guidelines to help communicate to the people in and outside the country what makes up a healthy diet. Understanding the similarities and differences between food guidelines across different countries is useful when thinking about how nutrition is communicated in different places and on a global scale. This exploration will also help the team think about how guidelines like these could help people in your community and when working with the problem question, How do we ensure good nutrition for all?

In this task, the team will explore the similarities and differences between food guidelines from different countries. The team will then identify, gather, and analyze food guidelines from your country to be used throughout your research. The team will be focusing on the following questions from the question map:

- What are different nutritional guidelines and how are they used locally and globally?

1. Go to the Task 3-4 folder and get the food guidelines images and world map.

2. Use the world map to locate your country and the countries for each set of guidelines.

3. Compare and contrast the images from the different country guidelines.
   - Which food groups are represented in the guidelines from each country?
   - What are similar or different ways the country chose to visualize their guidelines? Why do you think they chose to visualize them in that way?
   - How does the amount of each food group represented compare between the different countries?
   - Which food groups are the largest across all of the countries?
   - Which food groups are smaller across all of the countries?
   - What are some similarities and differences between the foods that make up each food group?
4. Identify whether your country has food guidelines. Use the link in the task folder to research this online, or contact your local library or department of health to obtain a copy.

5. If guidelines exist in your country, use the same questions from step 3 to compare and contrast your local food guidelines to the others you have already assessed. If guidelines do not exist in your country, determine what you think they should contain and what they should look like.

6. Analyze the Dietary Guidelines World Map in the task folder. This map shows which countries (in green) have guidelines and which countries (in gray) do not.
   - What patterns do you see in this map of global dietary guideline data?
   - How could this data be useful when thinking about the problem question or other questions on your question map?

7. Analyze the Classification of the Countries with and Without Dietary Guidelines data table in the task folder.
   - What relationship do you see in the data between income level and dietary guidelines?
   - How could this data be useful when thinking about the problem question or other questions on your question map?

8. Analyze the Summary of the Most Common Messages in the Guidelines by Income Level graph.
   - What similarities and difference do you see in the data between different income levels and the messages they are communicating in their guidelines?
   - What do you think may be causing these similarities or differences in messages?
   - How could this data be useful when thinking about the problem question or other questions on your question map?

Hooray! You completed Task 3-4. Check it off the task list. Go to Task 3-5!
Task 3-4. Assessing Food Guidelines

**China**

- **Salt**: <6 grams
- **Oil**: 25-30 grams
- **Milk and dairy products**: 300 grams
- **Legumes and nuts**: 26-35 grams
- **Meat and poultry**: 40-75 grams
- **Seafood**: 40-75 grams
- **Eggs**: 40-50 grams
- **Vegetables**: 300-500 grams
- **Fruit**: 200-350 grams
- **Cereals and tubers**
  - Wholemeal and multigrain: 250-400 grams
  - Tubers: 50-150 grams
- **Water**: 1500-1700 millilitres

**Lebanon**

- **Solid fats, Oils, Sugar, & Salt**
- **Low-Fat Milk & Dairy Products**
- **Fruit**
- **Vegetables**
- **Lean Meats, Eggs, Legumes, & Unsalted Nuts & Seeds**
- **Cereals**

6000 steps per day

Safe Water (around 8 - 12 cups per day)
Japanese Food Guide Spinning Top
Do you have a well-balanced diet?

<table>
<thead>
<tr>
<th>Serving (SV)</th>
<th>Example of dishes or food</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 SV</td>
<td>-</td>
</tr>
<tr>
<td>1.5 SV</td>
<td>-</td>
</tr>
<tr>
<td>2 SV</td>
<td>-</td>
</tr>
<tr>
<td>3 SV</td>
<td>-</td>
</tr>
<tr>
<td>2 SV</td>
<td>-</td>
</tr>
<tr>
<td>2 SV</td>
<td>-</td>
</tr>
</tbody>
</table>

※ SV is an abbreviation of “Serving”, which is a simply countable number describing the approximated amount of each dish or food served to one person.

India
Part 3. Building Blocks. Task 3-4

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A helpful link to locate food guidelines from your country:


Figure 1: Map showing (in green) the 83 countries with dietary guidelines included in this analysis.

Green: Country has nutritional guidelines
Grey: Country does not have nutritional guidelines

Table 2: Classification of the countries with and without dietary guidelines, according to their income level (following the classification by the World Bank).

<table>
<thead>
<tr>
<th>Income Level</th>
<th>Total</th>
<th>With guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low-income countries</td>
<td>31</td>
<td>2 (6%)</td>
</tr>
<tr>
<td>Low-middle-income countries</td>
<td>51</td>
<td>12 (24%)</td>
</tr>
<tr>
<td>Upper-middle-income countries</td>
<td>53</td>
<td>26 (45%)</td>
</tr>
<tr>
<td>High-income countries</td>
<td>80</td>
<td>43 (53%)</td>
</tr>
<tr>
<td>All countries</td>
<td>215</td>
<td>83 (38%)</td>
</tr>
</tbody>
</table>


Figure 2: Summary of the most common messages in the guidelines by income level.
