

International Food Guides

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1. Culturally Specific Shapes
2. Food Groups
 - Grains, Fruits and Veggies
 - Sweets and Fats
 - Nuts, Legumes and Beans
3. Portions
4. Conclusions

1. Culturally Specific Shapes

Australia- Australian Guide to Healthy Eating

Fruit Recommendation

- 1-5 serving/d recommended.
- Eat a variety of fruit canned, fresh, and dried.
- Juices are considered as fruit but have a lower fruit content.

Sweden

Sweden- The Food Circle

Fruit Recommendations

- consuming ½ kg (500g) of fruits and vegetables per day
- Included in the fruit and vegetable group are berries, juice, dried fruit, root vegetables, and dried legumes.
- Eating a diet that is rich in fruit and vegetables can help reduce the risk for cardiovascular disease, certain types of cancers, and maintain weight.

Netherlands

Netherlands- Disc of Five

Fruit Recommendation

- Consume 2 servings/d, however the more the better.
- Eating fruit will increase fiber intake and support digestive health.

Denmark- Diet Compass

Fruit Recommendation

- recommends consuming 600g of fruit and vegetables daily with 300g coming from fruit.

Fruit and vegetables are lower in energy content so they should be consumed more frequently than other calorie dense food.

Fruit is generally eaten as a snack or as dessert because it is naturally sweet.

Nuts and dried fruit are a good alternative to sweets and other goodies, but do not consume too many because they contain many calories. Nuts and dried fruit does not count toward your 600g of fruits and vegetables.

Turkey

Turkey

Turkey-Adequate and Balanced Nutrition

Fruit Recommendation

Fruits are rich in vitamins, minerals, folic acid, and dietary fiber.

High consumption of fruits can help promote growth and development, decrease the risk of obesity, cardiovascular disease, hypertension, and certain types of cancers.

Five servings of fruit and vegetables should be consumed daily.

It is recommended that at least 2 serving should be leafy greens or citrus fruits.

Grenada

Taiwan

Taiwan- The Daily Food Guide

Fruit Recommendation

5 serving of fruits and vegetables are consumed daily to help reduce the risk of cardiovascular disease, certain cancers, obesity, and diabetes.

Two servings should come directly from the fruit group.

Fruit consumption adds essential vitamins, minerals, and fiber to the diet.

Britain

Britian- The Eatwell Plate

Fruit Recommendation

5 serving fruit and vegetables should be consumed daily.

Thirty-three percent of daily energy intake should be from the fruit and vegetable group.

Fruit can be consumed fresh, frozen, canned, dried, or as 100% fruit juice.

It is important to eat a variety of fruit to consume different types of vitamins and minerals.

St. Vincent and Grenadines

Poland

Croatia

Germany: 3D Food Guide

Korea:
Food Guidance Pagoda

Thailand
Hungary

Dominican Republic

French: Stairs to Eating Healthy

Colombia
Guatemala

Greece
Japan: Food Guide Spinning Top

Honduras

Grains, Fruits & Veggies

Canada- Canada's Food Guide

Fruit Recommendation

Fruit and vegetable group is the largest arc in the rainbow, emphasizing the importance of fruit and vegetables in the diet.

4-5 serving of fruit should be consumed daily.

Eat fruit more often than drinking fruit juice.

Suggests adding raisins to cereal or yogurt.

Fats, Sweets and Snack Foods

Mexico
Britain

Guatemala

French: Stairs to Eating Healthy
Nuts, Beans and Legumes

Belgium: Active Food Guide

Oman

Singapore

Portions

Portions vary by country
Some do not include portions

Sweden

Others have broad ranges

Mexico, India

While others have very
specific amounts

China

Sweden

India

Chinese Pagoda

Conclusions

A wide variety of culturally specific shapes of food guides exist

Foods included in the groups do vary

Food groups are fairly consistent

Yet the overall message is consistent

Eat mostly whole grains, fruits and vegetables

Eat sufficient protein and dairy foods

Limit food high in sugar, fat and salt