

Dietary Guidelines to the Adult Population in Hungary

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Table of contents

Introduction	4
Healthy nutrition	5
1. Cereals.....	5
2. Vegetables, fruits	6
3. Milk and dairy products.....	7
4. Meats, meat products, fish, eggs, soy	7
5. Fats	8
6. Salt and Salting.....	9
7. Sugar	9
8. Alcohol.....	9
9. Healthy body mass.....	10
10. Exercise.....	10
11. Food safety.....	11
12. Food labeling	12
13. Further good advice.....	12

Introduction

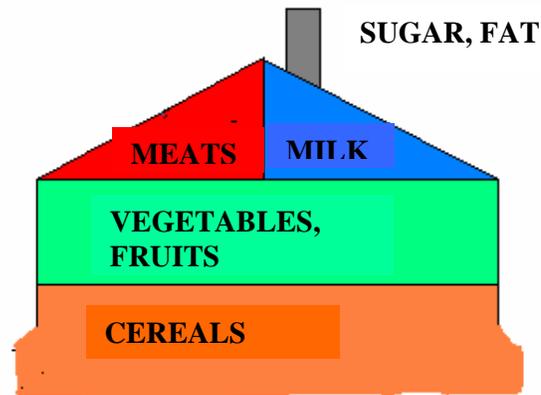
The diet and lifestyle related diseases, including first of all cardiovascular and then tumour diseases, account for as much as three-quarters of overall mortality in Hungary. In other words inappropriate nutrition and life style contribute considerably to the unfavourable health status of the population and consequently to high mortality rate.

It is therefore suggested that a considerable part of these diseases may be prevented by healthy nutrition and appropriate lifestyle. The recommendations for health-promoting and disease-preventing nutrition and lifestyle are simple, and can be implemented with no special efforts or extra expenses. One only has to become familiar with and apply in his/her life the guidelines presented in these pages.

Healthy nutrition is real joy, just as good health. It is up to us how long we will possess health, this greatest of treasures.

Healthy nutrition

The picture of a house seems to be the best means to illustrate healthy nutrition.



The House of Healthy Nutrition is built on **cereals** as the base, the walls are made of **vegetables and fruits** and the roof consists of **meats, meat products, milk and dairy products**. One has to eat the items of these food categories a number of times each day. The foods that are rich in fat and sugar have been omitted from the structure of the house of everyday nutrition, as they should reasonably be consumed once a week or even more rarely.

How to eat in a healthy way? What categories of foods should be defined for the purpose of healthy nutrition?

These are the questions addressed in the following chapters primarily with the help of the House of Healthy Nutrition.

1. Cereals

- **The basis for healthy nutrition is the regular consumption of cereals. One should eat cereal products – 6-11 units* – several times a day and choose from the assortment of such products the so-called wholegrain ones** that are made from flour that contains bran and also have seeds in them.**

**1 unit*

of cereals: 1 slice of bread (40 g), 1 crescent roll (40 g), 50 g (half portion) of pearl-shaped pasta or dumplings, 100 g (half portion) of ready-cooked rice or pearly barley, corn flakes or cooked pasta, 50 g of maize, 1 pancake, 1 small scone (30 g), 1 slice of pizza (40 g), 3 tablespoons of muesli, 1 thin slice of milk bread

Good advice for everyday practice

- **Eat cereals several times a day**
- **Plan your daily diet to include wholegrain cereals in as many of your meals as possible**
- **Use wholegrain cereals also for preparing your dishes, and strive for diversity by preparing for instance corn porridge, oatmeal porridge, oat bran scone and millet risotto from time to time**
- **Try to preserve the nutritional value of foods/dishes prepared from cereals – and in the course of preparation do not add any fat or salt or use them in very small quantities**

**Wholegrain cereals by definition mean food products and nutrients prepared from wholemeal flour that preserve the nutritional value of seeds and contain bran also, complemented with other grains; and this term also includes brown rice.

2. Vegetables, fruits

– **The regular consumption of vegetables and fruits is an essential aspect of healthy nutrition. Eat vegetables and fruits – 6-11 units* – daily.**

**1 unit*

of vegetables and fruits: 1 large tomato or green paprika, carrot, cucumber; 6 radishes, 100 g of cooked or steamed vegetable, fresh lettuce, 100 g of ready-cooked dry legumes (beans, lentils, split peas), 1 small potato (100 g), 1 apple (large), pear, orange, grape-fruit, banana, peach, 100-150 g of other types of fresh, deep-frozen or steamed fruit, 30 g of dried fruit, 200 ml of vegetable juice, fruit juice.

Good advice for everyday practice

- Eat vegetables at least three times a day and also fruits at least three times a day
- Eat dark green vegetables, citrus fruits, tomato and legumes often – these are rich in carotenoids, vitamin C and folates (folic acid)
- Vegetables and fruits should always be near at hand or in the pantry or in the fridge
- Eat always fresh and intact fruits and vegetables, and do not use any mouldy or damaged products.

3. Milk and dairy products

- Milk and dairy products constitute a valuable and important part of healthy nutrition, one should eat 3-4 units* of them every day.

**1 unit*

of milk and dairy products: 1 glass (200 ml) of milk or milk drink, yoghurt, 'kefir', fermented (curdled) milk, 50 g of low-fat cottage cheese, 30 g of cheese, 2 pieces (cubes/wedges) of processed cheese

Good advice for everyday practice

- Drink milk – half a litre – every day, choose fermented dairy products (curdled milk, kefir, yoghurt) as often as possible
- Eat reduced or low-fat cottage cheese more often
- Eat reduced-fat cheese regularly

4. Meats, meat products, fish, eggs, soy

- Meats and meat products play an important role in healthy nutrition, one should eat meats, meat products – 2-3 units* – daily.

**1 unit*

of meat, meat products: 100 g of lean pork or poultry, beef, veal (gross weight), 50 g of lean cold cuts, 40 g of medium-fat cold cuts

Good advice for everyday practice

- Eat lean meats prepared with small amount of fat regularly
- Look for lean cold cuts

– Fish, particularly sea fish, is an important item in healthy nutrition; one should eat fish – 1 unit* – at least once a week

**1 unit*

of fish: 150 g of fish

Good advice for everyday practice

- Eat sea fish regularly, at least once a week

Further recommendations in regard to healthy nutrition

5. Fats

– Excessive fat intake increases the risk of certain diseases. One should use less fat for dish preparation or spreading. As for foods or dishes rich in fat or cholesterol one should take them rarely or only in small quantities. Vegetable fats should be used instead of animal fats for preparing dishes or spreading.

Good advice for everyday practice

- Do not use (unnecessarily) fats when preparing your dishes, or for spreading, or use only very small amounts.
- Look for lean meats or meat products and low-fat milk or dairy products
- Foods, dishes, sweets that are rich in fats are to be avoided.
- Frying in fat is to be avoided
- Liver or liver products may be had once every 7 to 10 days, and not more than 3-4 eggs may be taken a week.

6. Salt and Salting

- Excessive salt/sodium intake increases the risk of certain diseases. One should reduce salt intake, particularly in children, as the taste habit developed in childhood will remain through the entire lifetime.

Good advice for everyday practice

- Do not use salt, or spice your meals only with very small amounts of – iodised – salt.
- Avoid foods that are rich in salt
- For seasoning use green and dry spice herbs that can partly compensate for the lack of salty taste.

7. Sugar

- Excessive sugar intake is a risk factor in certain diseases. Sugar or sweets and drinks rich in sugar should be consumed in moderation.

Good advice for everyday practice

- Avoid the frequent consumption of foods or drinks rich in added sugar.
- Satisfy your desire for sweets by eating fruits.
- To quench your thirst, drink water or mineral water instead of sugared drinks

8. Alcohol

- Regular drinking of alcohol could be a threat to your health in many ways. Those who drink alcoholic beverages, should do it moderately, those who do not drink alcohol yet, should not start it.

1 unit

200 ml of beer or 100-150 ml of wine, or 20-30 ml of spirits

Good advice for everyday practice

- **Those who drink alcoholic beverages should do it in moderation.**
- **“Moderately” means not more than 1 unit per day for women and not more than 2 units per day for men. It is wise to drink alcoholic beverages at the time of meals, because alcohol will be then absorbed more slowly.**

9. Healthy body mass

- **One should try to maintain and/or retrieve his/her healthy body mass/bodyweight***

**In what follows, we shall use the correct technical term of 'body mass' instead of the more popular term of 'bodyweight'.*

Good advice for everyday practice

- **Maintain your healthy body mass; when overweight or obesity has developed, seek professional advise and do your best to reduce your body mass by 5% and 15%, respectively**
- **Eat plenty of vegetables, prepared with no or small amounts of fats, and eat a lot of fruits.**
- **Eat less and carefully control your portions**
- **Increase your exercise and do it regularly, every day**
- **To prevent obesity, give a good example to your children in observing the principles of healthy nutrition.**
- **Although susceptibility to obesity is an important factor but with appropriate nutrition and lifestyle a healthy or near healthy body weight can be achieved.**

10. Exercise

- **One should exercise regularly, at least 1 hour of exercise a day is recommended for children and 30 minutes for adults.**

Good advice for everyday practice

1. Adults should exercise or do sport activities for at least 30 minutes, and children for at least 60 minutes a day.
2. It is never late for the middle-aged or the elderly either to change their lifestyles.
3. Regular physical activity should be a life-long programme for each individual.
4. If you decide to start leading a physically more active life, be careful to increase the intensity and duration of your exercise gradually.
5. If you have performed physical exercise before, you may gradually increase the duration, intensity and frequency of your exercises
6. Exercise should not be exerting, instead, it should be a source of pleasure rendering you the feeling of wellness
7. Encourage your children to lead a physically active life.
8. Choose exercise types that are agreeable for you, and give you joy
9. If you have health problems and want to do sports or physical exercise more intensively, please contact your practitioner.
10. Men over 40 and women over 50 - even if they are free from complaints - should contact their medical practitioner before starting more intensive exercises.

11. Food safety

- Foods must be protected against bacterial and chemical contaminations.

Good advice for everyday practice

- Buy your food from reliable sources only. Be careful with your shopping
- Prevent any contact between the raw materials and the ready-cooked food.
- Most foods can be rendered safe by appropriate frying, baking, cooking.
- Place in a cool place any perishable foods and dishes as soon as possible
- Wash your hands often
- Keep your kitchen clean
- Always keep in mind these food safety requirements, even when eating out, taking food from home to the workplace and/or in case of a family gathering or -pig-killing at home

12. Food labelling

- **Read the label carefully to learn about the ingredients and sometimes the energy and nutrient content of foods.**

13. Further good advice

Some pieces of general good advice for your daily routine

- **Eat 4-5 times a day, always at the same hours if possible**
- **Eat calmly, never eat when driving or at work**
- **Drink 6-8 glasses of water or mineral water a day**
- **Eat a variety of foods, include in your diet as many foods and dishes as possible**

Below are two examples to help you check the applicability of the given units in planning your diet

One-day diet (1700 kcal)

Diet	Cereals	Vegetable	Milk	Meat	Other
<u>Breakfast:</u> cocoa drink (200 ml) sliced ham (1.5 slice) cheese (1 thin slice) margarine (35%) wholemeal bread (2 thin slice) tomato (half)	1.9	0.5	1 0.5	0.5	***
<u>Mid-morning snack:</u> crescent roll (1) banana (1)	1	1			
<u>Lunch:</u> vegetable soup with semolina noodles grilled leg of chicken mashed potatoes beetroot salad	0.2	0.5 1.5 1	0.3	1	*** *** ***
<u>Afternoon snack:</u> corn flakes with milk and honey	1		0.7		***
<u>Evening meal:</u> egg(1) 'Óvári' cheese (1 thin slice) wholemeal bread (2 thin slices) green paprika (half) apple (1)	1.9	0.5 1	0.5	0.5	***
<u>Total:</u>	6	6	3	2	

<i>Cereals</i>			
bread	120 g	299 kcal	3.8 units
crescent roll	44 g	133 kcal	1 unit
semolina	10 g	35 kcal	0.2 units
<u>corn flakes</u>	<u>40 g</u>	<u>154 kcal</u>	<u>1 unit</u>
Total:		621 kcal	6 units
<i>Vegetables and fruits</i>			
tomato	50 g	12 kcal	0.5 units
banana	100 g	105 kcal	1 unit
potato	150 g	141 kcal	1.5 units
green paprika	50 g	10 kcal	0.5 units
apple	100 g	31 kcal	1 unit
carrot	30 g	12 kcal	0.25 units
beet-root	100 g	31 kcal	1 unit
<u>parsley</u>	<u>30 g</u>	<u>9 kcal</u>	<u>0.25 units</u>
Total:		351 kcal	6 units
<i>Dairy products</i>			
milk	400 ml	200 kcal	2 units
'Óvári' cheese	<u>40 g</u>	<u>120 kcal</u>	<u>1 unit</u>
Total:		320 kcal	3 units
<i>Meats</i>			
leg of chicken	70 g	95 kcal	1 units
eggs	1 egg	68 kcal	0,5 units
<u>sliced ham</u>	<u>25 g</u>	<u>39 kcal</u>	<u>0,5 units</u>
Total:		202 kcal	2 units
<u>Subtotal:</u>		<u>1494 kcal</u>	
<i>+ other</i>			
oil	10 g	93 kcal	
honey	10 g	41 kcal	
margarine 35%	20 g	65 kcal	
sugar	10 g	41 kcal	
<u>Grand total:</u>		<u>1734 kcal</u>	

One-day diet (2100 kcal)

Diet	Cereals	Vegetable	Milk	Meat	Other
<u>Breakfast:</u> milk (200 ml) milk bread (2 slices) jam margarine (35% fat)	2		1		*** ***
<u>Mid-morning snack:</u> processed cheese (1 cube/wedge) wholemeal bread (1 slice) green cucumber orange (1 big one)	1	0.5 1.5	1		
<u>Lunch:</u> lentil dish meat ball of pork and soy bread (1 slice) peach juice	1	2 1		1 0.5	*** ***
<u>Afternoon snack:</u> sliced ham (1.5 slice) bread (1 slice) tomato (half)	1	0.5		0.5	
<u>Evening meal:</u> noodles with cottage cheese pear (1 big)	2	1.5	1		***
<u>Total:</u>	7	7	3	2	

<i>Cereals</i>			
bread	120 g	299 kcal	3 units
milk bread	80 g	228 kcal	2 units
<u>dry pasta</u>	<u>80 g</u>	<u>314 kcal</u>	<u>2 units</u>
Total:		841 kcal	7 units
<i>Vegetables and fruits</i>			
lentils	80 g	274 kcal	2 units
green cucumber	50 g	6 kcal	0.5 units
tomato	50 g	11 kcal	0.5 units
orange	150 g	62 kcal	1.5 units
pear	150 g	78 kcal	1.5 units
<u>peach juice</u>	<u>200 ml</u>	<u>110 kcal</u>	<u>1 unit</u>
Total:		541 kcal	7 units
<i>Dairy products</i>			
cottage cheese	50 g	74 kcal	1 unit
milk	200 ml	100 kcal	1 unit
<u>processed cheese cubes</u>	<u>33 g</u>	<u>102 kcal</u>	<u>1 unit</u>
Total:		276 kcal	3 units
<i>Meats</i>			
lean pork	70 g	114 kcal	1 unit
soy granulate	15 g	68 kcal	0.5 units
<u>sliced ham</u>	<u>25 g</u>	<u>39 kcal</u>	<u>0.5 units</u>
Total:		221 kcal	2 units
<u>Subtotal:</u>		<u>1879 kcal</u>	
<i>+ other</i>			
oil	10 g	93 kcal	
sour cream 12%	60 ml	85 kcal	
margarine 35 %	10 g	32 kcal	
jam	10 g	25 kcal	
<u>Grand total:</u>		<u>2114 kcal</u>	