

POLAND'S FBDG STATUS, COMMUNICATION & EVALUATION

FAO/EUFIC WORKSHOP ON FOOD-BASED DIETARY GUIDELINES (18-20 May, 2009)

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➤ Eat at least five portions of cereal products every day. Starch contained in them supplies muscles with energy and dietary fibre will regulate functioning of intestines.

➤ Four portions of vegetables and three portions of fruits provide your organism with sufficient amounts of minerals, vitamins and dietary fibre also.

➤ Two glasses of milk a day provide adequate amount of calcium and a lot of protein also.

➤ One portion of fish, poultry, peas, beans or meat will provide remaining amount of needed protein.

➤ Vegetable oils and soft margarines are recommended.



1. Take care to eat variety of foods.
2. Beware of overweight and obesity, be physically active.
3. Cereal products should be for you the main source of calories.
4. Drink at least 2 large glasses of the low-fat milk. Milk could be substituted for yogurt, kefir and partly for cheese also.
5. Eat meat in moderation.
6. Eat a lot of vegetables and fruits every day.
7. Limit intake of fats, particularly of animal ones and all foods containing cholesterol.
8. Be moderate in intake of sugar and sweets.
9. Limit salt intake.
10. Avoid alcohol.

FOOD-BASED DIETARY GUIDELINES (FBDG) STATUS

FBDG were for the first time disseminated in 1989 in the form of 10 messages on healthy diet and included in the information letter addressed to physicians. They were developed at the National Food and Nutrition Institute, established in 1963 as a leading R&D centre in the field of human nutrition, supervised by the minister responsible for health. FBDG development was initially related to the National Cholesterol Prevention Programme initiated and carried out by the Institute aiming at reduction in high CHD levels through dietary improvement. Results from the monitoring of the food and nutrient availability pattern in Poland based on national food balance sheets data conducted by the Institute and showing unfavourable trends were used to formulate the messages. The 10 guidelines on healthy diet were followed in 1990 by a visual aid-healthy nutrition pyramid which was repeatedly presented in this year in Polish TV.

FBDG were addressed to general population. They were slightly revised in the course of the next years with regard to message on fats and alcohol. Further revisions and development of four healthy nutrition pyramids for different population groups are planned within *National Programme for the Prevention of Overweight, Obesity and Noncommunicable Diseases Through Diet and Improved Physical Activity 2007-2011*, coordinated and implemented by the National Food and Nutrition Institute.

FBDG IMPLEMENTATION AND COMMUNICATION

FBDG in the form of 10 messages and healthy nutrition pyramid were (and still are) communicated through many articles, leaflets, brochures and also in textbooks and scientific papers. FBDG were (and remain) widely used in the educational activities of the National Food and Nutrition Institute (courses for professionals from the field of food, nutrition and health) and utilized by the other institutions in their health promotion initiatives. They are presented on the website operated by the Institute's Centre for the Promotion of Healthy Nutrition and Physical Activity. Centre provides information and advice (through internet, telephone and mail) for the general public.

FBDG MONITORING AND EVALUATION

There is no direct FBDG monitoring and evaluation. Instead, the National Food and Nutrition Institute regularly monitors the food and nutrient availability pattern utilizing national food balance sheets and results of the household budget surveys. Results of the monitoring serve to identify the trends in the above pattern and their relation to FBDG.

Furthermore, the first national individual food consumption and anthropometric survey was carried out in 2000 providing data which would assist in the planned revision of the FBDG. The survey was carried out by the NFNI in collaboration with the Central Statistical Office within the project "Household Food Consumption and Anthropometric Survey" implemented under agreement with FAO.