

Chinese Dietary Guidelines

Chinese Dietary Guidelines 2016

Dietary Guidelines for the General Population

Supplementary Guidelines for Specific Populations

Feeding Guidelines for Infants

Dietary Guidelines for Vegetarians

Food Guide Plate & Food Guide Abacus



References & Further Reading

May 2016, 4th Edition of Chinese Dietary Guidelines (CDGs), revised by the Chinese Nutrition Society and issued by the National Health Commission

<http://en.cnsoc.org/youi/pdf/web/viewer.html?file=http%3a%2f%2fen.cnsoc.org%2fpdf1%2f221901202.html>

Guidelines: healthy eating patterns and food-based dietary recommendations

<https://apjcn.nhri.org.tw/server/APJCN/27/4/908.pdf>

FAO- Food-based dietary guidelines – China

<http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/China/en>

Tools:

Chinese Food Guide Pagoda (2016)

<http://en.cnsoc.org/dGuideline/611921203.html>

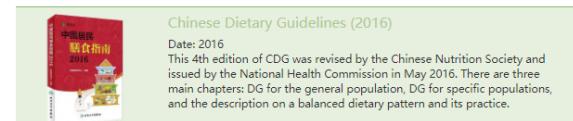
Chinese Food Guide Plate (2016)

<http://en.cnsoc.org/dGuideline/921901202.html>

Chinese Food Guide Abacus (2016)

<http://en.cnsoc.org/dGuideline/921901207.html>

Dietary Guidelines (DG)



Chinese Dietary Guidelines (2016)

Date: 2016
This 4th edition of CDG was revised by the Chinese Nutrition Society and issued by the National Health Commission in May 2016. There are three main chapters: DG for the general population, DG for specific populations, and the description on a balanced dietary pattern and its practice.



Chinese Dietary Guidelines 2016 (public version)

ISBN 978-7-117-22460-7
This version of DG provides practical knowledge and skills to teach the public on how to integrate the guidelines into their lives.



Chinese Dietary Guidelines 2016 (comic version)

Date: 2016
This book presents the six key recommendations of Chinese Dietary Guidelines in a comical form to help children and parents understand the guidelines better.



Chinese Food Guide Pagoda (2016)

The Chinese Food Guide Pagoda serves as a general visual representation of an ideal, balanced diet for an adult, illustrating both the amounts and varieties of foods that should be consumed in one day.



Chinese Food Guide Plate (2016)

A simplified version of the Chinese Food Guide Pagoda, the Plate has integrated the symbol of Tai-chi, which demonstrates food proportions in the balanced dietary pattern for a person in one meal.



Chinese Food Guide Abacus (2016)



New Chinese Dietary Guidelines: healthy eating patterns and food-based dietary recommendations

The CDGs (2016) is an official document published by the National Health Commission of China. Its content highlights the current status of public health and offers advice to address health concerns faced by the Chinese population.

Objectives

To be able to:

- **Recognise** that these guidelines are **underpinned by an evidence-base** and are **regularly revised** as this evidence-base develops (history of the CDGs)
- **Explain** the fundamental principles of dietary guidelines to **translate nutrient recommendations (NRVs) & research** into 'user friendly' guidelines
- **Describe** **the six principle guidelines**, as per the current Chinese Dietary Guidelines (CDGs) for Chinese Residents (2016)
- **Discuss** the **Dietary Guidelines for Specific Populations, Infant Feeding and Vegetarians.**
- **Use the CDG Tools** to assess and plan healthy food patterns and meal plans.

Dietary Guidelines for Chinese Residents

Publication History

- First published in 1989
- Revisions:
 - 1997
 - 2007
 - 2015
 - **Latest version released in May 2016**
- Regularly revised and currently under review with the 5th Edition expected to be published soon.

[China Nutrition Improvement Action Plan (1996-2000)]



Process

- Prepared and revised by the Chinese Nutrition Society (CNS) in collaboration with several stakeholders
- 2007 version was prepared by a Commission made up of CNS members and proclaimed by the Ministry of Health
- 2016 version is a revision of the 2007 version, issued by the National Health Commission

<http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/China/en>

Background

China Nutrition Improvement Action Plan (1996-2000)

- General goal to:
 - *'ensure food supply, implement appropriate intervention measures, reduce hunger and undernourishment, reduce the occurrence of protein-energy malnutrition, prevent, control and eliminate micronutrient deficiencies; optimize dietary patterns by correctly guiding food consumption , promote a healthy lifestyle, comprehensively improve the health of residents, and prevent nutrition-related chronic diseases.'*
- The formulation and implementation of dietary guidelines (CDGs) are specific measures to implement the nutrition improvement action plan.

Fundamental Principles (of Dietary Guidelines)

The Chinese Dietary Guidelines (CDGs) are:

- based on **scientific evidence** which is translated into practical food and lifestyle patterns
- developed around **nutrition problems, food supplies, eating habits** and **cultural beliefs** of the Chinese population
- provide advice on dietary patterns that link nutrient recommendations to food intakes and ensure overall dietary quality for health.
 - **Prevent nutrient deficiencies** and **reduce risk** of developing **chronic disease**.
 - offer practical suggestions for making food choices and lifestyle patterns to residents that will **support and optimise** good health
 - provide the basis for policy and education decisions.

Dietary Reference Intakes for Chinese (2013)

Dietary guidelines translate DRIs into dietary and lifestyle patterns

Purpose of DRIs:

- define the amount of nutrients that need to be consumed to best support health:
 - prevent nutrient deficiency
 - support optimal health and
 - decrease risk of non-communicable disease (diet-related chronic diseases)
- Apply to healthy people

Dietary Reference Intakes for Chinese (2013)

- Nutrient and non-nutrient recommendations for the Chinese population
- Based on the **best available evidence at the time**, and evolve as new evidence becomes available.
- Total of 44 nutrients
- 8 reference values including a reference value for non-nutrient components:
 - **EER, EAR, RNI, AI, UL, AMDRs, PI-NCDs, SPLs**

- **Past editions:**
 - Minimal nutritional requirements 1938
 - Recommended Dietary Intakes Table 1952
 - Chinese Recommended Dietary Allowances:
 - 1956, 1962, 1981, 1990
 - Chinese Dietary Reference Intakes (DRIs) 2000

<http://en.cnsoc.org/yqui/pdf/web/viewer.html?file=http%3a%2f%2fen.cnsoc.org%2fpdfLI%2f921901205.html>

About the Chinese Dietary Guidelines for Residents (2016)

- Provide information on the types and amounts of foods, and dietary patterns that aim to promote health and wellbeing and reduce the risk of diet-related chronic disease.
- Apply to all healthy Chinese people over 2 years and include recommendations for specific population groups
- Comprised of four (4) main chapters:
 1. Dietary Guidelines for the General Population (6 core recommendations)
 2. Supplementary Guidelines for Specific Populations:
Pregnant and lactating women / Pre-schoolers /Children and Adolescents /the Elderly
 3. Feeding Guidelines for Infants (0-24 months)
 4. Dietary Guidelines for Vegetarians

1. Dietary Guidelines for the General Population

Six core recommendations:

- 1.1 Eat a variety of foods, with cereals as the staple
- 1.2 Balance eating and exercise to maintain a healthy body weight
- 1.3 Eat plenty of vegetables, fruits, dairy, and soybeans
- 1.4 Enjoy fish, poultry, eggs and lean meats
- 1.5 Reduce salt, cooking oil, and limit sugars and alcohol
- 1.6 Develop healthy eating habits, avoid food waste

1. Dietary Guidelines for the General Population

Six core recommendations:

1.1 Eat a variety of foods, cereal based

- Everyday diet should comprise of different food groups
 - Cereals and tubers; fruits and vegetables; meat, poultry, dairy, soybeans, legumes and nuts
- 12 different types of food daily, at least 25 different food weekly
- 250-400g cereals, tubers and legumes
 - wholegrains and legumes: 50-150g
 - tubers: 50-100g
- At least 50% of energy from carbohydrate

1. Dietary Guidelines for the General Population

Six core recommendations:

1.1 Eat a variety of foods, cereal based

1.2 Be active to maintain a healthy body weight

- Achieve energy balance: energy in = energy out
- People of all ages should be physically active each day to maintain energy balance
- Recommended to perform a moderate level of physical activity at least 5 days per week (minimum of 150 minutes)
- Additionally daily activities of at least 6000 walking steps
- Avoid being sedentary for more than 1 hour at a time

1. Dietary Guidelines for the General Population

Six core recommendations:

1.1 Eat a variety of foods, cereal based

1.2 Be active to maintain a healthy body weight

1.3 Eat plenty of vegetables, fruits, milk, and soybeans

- Fruits and vegetables are a major source of micronutrients, dietary fibre and phytochemicals
- Dairy is an excellent source of calcium, high quality protein and B vitamins
- Soybeans are an excellent source of good quality protein, B vitamins, low in calcium – except for calcium fortified varieties of soya milk
 - 300-500g vegetables daily, with half dark coloured varieties in every meal
 - 200-350g fruit daily (excluding fruit juice)
 - 300g liquid milk daily or equivalent from a wide variety of dairy products
 - 25g of soybeans or nuts daily

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- 1.2 Be active to maintain a healthy body weight
- 1.3 Eat plenty of vegetables, fruits, dairy, and soybeans

1.4 Enjoy fish, poultry, eggs and lean meats

- Source of high quality protein, iron, zinc, iodine vitamin A, some vitamin Bs
- Meat and poultry can be high in saturated fats, choose lean varieties and remove visible fat
- Fish: good source of long chain omega-3 fats
- Avoid/limit: smoked and cured varieties of meat
- Weekly recommendations: fish 280-525g; poultry and meat 280-525g; eggs 280-350g
- Total combined daily intake: 120-200g per day

1. Dietary Guidelines for the General Population

Six core recommendations:

- 1.1 Eat a variety of foods, cereal based
- 1.2 Be active to maintain a healthy body weight
- 1.3 Eat plenty of vegetables, fruits, dairy, and soybeans
- 1.4 Enjoy fish, poultry, eggs and lean meats

1.5 Limit table salt, cooking oil, added sugars and alcohol

- Consume less salt and fewer fried foods
- Over-consumption of these is associated with increase risk of diet-related chronic diseases
- Recommendations:
 - salt less than 6 g/day; cooking oil less than 25-30g/day
 - Added sugar no more than 10% of energy intake, better if less than 5%
 - Alcohol, no more than 25g for men and 15g for women each day
 - Drink water – plain boiled water

1. Dietary Guidelines for the General Population

Six core recommendations:

- 1.1 Eat a variety of foods, cereal based
- 1.2 Be active to maintain a healthy body weight
- 1.3 Eat plenty of vegetables, fruits, dairy, and soybeans
- 1.4 Enjoy fish, poultry, eggs and lean meats
- 1.5 Limit table salt, cooking oil, added sugars and alcohol

1.6 Develop healthy eating habits, avoid food waste

- Food waste in the food supply chain should be avoided
- Everyone should play their part (harvest to consumption)
- Read food labels to make healthy choices
- Use healthy cooking methods to ensure food safety
- Develop healthy eating culture and behaviour

2. Supplementary Guidelines for Specific Populations

Women who are trying to get pregnant

- Adjust pre-pregnancy weight to a normal body weight
- Use iodised table salt, frequently consume iron rich foods
- Take folic acid supplement prior to pregnancy and first 3 months
- Refrain from smoking and drinking
- Maintain a healthy lifestyle

Pregnant women

- Continue with folic acid supplement (up to 13 weeks gestation)
- Use iodised table salt, regularly consume iron rich foods
- Appropriately increase intake of milk, fish, poultry and lean meats during 2nd and 3rd trimesters
- Moderate physical activity
- Maintain an appropriate weight gain
- Refrain from smoking and drinking
- Maintain a good mood and be prepared to breast feed

2. Supplementary Guidelines for Specific Populations

Lactating Women

- Adjust pre-pregnancy weight to a normal body weight
- Use iodised table salt, frequently consume iron rich foods
- Take folic acid supplement prior to pregnancy and first 3 months
- Refrain from smoking and drinking
- Maintain a healthy lifestyle

Pre-schoolers (2-5 years)

- Establish good eating habits, eat only on fixed mealtimes, encourage self-feeding and discourage picky eating
- Drink milk daily and have adequate amounts of water; choose healthy snacks
- Foods should be properly prepared, as well as low in salt and frying
- Encourage children to help prepare and cook foods
- Encourage outdoor activities

2. Supplementary Guidelines for Specific Populations

Children and adolescents (6-17 years)

- Understand different foods, learn how to prepare meals, and improve nutritional knowledge
- Have three meals at fixed meal-times and establish healthy eating habits
- Choose healthy snacks, drink adequate quantities of water, and avoid beverages with added sugar
- Encourage a balanced diet, avoid picky eating and overeating, and maintain a healthy rate of weight gain
- Encourage outdoor activities for at least 60 min daily

The elderly (65 years and older)

- Eat small but frequent meal portions daily and consume softer foods to prevent nutritional deficiency.
- Stay hydrated by drinking adequate amounts of water, engage in outdoor activities.
- Delay sarcopenia by maintaining a suitable body weight.
- Ensure adequate food intake, having meals with others is encouraged.

3. Infant Feeding Guidelines | 4. DGs for Vegetarians

- Guidelines for 0-6 months of age regarding
 - Exclusive breast feeding for first 6 months of age
 - Infant formula
 - Vitamin K & D supplementation
 - Monitoring growth
- Guidelines for 7 to 24 months regarding
 - Introduction of solid foods
 - Continuing with breast feeding
 - Establishing healthy eating habits
- Eat a variety of cereal-based foods
- Increase intake of soybeans and soy products to 50–80 g daily; choose fermented soy products
- Eat nuts, seaweed, and fungi regularly
- Eat plenty of fruits and vegetables
- Choose healthy cooking oils

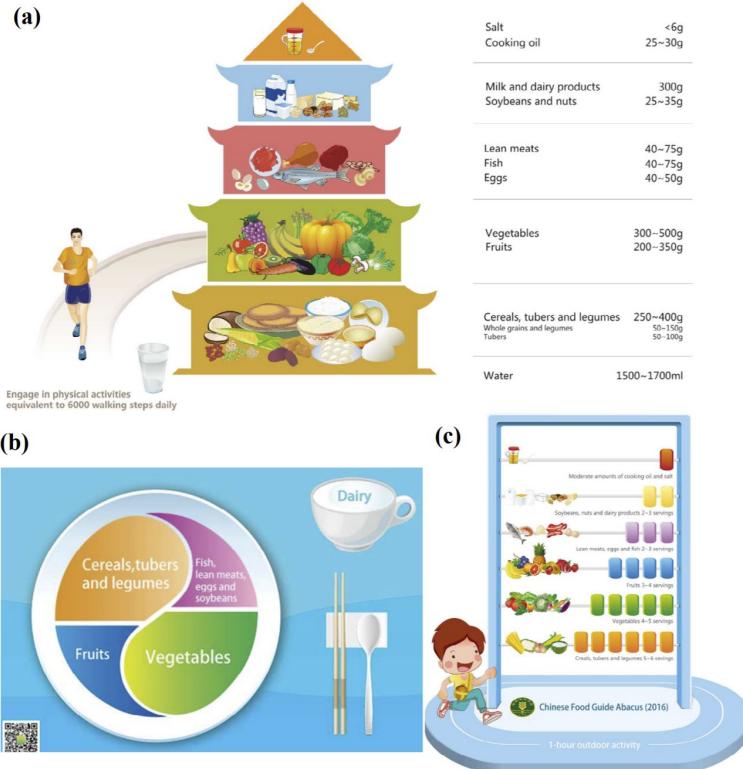
Pictorial Food Guides

The Chinese Food Guides:

- a) **Pagoda (CFG-Pagoda),**
- b) **Food Guide Plate (CFG-Plate)**
- c) **Food Guide Abacus (CFG-Abacus)**

Pictorial food models designed to help illustrate both the variety and proportions of foods necessary for a healthy diet.

The CFG-Plate and CFG-Abacus were new figures introduced in the CDGs (2016). They were designed to be supplemental figures to the CFG-Pagoda



Quantity of recommended food

Food Types	Recommended intake (g)
Cereals, tubers and legumes	250-400
Wholegrains and legumes	50-150
Tubers	50-100
Fruits	200-350
Vegetables	300-500
Lean meats	40-75
Fish	40-75
Eggs	40-50
Soybeans and nuts	25-35
Milk and dairy products	300
Cooking oil	25-30
Salt	< 6
Water	1500-1700 ml

Quantities from the Chinese Dietary Guidelines (2016)

Summary

- Dietary guidelines in many countries are evolving from a primary focus on providing adequate intake of nutrients in order to prevent nutritional deficiencies to also having a strong focus on reducing the prevalence of diet-related chronic diseases.
- Dietary guidelines are developed to provide individuals and populations with practical advice to help them translate their nutrient needs into foods and healthy dietary food patterns which support optimal health and well-being.
- A dietary pattern is defined as the quantity, variety, or combination of different foods and beverage in a diet and the frequency with which they are habitually consumed.

Compare with the Australian Dietary Guidelines (2013)

EAT for health

DIETARY GUIDELINES FOR ALL AUSTRALIANS

Australian Guide to Healthy Eating

1 To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs

2 Enjoy a wide variety of nutritious foods from the Five Food Groups every day and drink plenty of water

3 Limit intake of foods containing saturated fat, added salt, added sugars and alcohol

4 Encourage, support and promote breastfeeding

5 Care for your food; prepare and store it safely

For more information visit: www.eatforhealth.gov.au

Australian Government
National Health and Medical Research Council
Department of Health and Ageing

GUIDELINE 1

To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs.

- Children and adolescents should eat sufficient nutritious foods to grow and develop normally. They should be physically active every day and their growth should be checked regularly.
- Older people should eat nutritious foods and keep physically active to help maintain muscle strength and a healthy weight.

GUIDELINE 2

Enjoy a wide variety of nutritious foods from these five food groups every day:

- Plenty of vegetables of different types and colours, and legumes/beans
- Fruit
- Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat

And drink plenty of water.

GUIDELINE 3

Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.

- a. Limit intake of foods high in saturated fat such as many biscuits, cakes, pastries, pies, processed meats, commercial burgers, pizza, fried foods, potato chips, crisps and other savoury snacks.
 - Replace high fat foods which contain predominately saturated fats such as butter, cream, cooking margarine, coconut and palm oil with foods which contain predominately polyunsaturated and monounsaturated fats such as oils, spreads, nut butters/pastes and avocado.
 - Low fat diets are not suitable for children under the age of 2 years.
- b. Limit intake of foods and drinks containing added salt
 - Read labels to choose lower sodium options among similar foods.
 - Do not add salt to foods in cooking or at the table.
- c. Limit intake of foods and drinks containing added sugars such as confectionary, sugar-sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks.
- d. If you choose to drink alcohol, limit intake. For women who are pregnant, planning a pregnancy or breastfeeding, not drinking alcohol is the safest option.

GUIDELINE 4

Encourage, support and promote breastfeeding.

GUIDELINE 5

Care for your food; prepare and store it safely.

[Australian Dietary Guidelines - Summary \(PDF, 3MB\)](http://www.eatforhealth.gov.au)

www.eatforhealth.com.au