

FOOD-BASED DIETARY GUIDELINES AROUND THE WORLD: A SNAPSHOT

Globally, 100 countries have publicly available food-based dietary guidelines. Most countries in Asia and the Pacific, Europe, North America, Latin America and the Caribbean have national dietary guidelines. Food-based dietary guidelines have also been developed in a few countries in Africa and the Near East.

The World Health Organization has established the global standard recommendation of consuming 400 grams of fruits and vegetables per day. Many countries follow this recommendation. However, there are also great variations based on culture, resources available, specific dietary and public health challenges, and more. One thing that is consistent in every country is the inclusion of daily intake of fruits and vegetables.

Fruit and vegetable recommendation for all countries with dietary guidelines can be categorized as follows:

1. Specific Amounts (51 countries)

Many countries recommend consuming at least 400 grams, 300–600 grams, or 5–10 servings of fruits and vegetables per day.

2. Eat Plenty (32 countries)

Guidelines often recommend eating multiple portions, plenty, more, or incorporating into every meal.

3. Variety and Color (31 countries)

Emphasis is placed on consuming a variety of fruits and vegetables of different colors.

4. Local and Seasonal (14 countries)

Consumption of locally grown and seasonal fruits and vegetables is highlighted.

5. Half your plate (10 countries)

Some guidelines recommend filling half your plate with fruits and vegetables at each meal.

6. Fresh (10 countries)

Emphasis is placed on consuming fresh fruits and vegetables.

7. Eat Every Day (7 countries)

1. Specific Amounts

% of Diet	# of Servings		
Ghana (30.7% of diet)	Argentina (5)	Latvia (5)	Sri Lanka (5)
	Bangladesh (4-7)	Lebanon (4-5)	Switzerland (5)
Grams	Bolivia (4-10)	Malaysia (5)	Thailand (7-11)
Albania (400 g)	Bosnia & Herzegovina (5)	Mongolia (5)	Türkiye (5)
Belgium (550 g)	Costa Rica (5)	Norway (5)	United Kingdom (5)
Bulgaria (400 g)	Croatia (5)	Oman (5-9)	United States (varies)
China (500-850 g)	Cyprus (5)	Philippines (5-6)	
Ethiopia (100-200 g)	Dominican Republic (5)	Portugal (6-10)	# of Servings, only fruit specified
Finland (500 g)	El Salvador (5)	Republic of Korea (7-8)	Australia (2)
Georgia (400 g)	France (5)	Romania (4-8)	Austria (2)
Iceland (500 g)	Germany (5)	Saint Kitts & Nevis (7-16)	Gabon (2)
North Macedonia (>400 g)	Honduras (5)	Saint Lucia (5-7)	Iran (3)
	Indonesia (5-7)	Saudi Arabia (5-9)	Paraguay (3)
	Japan (7-8)	Seychelles (5)	Zambia (2)
		Spain (5-6)	

2. Eat Plenty

Australia	Dominica	Mexico	Sierra Leone
Belize	Estonia	Nepal	Slovenia
Benin	Fiji	Netherlands	South Africa
Cambodia	Gabon	New Zealand	Spain
Canada	Guyana	Nigeria	Zambia
Chile	India	Panama	
Colombia	Iran	Paraguay	
Cuba	Italy	Peru	
Denmark	Kenya	Philippines	

3. Variety and Color

Afghanistan	Costa Rica	Guatemala	Poland
Antigua and Barbuda	Dominican Republic	Guyana	Republic of Moldova
Argentina	Estonia	Iceland	Slovenia
Australia	Ethiopia	Jamaica	Switzerland
Bahamas	Gabon	Japan	United Kingdom
Barbados	Georgia	Kenya	United States
Belize	Ghana	Norway	Zambia
Chile	Greece	Panama	

4. Local and Seasonal

Albania	Gabon	Latvia	Spain
Belize	Georgia	Mexico	Switzerland
Brazil	Germany	Republic of Moldova	
Fiji	Japan	Slovenia	

5. Half your plate

Canada	Malta	Saint Vincent & the Grenadines	United States
Ecuador	Poland	Spain	Uruguay
Hungary	Republic of Moldova		

6. Fresh

Albania	Gabon	Mexico	Spain
Colombia	Georgia	North Macedonia	
Cuba	Latvia	Slovenia	

7. Eat fruits and vegetables every day

Israel	Qatar	Viet Nam	United States
Namibia	Venezuela	United Arab Emirates	

Fruit & Vegetable Recommendations for Countries with Publicly Available Dietary Guidelines

Afghanistan

Eat different types of fruit and vegetables daily.

Albania

Take various kinds of vegetables and fruits many times per day (at least 400 g/day) possibly fresh and locally produced.

Antigua and Barbuda

Include a variety of vegetables in your daily meals. Choose to eat a variety of fruits daily.

Argentina

Consume 5 portions of fruits and vegetables, varied in color and type, every day.

Australia

The Australian Dietary Guidelines suggest consuming a variety of vegetables from different groups and colors, and two servings of fruit per day.

Austria

Recommends 2 portions of fruit daily.

Bahamas

Choose a variety of fruits and vegetables every day.

Bangladesh

Fruit: 1–3 servings daily. Vegetables: 3–6 servings daily.

Barbados

Enjoy a variety of vegetables every day. Enjoy a variety of fruits every day.

Belgium

250g of fruit and at least 300g of vegetables per day.

Belize

Eat more of different types of local fruits daily. Eat more vegetables daily. Choose different types.

Benin

Eat plenty of vegetables each day, either separately or as part of a sauce. Eat fruits every day.

Bolivia (Plurinational State of)

Eat 2–6 servings of vegetables daily. Eat 2–4 servings of fruit daily.

Bosnia and Herzegovina

Eat five or more portions of fruit and vegetables a day.

Brazil

Advises eating vegetables and fruits that are locally grown in season and, whenever possible, buying organic and agro-ecological based foods.

Bulgaria

Eat a variety of vegetables and fruits more than 400 grams every day, preferably raw.

Cambodia

The guidelines are aimed at school-aged children from 6 to 17 years. Eat plenty of fruits and vegetables regularly.

Canada

Recommends eating plenty of vegetables and fruits, aiming for half of your plate to be fruits and vegetables.

Chile

Add color and flavor to your day by choosing fruits and vegetables in everything you eat.

China

Recommends 200–350 grams of fruit and 300–500 grams of vegetables daily.

Colombia

To improve your digestion and prevent heart disease, include whole fruits and fresh vegetables in each of your meals.

Costa Rica

Eat at least five servings of fruits and vegetables of different colours every day.

Croatia

Eat five or more servings of fruits and vegetables a day.

Cuba

Eat vegetables every day; fill yourself up with life. Eat fresh fruits and your vitality will increase.

Cyprus

Increase your consumption of fruits and vegetables. Eat five portions of fruits and vegetables a day.

Denmark

Eat more vegetables and fruit.

Dominica

Eat more vegetables and fruits every day.

Dominican Republic

Eat five fruits and vegetables of different colours and flavours every day to fill you with health and vitality.

Ecuador

Half Plate. To improve digestion, let's eat fresh vegetables or fruits in all meals.

El Salvador

Eat at least three servings of vegetables and two servings of fruit every day.

Estonia

Increase the consumption of vegetables, including legumes. Vary the consumption of fruits and berries.

Ethiopia

Every day, eat 80–120 grams of legumes such as beans, chickpeas, peas, or lentils. Eat 100–200 grams of various fruits and vegetables of different colours every day, such as bananas, papayas, kale, carrots, and tomatoes.

Fiji

Recommends eating more local fruits and vegetables.

Finland

Recommends 500 grams of fruits and vegetables daily, approximately 5–6 portions.

France

Recommends increasing the consumption of fruits and vegetables, regardless of their forms to achieve at least 5 servings of fruits and vegetables per day.

Gabon

Consume fresh seasonal vegetables (raw and cooked) of different colors daily. Consume two seasonal fruits a day.

Georgia

Eat a variety of fruits and vegetables (minimum 400 g daily), preferably fresh and of local origin.

Germany

Enjoy at least five portions of fruit and vegetables daily, preferably during their harvest season.

Ghana

Fruits should be 15.3% of the weight of your daily food intake. Vegetables should be 15.4% of the weight of your daily food intake. Eat a variety of fruits every day. Eat a variety of vegetables every day.

Greece

Consume a variety of fruit and vegetables every day.

Grenada

Eat fresh vegetables and fruit every day. Grow what you eat and eat what you grow.

Guatemala

Eat a variety of vegetables and fruits every day, because they contain many vitamins.

Guyana

Eat more greens and other coloured vegetables daily. Eat different kinds of fruits daily.

Honduras

Eat fruits and vegetables every day because they have vitamins that prevent disease.

Hungary

Consume fruits and vegetables daily. Half of what you eat should be fruits and vegetables.

Iceland

Advises 500 grams daily, with at least half being vegetables. Recommends varying between different types of vegetables and fruits. Recommends eating vegetables and fruit with every meal and also in between meals.

India

Eat plenty of vegetables and fruits.

Indonesia

3–4 servings of vegetables daily. 2–3 servings of fruit daily.

Iran

Eat raw and cooked vegetables every day at main meals and snacks. Eat fruit 3 times every day.

Ireland

Eat more fruit and vegetables, at least 5 to 7 servings a day.

Israel

Choose different foods from each of the five major food groups every day. Choose fibre-containing foods such as whole grains, legumes, fruits and vegetables.

Italy

Eat more fruits and vegetables.

Jamaica

Eat a variety of fruits daily. Eat a variety of vegetables daily.

Japan

Recommend a balanced diet that includes a variety of vegetables and fruits, emphasizing seasonal produce. 5–6 servings of vegetables, 2 servings of fruit.

Kenya

Eat plenty of green leafy vegetables, red and yellow vegetables and fruits every day; and include a variety of other vegetables and fruit.

Latvia

Eat at least 5 servings of vegetables, fruits and berries every day. Try to choose local and fresh products.

Lebanon

2 servings of fruit, 2–3 servings of vegetables every day.

Malaysia

Vegetables: 3 servings a day/eat plenty. Fruit: 2 servings a day/eat plenty.

Malta

Half plate fruits and vegetables.

Mexico

Include vegetables and fresh fruits in each meal.
Choose them with peel and in season.

Mongolia

Consume three or more servings of vegetables and at least two servings of fruit per day.

Namibia

Eat vegetables and fruit every day.

Nepal

Eat plenty of vegetables and fruits, especially green leafy vegetable and fruits.

Netherlands

Eat lots of fruit and vegetables.

New Zealand

Eat plenty of vegetables and fruits.

Nigeria

The diet should contain as wide a variety of foods as possible, e.g. cereals, legumes, roots/tubers, fruits, vegetables, fish, lean meat, local cheese (wara). Liberal consumption of whatever fruit is in season is encouraged.

North Macedonia

Eat more than 400 g of various fruits and vegetables every day. Eat some of them raw.

Norway

Minimum of 5 servings of fruits, vegetables, and berries per day, with half being vegetables. Vary between different types of vegetables and fruits.

Oman

Consume 3–5 servings of vegetables daily.
Consume 2–4 servings of fruits daily.

Panama

Suggests increasing daily intake of fresh fruits and vegetables of different colors.

Paraguay

To be healthy, eat raw and cooked vegetables at lunch and dinner every day. Eat three seasonal fruits daily because they have vitamins and fiber.

Peru

Add colour and health to your life, eat fruits and vegetables every day.

Philippines

Eat more vegetables and fruits every day to get the essential vitamins, minerals and fibre for regulation of body processes. 3 servings of vegetables and 2–3 servings of fruits.

Poland

Half plate fruits and vegetables. Eat various, colorful vegetables and fruits – more vegetables than fruits.

Portugal

Advises 3–5 servings of fruit and 3–5 servings of vegetables per day.

Qatar

Eat healthy choices from the 6 food groups daily.

Republic of Korea

More than 2 servings of vegetables with every meal.
1–2 servings of fruit per day.

Republic of Moldova

Half of meals should consist of fruits and vegetables. Take various kinds of vegetables and fruits many times per day possibly fresh and locally produced.

Romania

Recommends 2–4 servings of fruit and 2–4 servings of vegetables per day.

Saint Kitts and Nevis

Fruits: 5–11 portions (e.g., ½ grapefruit or 1 small orange). Vegetables: 2–5 portions of calorie-containing vegetables, with low-calorie vegetables consumed as desired.

Saint Lucia

Recommends 5–7 servings of vegetables, salad, and fruit per day.

Saint Vincent and the Grenadines

Half your plate should be fruits and vegetables.
Include local fruits and vegetables in every meal.

Saudi Arabia

Fruit 2-4 servings per day. Vegetables 3-5 servings per day.

Seychelles

Consume at least 5 portions of fruit and vegetables every day.

Sierra Leone

Eat plenty of fruits, vegetables especially green leaves at every meal.

Slovenia

Eat a variety of vegetables and fruits, preferably fresh and local, several times per day.

South Africa

Eat plenty of vegetables and fruit every day.

Spain

Half Plate graphic. Vegetables: At least 3 servings or 150-200g per day. Buy them fresh and local.
Fruits: At least 2-3 servings or 120-200g per day.
Remember, even if they have aesthetic defects, they are just as good. Eat them!

Sri Lanka

Eat at least two vegetables, one green leafy vegetable and two fruits daily.

Sweden

More vegetables and fruit – Eat lots of fruit, vegetables and berries! Ideally, choose high fibre vegs such as root vegetables, cabbage, cauliflower, broccoli, beans and onions.

Switzerland

Suggests 5 portions daily, including 3 portions of vegetables and 2 portions of fruit. Suggests consuming seasonal vegetables in different colors.

Thailand

4-6 servings of vegetables. 3-5 servings of fruit.

Türkiye

Five or more servings of fruit and vegetable should be consumed daily.

United Arab Emirates

Eat fruits and vegetables daily.

United Kingdom

Recommends at least 5 portions of a variety of fruits and vegetables every day.

United States

Recommends making half your plate fruits and vegetables at each meal.

Uruguay

Half Plate graphic. Incorporate vegetables and fruits in all your meals.

Venezuela

Eat fruits and vegetables every day.

Viet Nam

Eat vegetables and fruits every day.

Zambia

Eat plenty of different coloured vegetables every day to provide vitamins, minerals and fibre to prevent diseases. Eat two different coloured fruits every day to provide vitamins and minerals to prevent diseases.

Source: Food and Agricultural Organization of the United Nations.

<https://www.fao.org/home/en/>