

# 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** (33 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** (9 countries)

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

### **6. Fresh** (11 countries)

Emphasis is placed on consuming fresh fruits and vegetables.

### **7. Eat Every Day** (6 countries)

No specific recommendations are provided other than eat fruits and vegetables every day.

## 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)
<b>Grams</b>	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 (5)
China (500-850 g)	Cyprus (5)	Philippines (5-6)	
Ethiopia (100-200 g)	Dominican Republic (5)	Portugal (6-10)	
Finland (500 g)	El Salvador (5)	Republic of Korea (7-8)	
Georgia (400 g)	France (5)	Romania (4-8)	
Iceland (500 g)	Germany (5)	Saint Kitts & Nevis (7-16)	
North Macedonia (>400 g)	Honduras (5)	Saint Lucia (5-7)	
	Indonesia (5-7)	Saudi Arabia (5-9)	
	Japan (7-8)	Seychelles (5)	
		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	United States
Chile	India	Panama	Zambia
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	Uruguay
Ecuador	Poland		
Hungary	Republic of Moldova	Spain	

#### 6. Fresh

Albania	Gabon	Mexico	Spain
Colombia	Georgia	North Macedonia	United States
Cuba	Latvia	Slovenia	

#### 7. Eat fruits and vegetables every day

Israel	Qatar	Viet Nam	
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.,  $\frac{1}{2}$  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 veggies 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**

Eat a wide variety of whole, colorful, nutrient-dense vegetables and fruits in their original form, prioritizing freshness and minimal processing. Vegetables 3 servings per day, fruits 2 servings per day.

### **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/>