Be Physically Active

- Adults should moderate intensity exercise or physical activity at least 5 days per week (or at least 10 minutes) and vigorous intensity exercise or physical activity at least 2 days per week (or at least 20 minutes). Children and youth should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily. Begin slowly, and gradually build activity time.
- Participate in activities that strengthen your muscles and bones 2 or more times each week.
- If you have any medical conditions, consult your doctor before beginning any physical activity.
- For greater health benefits, increase the amount or intensity of both aerobic and strengthening activities.
- Spend less time sitting (e.g., television and computer time). Instead, walk with your family, do housework or prepare healthy foods.
- When spending time outside, expose your skin to the sun for limited periods to increase Vitamin D production.

Eat Healthy while Protecting the Environment

- Emphasize a plant-based diet, including vegetables, fruit, whole grain cereal, legumes, nuts and seeds.
- Reduce leftovers and waste.
- When available, consume foods produced locally and regionally.
- Choose fresh, homemade foods over highly processed foods and fast foods.
- Eat locally grown food from food preparation.
- Follow the recommendations of the Qatar Dietary Guidelines.

Take Care of Your Family

- Keep your hands, equipment and food preparation area clean.
- Separate raw and cooked food. Use separate equipment (e.g. knives, cutting boards) for handling raw foods.
- Cook food thoroughly.
- Keep food at safe temperatures. Do not store cooked food at room temperature for more than 2 hours. Keep foods that are not heated at room temperature stored in the refrigerator.
- Use safe food.

Qatar Dietary Guidelines

- Breastfeed your baby exclusively for the first six months of their life, and continue until your child is two years old.
- Build and Model Healthy Patterns for Your Family.
- Keep regular hours for meals.
- Eat at least one meal together daily with family.
- Be a role model for your children when it comes to healthy eating and physical activity.
Eat a Variety of Healthy Choices from the 6 Food Groups

**Vegetables**
- Aim for 2.5 servings of a variety of vegetables every day.
- Eat vegetables with most meals, including snacks.
- Choose vegetables prepared with little or no added fat or salt.

**Green leafy vegetables**
- 1 serving = 1 cup

**Cooked vegetables**
- 1 serving = 1 cup

**Fresh, frozen and canned vegetables**
- 1 serving = 1 cup

**Milk, Dairy Products & Alternatives**
- Maintain a daily consumption of skimmed or low fat milk and dairy products.
- Choose vitamin D fortified milk.
- Choose unsweetened milks, cheeses and yogurt more often.
- If you do not drink milk or eat dairy products, choose other calcium and vitamin D rich foods (e.g. fortified soy drinks, almonds, dark green vegetables).

**Fish, Poultry, Meat & Alternatives**
- Eat a variety of fish at least twice a week.
- Choose chicken, turkey and lean cuts of meat.
- Avoid processed meats (e.g. sausage, luncheon meats).
- Choose legumes, nuts and seeds as alternative protein sources.
- Choose unsalted nuts and seeds as part of a healthy snack.

**Cereals & Starchy Vegetables**
- Substitute refined grains (e.g. white bread) with whole grain breads and cereals.
- Choose grains prepared with little or no added fat, sugar or salt.
- Read labels to choose foods with high fiber and nutrient content and to avoid hydrogenated or trans fats.

**Limit Sugar, Salt and Fat**
- Eat less fat foods and processed foods.
- Limit sweetened foods. Avoid sweetened beverages such as carbonated, energy and fruit drinks.
- Reduce intake of table salt and salty foods.
- Avoid saturated fat and hydrogenated or trans fats (e.g. gluten, partially hydrogenated vegetable oil and hard fats) with trans fats (e.g. french fries, commercial baked wheat).
- Use healthy vegetable oils such as olive, canola and palm kernel in moderation.
- Explore healthy ways to prepare traditional foods.
- Read nutrition labels to choose foods low in sugar, salt, fat and high in nutrients.
- Eat homemade food more often.

**Drink Plenty of Water**
- Choose water more often than other types of beverages.
- Drink more water in hot weather and when active.

**For a Healthy Weight**
- Follow the Gulf Dietary Guidelines.
- Be a Batterman.
- Eat breakfast daily.
- Keep moderate portion sizes.
- Prepare your foods with less oil and fat.
- Eat more high fiber foods.
- Avoid the intake of sodium dense snacks and beverages.
- Weight loss using healthy eating and regular physical activity can be maintained over time.
- In periods of fasting, continue your healthy eating habits.
- Be physically active.
- For more significant weight loss, perform more than 150 minutes per week (e.g. 30 minutes or more per day, 5 days per week).
- Spend less time sitting (e.g. television and computer time).

For more information, see Gulf Dietary Guidelines, comprehensive guide.