

Comparing food consumption pattern data to dietary guidelines

FROM THE ARTICLE «MORE SUSTAINABLE EATING HABITS IN THE COUNTRYSIDE»

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Link to article:

<https://www.ssb.no/en/inntekt-og-forbruk/artikler-og-publikasjoner/more-sustainable-eating-habits-in-the-countryside>

Analysis based on the 2014/15 Sudan Household Budget and Poverty Survey

- 11,953 households were visited three times in the course of a year.
- Almost 200 food items covered
- The survey is representative of each of the 18 states in Sudan.

Food-Based Dietary Guidelines for South Africa:

The proportional size of the food group circles symbolically reflect the proportional volume that the group should contribute to the total daily diet.



Figure 1: The South African food guide
(Department of Health, Directorate Nutrition)

EAT-recommendations:















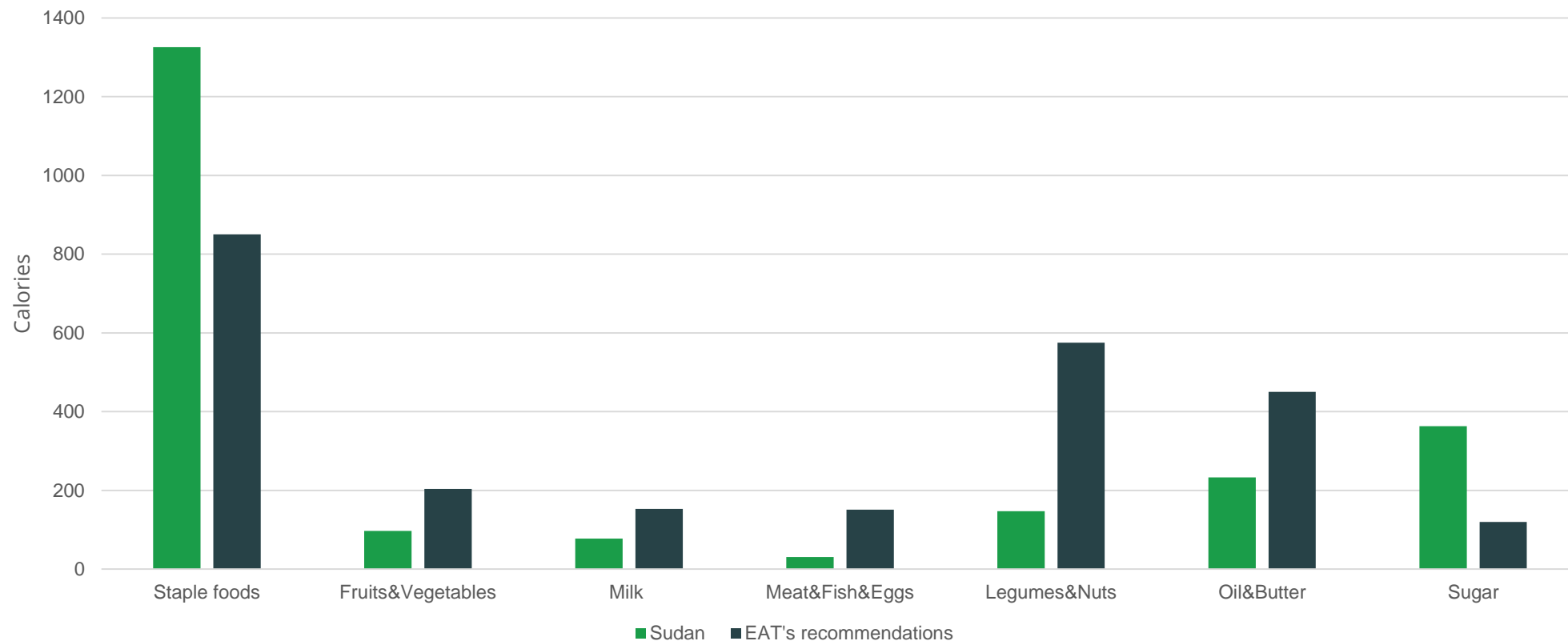
	Macronutrient intake grams per day (possible range)	Caloric intake kcal per day
 Whole grains Rice, wheat, corn and other	232	811
 Tubers or starchy vegetables Potatoes and cassava	50 (0-100)	39
 Vegetables All vegetables	300 (200-600)	78
 Fruits All fruits	200 (100-300)	126
 Dairy foods Whole milk or equivalents	250 (0-500)	153
Protein sources		
 Beef, lamb and pork	14 (0-28)	30
 Chicken and other poultry	29 (0-58)	62
 Eggs	13 (0-25)	19
 Fish	28 (0-100)	40
 Legumes	75 (0-100)	284
 Nuts	50 (0-75)	291
Added fats		
 Unsaturated oils	40 (20-80)	354
 Saturated oils	11.8 (0-11.8)	96
Added sugars		
 All sugars	31 (0-31)	120

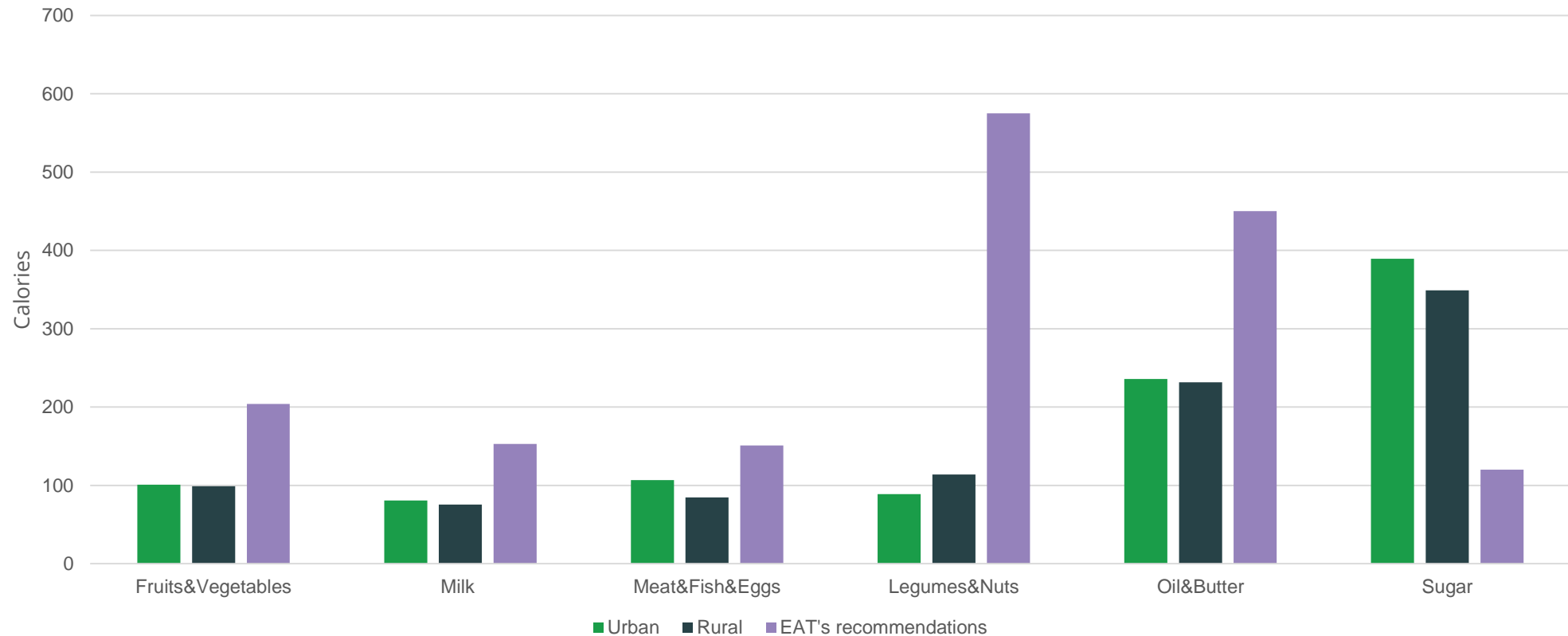
Table 1

Scientific targets for a planetary health diet, with possible ranges, for an intake of 2500 kcal/day.

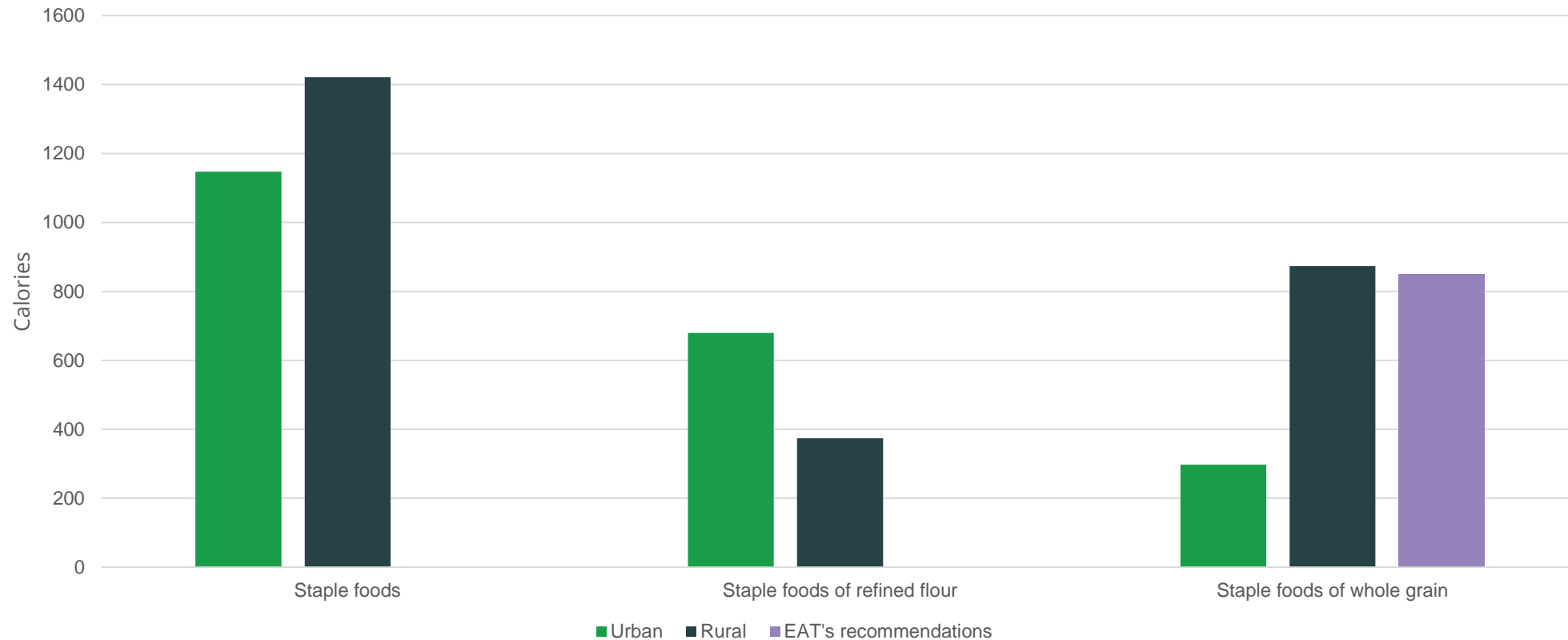
High intake of grains and sugar in Sudan



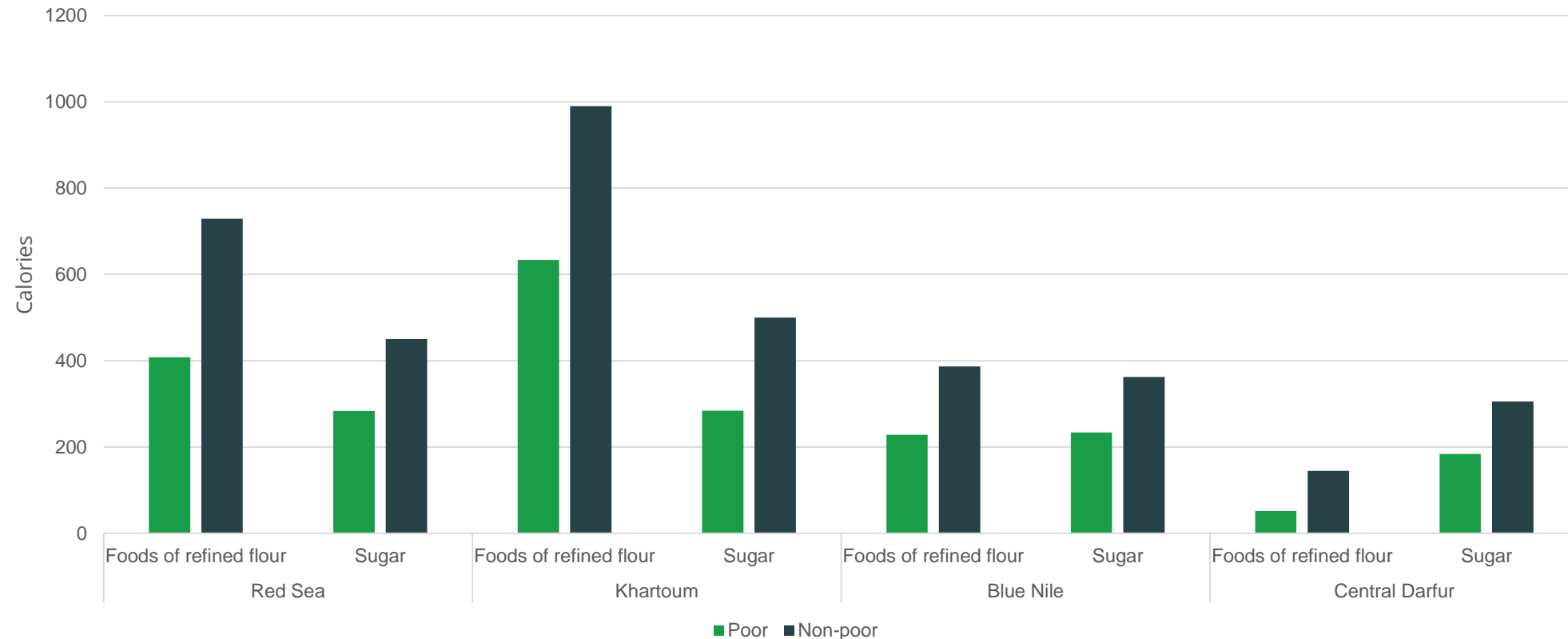
Consumption of food groups in urban and rural



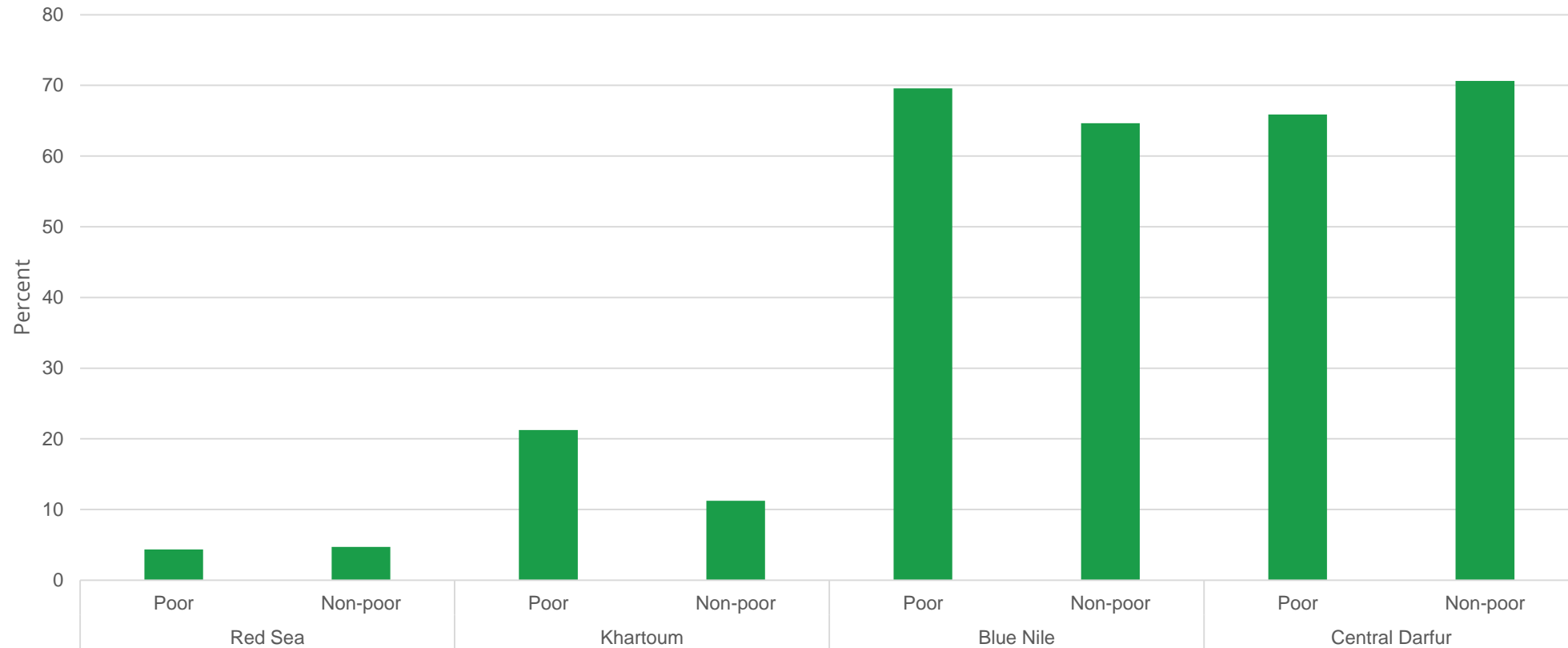
Households in urban areas eat more of refined food



Consumption of refined flour and sugar is much higher among non-poor than poor



Consumption of intestines. Conditioned by different food cultures?



Thank you!

