

GUIDELINE 6 CONSUME SAFE AND CLEAN FOODS AND BEVERAGES

Key Messages

- Buy food items from reliable sources.
- Refrigerate perishable food items till consumption.
- Keep foods well covered from dirt and flies.
- Avoid eating street foods that are contaminated with polluted water and dust.

GUIDELINE 7 MAINTAIN DESIRED BODY WEIGHT THROUGH A BALANCED FOOD INTAKE AND REGULAR PHYSICAL ACTIVITY

Key messages

- Maintain ideal body weight by balancing food consumption with physical activity.
- Practice minimum 30 to 45 minutes of daily physical activity like walking, running, jogging, cycling and household work.
- Maintain Body Mass Index (BMI, 18.5- 23.0).
- Avoid risk of obesity-related metabolic complications (waist circumference >90 cm for male and >80 cm for female is a risk).
- Maintain healthy waist-hip ratios (male 0.9; female 0.8).
- After a meal, engage in light activity like household chores and walk whenever possible.

GUIDELINE 8 PRACTISE HEALTHY LIFE STYLE WITH RIGHT COOKING AND HEALTHY EATING

Key Messages

- Eat food timely and avoid over eating.
- Eat steamed food as it is more nutritious.
- Wash vegetables and other foods before cutting.
- Cut vegetable into larger pieces.
- Avoid reuse of fried oils.
- Avoid faulty food beliefs, fads and fallacies.
- Avoid sleeping immediately after a major meal.
- Avoid smoking, alcohol consumption and betel nut chewing.

GUIDELINE 9 EAT ADDITIONAL FOOD DURING PREGNANCY AND LACTATION

Key Messages

- Eat beef, mutton or poultry or germinated pulse throughout pregnancy for best iron sources.
- Eat seasonal fruits throughout pregnancy especially after meals.
- Iron supplements should be taken after a meal.
- Maintain proper weight gain during pregnancy.

GUIDELINE 10 PRACTISE EXCLUSIVE BREASTFEEDING FOR SIX MONTHS AND START ADEQUATE COMPLEMENTARY FOODS IN TIME

Key Messages

- Exclusively breast feed for six months for adequate growth of the child.
- Introduce appropriate complementary foods after completion of six months and continue breastfeeding until 2 years.
- Choose home-made complementary foods.

Food Guide Pyramid for Bangladeshi Populations



Dietary Guidelines for Bangladesh



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Goals of dietary guideline

- Improve nutritional status of Bangladeshi population and prevent nutritional deficiency diseases.
- Ensure adequate nutritional status of pregnant and lactating women.
- Prevent and control chronic diet-related disorders.
- Maintain health of the elderly and increase life expectancy.

GUIDELINE 1 EAT A WELL-BALANCED DIET WITH A VARIETY OF FOODS AT EACH MEAL



Key Messages

- Eat rice or wheat or a combination of cereals around 270-450 g which is equivalent to 9-15 servings daily.
- Eat rice or roti with legumes or fish / poultry/ egg every day for better nutritional value.
- Do not discard water from cooked rice as they contain water soluble vitamins.
- Try to consume unpolished / brown rice and whole wheat atta because it contains nutrients such as protein, fat, dietary fibre, minerals and vitamins.



Key Messages

- Eat 1 to 4 medium size pieces of fish, meat, poultry and 1/3 to 1/2 cup pulses daily.
- Combine cereals with legumes in the ratio of 3:1.



Key Messages

- Eat everyday 2 seasonal fruits (100g), one from citrus, another from vitamin A sources.
- Eat a citrus fruit after a meal to enhance iron absorption.
- Eat at least 100g leafy and 200g non leafy vegetables daily.

Consume adequate amounts of milk and milk products



Key Messages

- Take at least one cup (150 ml) milk or one cup (100 ml) milk product such as plain curd or *doi* as a good source of calcium for healthy bones and teeth.
- Fat free or skim milk is recommended for health, especially for older adults.

GUIDELINE 2 CONSUME MODERATE AMOUNTS OF OILS AND FATS



Key Messages

- Vegetable oil, like mustard oil and soybean oil should be used in moderation daily instead of ghee, butter, and palm oil.
- Use only the required amount of cooking oil.
- Recommended daily intake is 30g per person per day of visible fat.
- Limit intake of deep fried foods and oily snacks.

GUIDELINE 3 LIMIT SALT INTAKE AND CONDIMENTS AND USE ONLY IODIZED SALT



Key Messages

- Limit salt intake less than one teaspoon a day.
- Use only iodized salt
- Limit consumption of highly salted foods like chips, condiments and limit extra table salt with meals

GUIDELINE 4 TAKE LESS SUGAR, SWEETS OR SWEETENED DRINKS



Key Messages

- Reduce the intake of sugar and sugar based foods especially sweetmeats and rich desserts.
- Encourage the intake of natural sugars from a variety of seasonal fruits.

GUIDELINE 5 DRINK PLENTY OF WATER DAILY

Key Messages

- Drink 1.5 to 3.5 liters (6-14 glasses) pure drinking water daily.
- Drink coconut water and fresh fruit juices instead of carbonated drinks.