



Be Physically Active

- Adults should do moderate intensity aerobic physical activity at least 5 days per week (for at least 30 minutes) and/or vigorous intensity aerobic physical activity at least 3 days per week (for 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, frequency and intensity.
- Participate in activities that strengthen your muscles and bones 2 or more times each week, such as climbing stairs, and lifting weights.
- 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 exercising outdoors, expose your skin to the sun for limited periods to increase Vitamin D production.

Adopt Safe and Clean Food Preparation Methods

- 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 leave cooked food at room temperature for more than 2 hours. Keep foods that are supposed to be cold in the refrigerator.
- Use safe food.

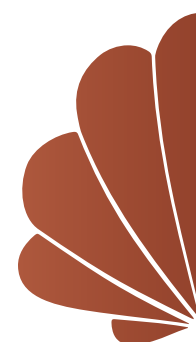


Eat Healthy while Protecting the Environment



- Emphasize a plant-based diet, including vegetables, fruit, whole grain cereals, legumes, nuts and seeds.
- Reduce leftovers and waste.
- When available, consume foods produced locally and regionally.
- Choose fresh, home-made foods over highly processed foods and fast foods.
- Conserve water in food preparation.
- Follow the recommendations of the Qatar Dietary Guidelines.

Take Care of Your Family



- Breastfeed your baby exclusively for the first six months of their lives, 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.



Qatar Dietary Guidelines



Eat a Variety of Healthy Choices from the 6 Food Groups

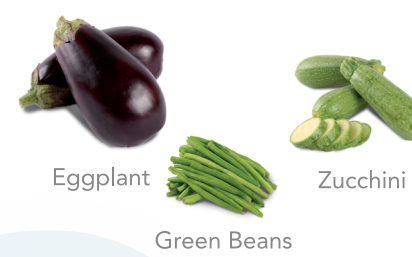
Vegetables

- Aim for 3-5 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.

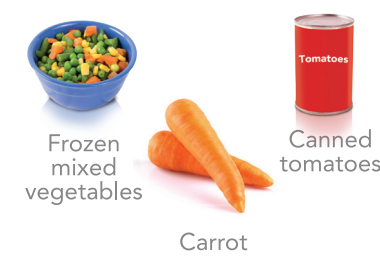
Green leafy vegetables 1 serving = 1 cup



Cooked vegetables 1 serving = ½ cup



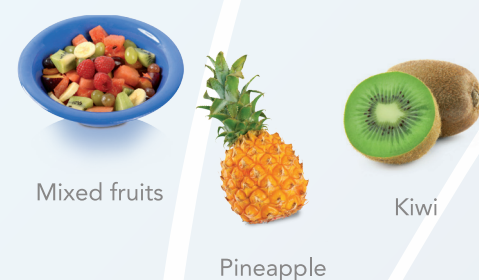
Fresh, frozen and canned vegetables 1 serving = ½ cup



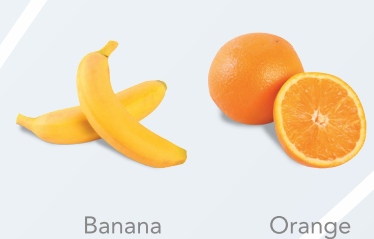
Fruit

- Aim for 2-4 servings of a variety of fruit every day.
- Favor whole fruit over juices.
- Choose often as snacks.

Cut fresh fruits 1 serving = ½ cup



Whole fresh fruits 1 serving = 1 medium fruit



Dried fruits 1 serving = ¼ cup



100% Fruit juice 1 serving = ½ cup



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-fat.



Legumes

- Eat legumes daily.
- Choose legumes prepared with little or no added fat or salt



Milk, Dairy Products & Alternatives

- Maintain a daily consumption of skimmed or low fat milk and dairy products.
- Choose vitamin D fortified milk.
- Choose unflavored milk, laban 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, chick peas).



Fish, Poultry, Meat & Alternatives

- Eat a variety of fish at least twice a week.
- Choose skinless poultry and lean cuts of meat.
- Avoid processed meats (e.g. sausages, luncheon meats).
- Choose legumes, nuts and seeds as alternative protein sources.
- Choose unsalted nuts and seeds as part of a healthy snack.



Drink Plenty of Water

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



Limit Sugar, Salt and Fat

- Eat less fast 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-fat (e.g. ghee, partially hydrogenated vegetable oil) and foods made with these fats (e.g. french fries, commercial baked sweets).
- Use healthy vegetable oils such as olive, corn and sunflower 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 home-made food more often.



For a Healthy Weight

- Follow the Qatar Dietary Guidelines
- See a Dietitian.
- Eat breakfast daily.
- Keep moderate portion sizes.
- Take time to eat slowly.
- Prepare your foods with less oil and fat.
- Eat more high fiber foods.
- Avoid the intake of calorie 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 250 minutes per week (e.g. 50 minutes or more per day, 5 days per week).
- Spend less time sitting (e.g. television and computer time).

