

WHO Dietary Recommendations (extracts):

- A nutritious diet should be based on a variety of foods originating mainly from vegetable sources.
- Bread, grains, pasta, rice or potatoes should be eaten several times a day and some of the portions should preferably be based on whole grain products.
- A variety of vegetables and fruits should be eaten several times a day accounting for at least five portions.
- Fatty meats and meat products like sausages and similar can be replaced with beans, vegetables, lentils, fish, poultry or lean meat.
- Low-fat milk and low-fat, low-salt dairy products (kefir, sour milk, yoghurt and cheese) are preferable.
- Fat intake should be limited to not more than 30% daily energy and most saturated fats should be replaced with unsaturated vegetable oils especially olive oil.
- Foods that are low in sugar should be preferred and refined sugar used sparingly.
- A low-salt diet is best – the daily intake for grown ups should be limited to 5 g.