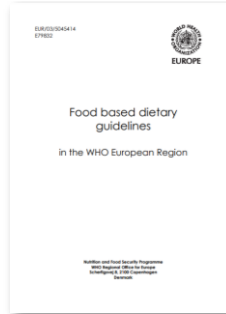


Beslenme Diyetetikte Güncel Konular

**Beslenme Rehberi- 4**

Dr. Esma ASİL



- Avrupa bölgesindeki ülkelerin beslenme rehberinde yer alan besin gruplarına göre öneriler tablolar halinde verilmiş.

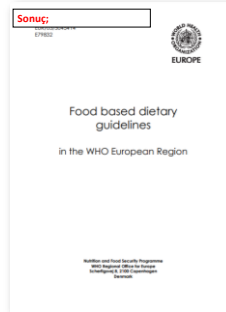
Food based dietary guidelines in the WHO European Region, 2003

The results of the WHO survey on food-based dietary guidelines (FBDG) are summarized in Table 1.1.1.

**WHO-Avrupa bölgesinde yer alan ülkelerin beslenme rehberin yer alan öneriler;**

Country	Recommendation
Albania	...
Armenia	...
Azerbaijan	...
Bulgaria	...
Cyprus	...
Czechia	...
Egypt	...
France	...
Georgia	...
Germany	...
Greece	...
Italy	...
Latvia	...
Lithuania	...
Malta	...
Netherlands	...
Norway	...
Poland	...
Portugal	...
Romania	...
Russia	...
Slovakia	...
Slovenia	...
Spain	...
Sweden	...
Turkey	...
Ukraine	...
United Kingdom	...
Yugoslavia	...

Country by sub-region	Recommendation on a varied diet, consisting mainly of plant foods
<b>Italy</b>	Food groups are quantified in standard portions, weight of standard portions in table of FBDG in preparation or waiting for official endorsement.
<b>Male</b>	Complex carbohydrates = 45% total energy intake, dietary fibre > 30 g/day
<b>Portugal</b>	Importance of varied diet is emphasized but a specific reference to plant foods is not made.
<b>Spain</b>	7 food groups in 2 food pyramids put together (protein)
<b>Turkey</b>	6 consists of 4 food groups, 1 milk and milk products, 2-3 portions (400-500 g)
<b>Country by sub-region</b>	<b>Recommendation on bread, grains, rice, potatoes and/or pasta</b>
	= approximately 1/3 portion as defined in Greek market regulations (in case of cereal (bread))
<b>Ireland</b>	Being updated
<b>Italy</b>	2-4 portions (FBDG in preparation or waiting for official endorsement)
<b>Malta</b>	Complex carbohydrates = 45% total energy intake, dietary fibre > 30 g/day
<b>Portugal</b>	Increase intake of cereals, potatoes and pulses but not quantified
<b>Spain</b>	6-10 portions (1 portion=40-50g oats, 40-40g bread, 30-40g cereals, 100-150g rice, 100-150g legumes, 100-150g lentils)
<b>Turkey</b>	4-6 portions breads and grains (1 portion=25g bread, 120-150g rice, 100-120g legumes)
<b>Central and Eastern Europe</b>	
<b>Czechia</b>	3-6 servings (1 serving = 1 slice of bread (80g), 1 cup boiled pasta, rice, cereals (120g))
<b>Hungary</b>	5-6 servings of cereals (oats, whole grains)
<b>Poland</b>	5-6 portions of cereals and potatoes
<b>Romania</b>	Not included



**Annex 1: Twelve steps to healthy eating\***

1. Eat a nutritious diet based on a variety of foods originating mainly from plants, rather than animals.
2. Eat bread, grains, pasta, rice or potatoes several times a day.
3. Eat a variety of vegetables and fruits, preferably fresh and local, several times per day (at least 400g per day).
4. Maintain a body weight between the recommended limits (a BMI<sup>2</sup> of 20-25) by taking moderate levels of physical activity, preferably daily.
5. Control fat intake (not more than 30% of daily energy) and replace most saturated fats with unsaturated vegetable oils or soft margarines.
6. Replace fatty meat and meat products with beans, legumes, lentils, fish, poultry or lean meat.
7. Use milk and dairy products (milk, sour milk, yoghurt and cheese) that are low in both fat and salt.
8. Select foods that are low in sugar, and eat refined sugar sparingly, limiting the frequency of sugary drinks and sweets.
9. Choose a low-salt diet. Total salt intake should not be more than one teaspoon (5g) per day, including the salt in bread and processed, cured and preserved foods. (Salt reduction should be universal where iodine deficiency is endemic.)
10. If alcohol is consumed, limit intake to no more than 2 drinks (each containing 10g of alcohol) per day.
11. Prepare food in a safe and hygienic way. Steam, bake, boil or microwave to help reduce the amount of added fat.
12. Promote exclusive breastfeeding and the introduction of safe and adequate complementary foods from the age of 6 months while breastfeeding continues during the first years of life.

Food based dietary guidelines in the WHO European Region, 2003



© 2017 European Public Health Association - EUPHA

Avrupa ülkeleri için sağlıklı ve sürdürülebilir diyetler



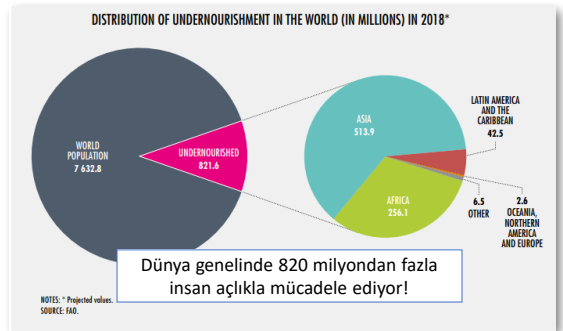
© 2017 European Public Health Association - EUPHA

Table 1. Food needs for European population (2000-2025) (2000 = 100%) (Source: EUPHA)\*

	Year	Europe	Western Europe	Central Europe	Eastern Europe
Total	2000	47.27	43.89	13.00	47.27
	2005	57.58	48.70	15.36	57.58
	2025	105.95	100.76	13.76	105.95
Protein	2000	8.91	8.75	3.38	8.91
	2005	10.08	9.82	3.78	10.08
	2025	18.76	18.25	4.25	18.76
Fats	2000	32.43	30.23	10.62	32.43
	2005	39.43	36.92	12.36	39.43
	2025	68.80	65.38	13.76	68.80
Total animal products	2000	15.80	14.93	5.75	15.80
	2005	17.68	16.71	6.26	17.68
	2025	32.24	3.28	3.38	32.24
Total plant products	2000	21.67	28.96	7.25	21.67
	2005	39.90	32.00	7.10	39.90
	2025	36.56	37.38	0.38	36.56
Total	2000	32.48	32.82	10.63	32.48
	2005	57.66	50.72	10.88	57.66
	2025	144.71	138.14	14.14	144.71
Vegetables	2000	8.88	9.38	3.37	8.88
	2005	17.49	18.23	3.42	17.49
	2025	32.75	32.78	3.42	32.75
Fruit & berries	2000	12.47	10.85	3.25	12.47
	2005	22.19	19.78	2.88	22.19
	2025	35.91	34.60	3.31	35.91
Total	2000	40.42	39.06	13.00	40.42
	2005	69.76	60.51	13.76	69.76
	2025	119.12	112.79	14.76	119.12
Sugars	2000	46.48	46.48	13.00	46.48
	2005	103.12	103.12	13.76	103.12
	2025	188.12	188.12	14.76	188.12

1961-2013  
Tüm besin çeşitlerinin tüketiminde önemli artış

© 2017 European Public Health Association - EUPHA



**Sürdürülebilir beslenme için;**

- Fazla tüketimin azaltılması
- Besin sistemlerindeki atık ve kayıplarını en aza indirmek
- Çevreye etkilerinin daha az olduğu bir beslenme tarzına geçiş

**Sürdürülebilir diyetler, şimdiki ve gelecek nesillerde sağlıklı bir yaşam için ve besin ve beslenme güvenmesine katkıda bulunan düşük çevresel etkilere sahip diyetlerdir.**

FAO, 2010

## Klasik yaklaşım → Sürdürülebilir beslenme



10

## Sürdürülebilir beslenme

Beslenirken daha düşük sera gazı salınımı neden olmak

→ Atmosferdeki kızıl ötesi ışınları absorbe edebilen gaz bileşenleridir. Karbondioksit, metan, azot oksit ve florlu gazlardır



## Çift Piramid Modeli

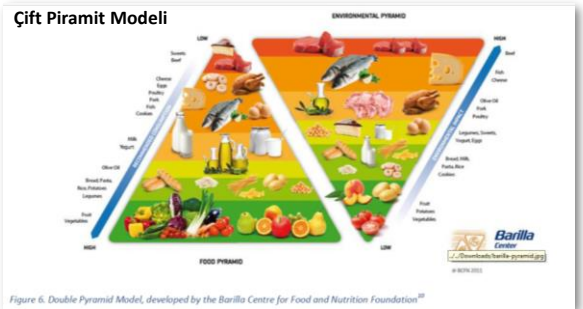


Figure 6: Double Pyramid Model, developed by the Barilla Centre for Food and Nutrition Foundation<sup>18</sup>

## Çift Piramit Modeli



## Sağlıklı ve sürdürülebilir bir diyet için;

Bitkisel kaynaklı beslenmeye çalışın

Kırmızı et ve et ürünlerini tüketmekten sakının  
Kırmızı et dışındaki et ve ürünlerini tüketim sıklığınız ve miktarını azaltın  
Satın aldığınız meyve ve sebzelerin mevsiminde olmasına özen gösterin  
Az işlenmiş tahıl ürünleri tohumlar vs tüketin  
Tükettiğiniz yiyeceğin üretim teknolojisine dikkat edin  
Selen, tuz, trans yağ, doymuş yağ içeren yiyecekleri tüketmeyin



© 2017 European Public Health Association - EUPHA

Table 2. Summary of potential actions individuals might take to achieve a more sustainable and healthy diet.

Target to achieve a more plant-based diet	Prefer and use more	Avoid and use less
Fruits and vegetables	Use more and different varieties of fruits and vegetables. Prefer seasonal products.	Inform decisions about place of production, seasonality and excessive irrigation. Avoid juices with added sugar.
Meat and dairy	Consume in moderation. Prefer plant-based proteins. Have meatless days.	Eat less red meat (less often, and smaller portions). Avoid high content of saturated fats.
Pulses	Use as protein source. Use more varieties.	Avoid salt during cooking.
Fish	Use more and different varieties. Prefer oily fish from sustainable fishing grounds or aquaculture.	Avoid fish products with high salt content, e.g. preserved fish and fish sauces.
Cereals	Prefer whole grain cereals. Use different varieties.	Avoid processed products with added sugar and salt.

## Sürdürülebilir Diyet Modelleri

- Akdeniz tipi beslenme
- Yeni Nordik Diyet
- DASH Diyeti
- **Çift Piramit Modeli**
- Vejetaryen Diyet

Sürdürülebilir  
ve sağlıklı bir  
diyet için  
tabakta neler  
olmalı?

