

## Beslenme Diyetetikte Güncel Konular

## Beslenme Rehberi- 4

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EUROPE

Food based dietary  
guidelines  
in the WHO European Region

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

Nutrition and Food Security Programme  
WHO Regional Office for Europe  
Schlegelvej 8, 2100 Copenhagen  
Denmark

Food based dietary guidelines in the WHO European Region, 2003

The results of the 2002 survey on food-based dietary guidelines (FBDG) are summarised in Table 2. Of the food-based diet either in preparation or waiting for official endorsement.

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

Country, by sub-region	(2002)	Endorsed FBDG (2002)	In reply to (2002)
<b>Alpine countries</b>			
Germany	X		
France		X	
Switzerland	X		
Austria	X		
<b>Western Europe</b>			
Belgium		X	
Denmark			X
Spain	X		
Portugal	X		
United Kingdom	X		
Italy	X		
<b>Eastern Europe</b>			
Poland	X		
Czech Rep.	X		
Hungary	X		
Romania	X		
<b>Central and Eastern Europe</b>			
Bulgaria	X		
Croatia	X		
Hungary	X		
Poland	X		

<sup>1</sup> Hungary FBDG are part of the "For the Healthy Nation Public Health" Programme (2001-2005), which is a government-endorsed Programme.

Country, by sub-region	Recommendation on a varied diet, consisting mainly of plant foods
Italy	Food groups are quantified in standard portions, weight of standard portions in table (FBDG in preparation or waiting for official endorsement)
Malta	Complex carbohydrates > 45% total energy intake; dietary fibre > 30 g/day
Portugal	Importance of varied diet is emphasised but a specific reference to plant foods is not made
Spain	7 food groups in 2 food pyramids put together (prism)
Turkey	It consists of 4 food groups. 1-Milk and milk products 2-3 portions (400-500 ct)
Country by sub-region	Recommendation on bread, grains, rice, potatoes and/or pasta
	= approximately 1/2 portion as defined in Greek market regulations (in case of mixed dishes)
Israel	Being updated
Italy	2-4 portions/d (FBDG in preparation or waiting for official endorsement)
Malta	Complex carbohydrates > 45% total energy intake; dietary fibre > 30 g/day
Portugal	Increase intake of cereals, potatoes and pulses but not quantified
Spain	6-10 portions/d (1 portion=40-50g rolls; 40-60g bread; 30-40g cereals; 100-150g rice; 100-150 g legumes; 100-150g pasta)
Turkey	4-6 portions/d breads and grains (1 portion=25g bread; 120-150g rice; 100-120g legumes)
Central and Eastern Europe	
Czech Rep	3-6 servings/d; 1 serving = 1 slice of bread (60g), 1 cup boiled pasta, rice, cereals (120g)
Hungary	5-9 unit/day of cereals (mostly whole grains)
Poland	5-6 portions/d of cereals and potatoes
Romania	Not included

Sonuç;

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



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Avrupa ülkeleri için  
sağlıklı ve  
sürdürülebilir diyetler

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Sürdürülebilirlik ne  
demek?

Gelecek nesillerin kendi ihtiyaçlarını karşılayabilme yeteneklerinden ödün verilmeden mevcut nesillerin ihtiyaçlarının karşılanması



Dünya Çevre ve Kalkınma Komisyonu

“ Sürdürülebilir beslenme; doğal kaynak israfını en aza indirmeyi, doğal ve mevsimlik tüketimler için gıda üretimleri sağlamayı hedeflemektedir.

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Table 1. Food supply in European regions from 1961 to 2013. Based on FAOSTAT<sup>1</sup> supply in kilograms per capita per year.

		EU	Eastern Europe	Northern Europe	Southern Europe	Western Europe
Meat	1961	47.37	41.69	63.00	27.27	66.06
	2013	77.34	68.75	82.28	81.94	85.28
	change	+63%	+65%	+31%	+201%	+29%
Poultry	1961	4.61	3.71	5.99	3.74	6.05
	2013	23.35	21.27	27.94	21.28	19.64
	change	+407%	+581%	+418%	+469%	+195%
Pig	1961	21.63	20.34	24.62	9.79	31.74
	2013	34.61	28.92	28.38	39.54	42.57
	change	+60%	+42%	+15%	+304%	+34%
Fish and seafood	1961	13.91	11.51	20.71	17.30	12.59
	2013	21.85	17.03	25.34	29.07	21.45
	change	+57%	+48%	+22%	+68%	+70%
Milk and butter	1961	171.08	157.36	245.98	115.93	202.95
	2013	215.11	171.05	261.44	211.55	261.29
	change	+26%	+9%	+6%	+82%	+29%
Pulses	1961	3.54	3.28	2.38	7.20	1.80
	2013	2.56	1.78	3.12	5.19	1.34
	change	-28%	-46%	+31%	-28%	-26%
Animal Fat	1961	11.16	9.57	19.01	3.87	15.97
	2013	10.99	9.19	9.81	7.81	16.91
	change	-2%	-4%	-48%	+102%	+6%
Vegetable Oil	1961	8.00	5.12	9.37	11.25	10.13
	2013	17.65	14.24	15.82	24.08	18.64
	change	+121%	+178%	+69%	+114%	+86%
Sugar & Sweets	1961	32.47	30.91	50.54	21.76	34.75
	2013	41.75	44.49	42.09	31.68	43.64
	change	+29%	+44%	-17%	+46%	+13%
Fruits	1961	49.42	33.66	54.00	80.30	73.35
	2013	94.93	67.79	122.67	112.62	107.64
	change	+92%	+187%	+127%	+40%	+47%
Vegetables	1961	85.39	78.61	51.96	123.82	85.56
	2013	115.10	67.79	96.46	136.75	97.50
	change	+35%	-14%	+86%	+10%	+14%

### 1961-2013 Tüm besin çeşitlerinin tüketiminde önemli artış

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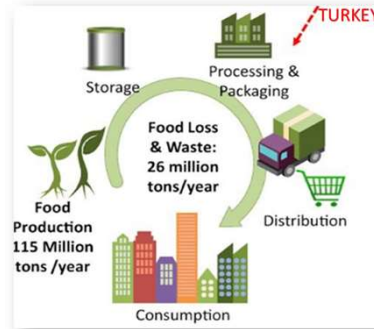
### Sürdürülebilir beslenme için;

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

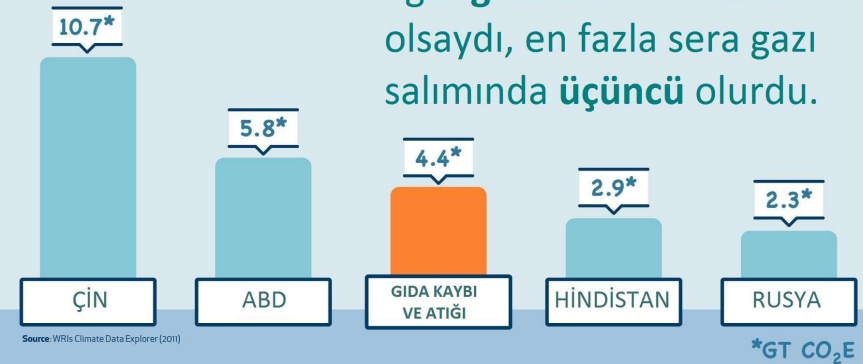


### Sürdürülebilir beslenme için;

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

G. Salihoğlu et al./Bioresour  
Technology 248 (2018) 88–9989

Eğer gıda israfı bir ülke olsaydı, en fazla sera gazı salımında **üçüncü** olurdu.



Source: WRI's Climate Data Explorer (2011)

Food and Agriculture Organization  
of the United Nations



## Sürdürülebilir beslenme

**Beslenirken daha düşük sera gazı salınımı neden olmaktadır?**

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

## Çift Piramit Modeli

Figure 6. Double Pyramid Model, developed by the Barilla Centre for Food and Nutrition Foundation<sup>10</sup>

## Çift Piramit Modeli

Kaynak 12: Ruini L, Ciati R, Marchelli L, et al. Using an infographic tool to promote healthier and more sustainable food consumption: the Double Pyramid Model by Barilla Center for Food and Nutrition. Agriculture and Agricultural Science Procedia, 2016; 8: 482 – 488.

## Sağlıklı ve sürdürülebilir bir diyet için;

Bitkisel kaynaklı beslenmeye çalışın

Kırmızı et ve et ürünlerini tüketmekten sakının  
Kırmızı et dışındaki et ve ürünlerini tüketim sıklığını ve miktarını azaltın

Satın aldığınız meyve ve sebzelerin mevsiminde olmasına özen gösterin

Az işlenmiş tahıl ürünleri tohumlar vs tüketin

Tükettiğiniz yiyeceğin üretim tekniğine dikkat edin

Şeker, tuz, trans yağ, doymuş yağ içeren yiyecekleri tüketmeyin

Healthy and Sustainable Diets for European Countries

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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?

