

# **UN Network Support Consultation for the National Food Based Dietary Guidelines**

Progress to date on the development of food graphic  
and FBDGs for pregnant and lactating women

Nelofar Sheikh, International Nutritionist Technical Consultant  
Wai Mon Maung, Nutrition Specialist  
Yhun Le Aung, Nutrition Communication Specialist

# Objectives

- To develop evidenced based food based dietary guidelines for healthy pregnant and lactating women (PLW) to promote dietary diversification
- To link this FBDGs to nutrition education, agriculture and food policies and a tool for integrated strategy to improve food security, food safety, nutrition and health.

## Preparatory work

Reviewed the following documents:

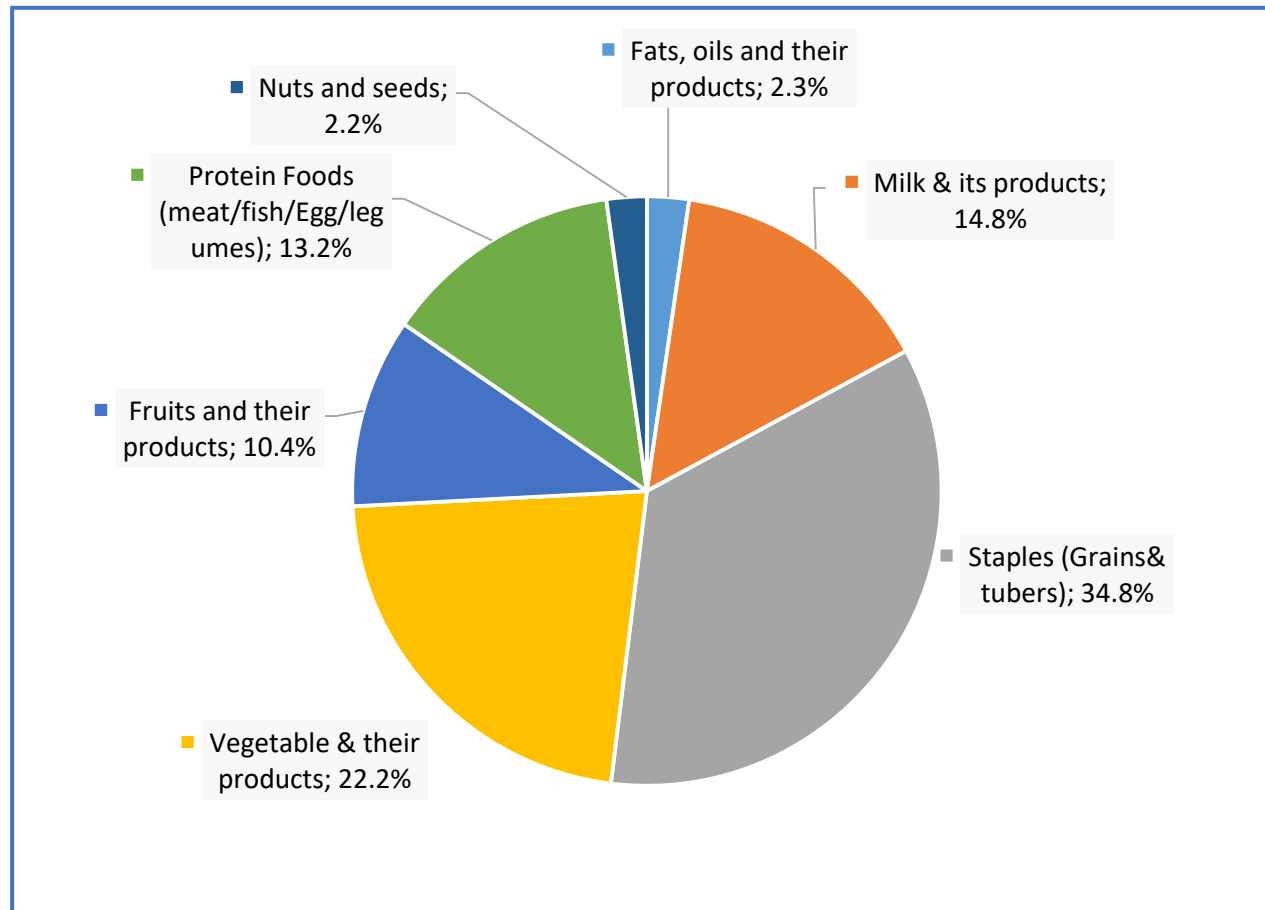
- FAO/WHO strategic guidelines on the development of FBDG – 1996
- FAO/WHO Regional Consultation on Food-Based Dietary Guidelines for countries in the Asia Region - 2010
- Plates, pyramids, planet. Developments in national healthy and sustainable dietary guidelines: a state of play assessment - 2016
- Review of linear programmes to develop diet models
  - Opti food – WHO (FANTA project)
  - COTD (Cost of diet) – Save the Children, UK
  - Food Optimization – FAO
- Recommended Dietary Allowance
- Food Composition Tables

## Tools used to develop diet models for PLW

In consultation with the TTF members and NNC, MoHS, we finalized the following tools to develop the food graphics and FBDGs for PLW:

- Food groups
- Key nutrients for PLW
- Thai food composition tables as a base and MMR FCT for snack foods and wild foods. Other Asian FCTs for the missing food items and nutrients.
- RDAs for macro and micronutrients
- Serving size
- Linear programme for diet modelling.

## Diet model selected for food graphic



As per Dr. Lwin Mar Hlaing suggestion, one model will used in both rural and urban settings.

## Food Optimization screen

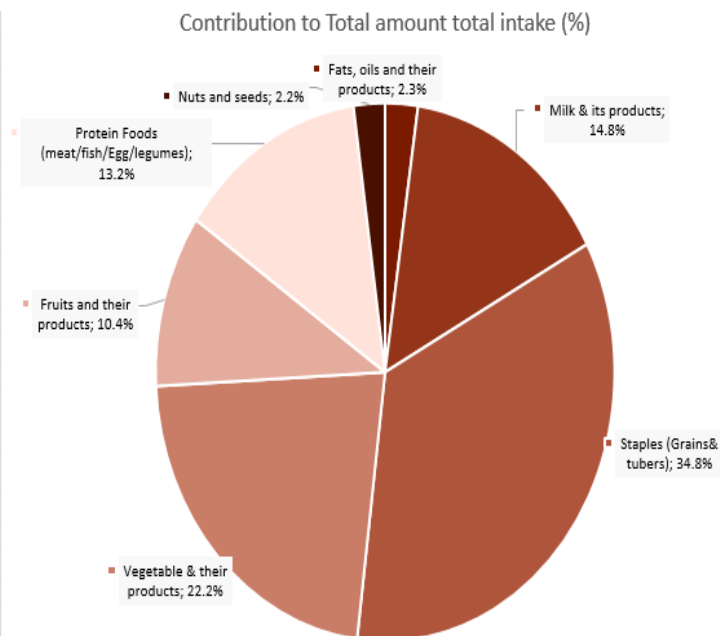
### Steps

1. Specify in **column F** in the table, food groups that you don't want to include in the graph (check that cell F27=OK)
  2. **Choose** in the cell D19, the variable on which the graph will be based on
- Note 1, if you want to construct the graph based on another variable, please use the column U to estimate the values on which the graph will be construct and select in cell D19 "USER" variable*

TO PLOT FOOD GROUPS THAT YOU SELECTED IN COLUMN F (by Yes or No), please SORT THE DATA 'Z to A' (to have the "No" food groups at the end)

**Choose your variable to visualize the optimized food group combinations:**

As % of ...	Total amount
-------------	--------------



OK

### SOLUTION

28		Food portion					SOLUTION					GRAPH				CONTRIBUTION TO:					
29		in energy	in gram	in volume	Recommended ?	INCLUDE in the gra	Food group at	Food group fr	Food group vc	Energy kcal	Protein	Fat	Fat	Total cost	Total amount	Total frequen	Total volume	Total energy	Total protein	Total fats	To
30										in kcal	in g	in g	in g		in %	in %	in %	in %	in %	in %	in %
31	TOTAL									1350.75	23.7205			2620	83.8797	77.3	87.0951	1842.19			
32	Fats, oils and their produ	135	14.85		0 Recommended for	YES	31.1824947	2.09983129		0 253.139492	0	28.1231801	28.1231801	73.1655453	2.30852303	8.85236309	#DIV/0!	9.65864226	0	36.3545853	3
33	Milk & its products	70	100		0 Recommended for	YES		200	2	0 251.84	9.816	10.236	10.236	149.84352	14.8065321	8.43149936	#DIV/0!	9.60905962	11.7024684	13.2319863	1
34	Staples (Grains& tubers)	100	71		0 Recommended for	YES	470.072694	6.62074217		0 1314.27625	22.5822922	2.21404239	2.21404239	500	34.8007321	27.9113917	#DIV/0!	50.1467551	26.922225	2.86207295	2
35	Vegetable & their produ	35	100		0 Recommended for	YES		300	3	0 185.00925	6.0874725	12.5939925	12.5939925	0	22.2097981	12.647249	#DIV/0!	7.05910465	7.25738125	16.2801423	1
36	Fruits and their products	65	70.5		0 Recommended for	YES		141	2	0 108.9789	1.11108	0.17061	0.17061	95.22	10.4386051	8.43149936	#DIV/0!	4.15813512	1.32461069	0.22054603	0
37	Protein Foods (meat/fish)	80	29.75		0 Recommended for	YES		178.5	6	0 328.012112	37.140495	9.737175	9.737175	745.368698	13.2148299	25.2944981	#DIV/0!	12.5154382	44.2782669	12.5871597	1
38	Nuts and seeds	135	15		0 Recommended for	YES		30	2	0 179.604	7.1424	14.283	14.283	278.598	2.22097981	8.43149936	#DIV/0!	6.85286509	8.51504788	18.4635073	1
39	Other foods (ready to co	200	88.5		0 Discretionary calo	NO		0	0	0 0	0	0	9.737175	0	0	0	#DIV/0!	0	0	0	0
40	#N/A									0	0	0	0	0							
41	#N/A									0	0	0	0	0							
5_OPTIMIZATION 6_VISUALIZATION TO NOT DELETE (+)																					

# Progress to-date in developing the food graphics and FBDGs for PLW

Task 1: Inception workshop was held to kick start the development of FBDGs and food graphic

Task 2: Formulated Technical Task Force (TTF), and Implementation Committee and developed their ToR. Both are comprised of technical experts from ministries, UN organization and NGOs.

Task 3: Performed evidence base review and wrote a country report

Task 4: Prepared comprehensive document for developing diet models and received input from the TTF members in two TTF meetings held to date

Task 5: Carried out field visits in near by town to have focus group discussions with PLW and visited food markets to assess the availability of food

Task 6: Performed modelling of diets in a linear program called “Food Optimization”

Task 7: Shared and received feed back on diet models from NNC, MOHS and nutrition experts through bilateral meetings. NNC approved the diet models for 2300 kcal and 2700 kcal diets

Task 8: Met with NNC and HLPU to understand their role in getting approval on communication material

Task 9: In the process of identifying creative agency to develop prototypes of food graphics for pilot study. Some graphics has been designed in-house.

Task 10: In the process of finalizing the strategy document for roll-out and dissemination of food plate graphic and FBDGs

Task 11: In the process of developing food exchange list and FBDGs (messages)

## Messages – food plate graphics

- Focus - optimum nutrition and NCDs
  - Encourage
    - Food diversity- more vegetables, fruits, and iron and protein-rich foods
    - Increase use of iodized salt
    - Physical activity
    - Breast feeding (lactating mothers)
  - Discourage
    - Salt intake
    - Oil intake
    - Green tea/leaves with meals