

## Appendix B.1: Global dietary guidelines and Dietary Reference Intakes (DRIs)

Country	Food-Based Dietary Guidelines	Nutrient Reference Intake
<b>North America</b>		
Belize	<p>Food-Based Dietary Guidelines for Belize</p> <p>(<a href="http://www.health.gov.bz/www/attachments/article/640/final%20version%20of%20booklet.pdf">http://www.health.gov.bz/www/attachments/article/640/final%20version%20of%20booklet.pdf</a>)</p>	N/A
Canada	<p>Canada's Guidelines for Healthy Eating</p> <p>(<a href="http://www.ymcahbb.ca/filemanager/files/Health%20Tips/Canada%20Guidelines.pdf">http://www.ymcahbb.ca/filemanager/files/Health%20Tips/Canada%20Guidelines.pdf</a>)</p> <p>Eating Well with Canada's Food Guide</p> <p>(<a href="http://healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/food-guide-aliment/index-eng.php">http://healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/food-guide-aliment/index-eng.php</a>)</p> <p>Eating Well with Canada's Food Guide: First Nations, Inuit and Métis</p> <p>(<a href="http://www.hc-sc.gc.ca/fn-an/alt_formats/fnihb-dgspni/pdf/pubs/fnim-">http://www.hc-sc.gc.ca/fn-an/alt_formats/fnihb-dgspni/pdf/pubs/fnim-</a></p>	<p>Dietary Reference Intakes</p> <p>(<a href="http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/nutrition/dri_tables-eng.pdf">http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/nutrition/dri_tables-eng.pdf</a>)</p>

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	<a href="#">pnim/2007 fnim-pnim food-guide-aliment-eng.pdf)</a>	
Commonwealth of The Bahamas	Food-Based Dietary Guidelines: A Vital Tool to Improve Health in the Caribbean ( <a href="http://www.paho.org/cfni/index2.php?option=com_docman&amp;task=doc_view&amp;gid=84&amp;Itemid=219">http://www.paho.org/cfni/index2.php?option=com_docman&amp;task=doc_view&amp;gid=84&amp;Itemid=219</a> )	N/A
Commonwealth of Dominica	Developing Food-Based Dietary Guidelines to Promote Healthy Diets and Lifestyles in the Eastern Caribbean  ( <a href="http://www.sciencedirect.com/science/article/pii/S1499404607009232">http://www.sciencedirect.com/science/article/pii/S1499404607009232</a> )  Food-Based Dietary Guidelines: A Vital Tool to Improve Health in the Caribbean ( <a href="http://www.paho.org/cfni/index2.php?option=com_docman&amp;task=doc_view&amp;gid=84&amp;Itemid=219">http://www.paho.org/cfni/index2.php?option=com_docman&amp;task=doc_view&amp;gid=84&amp;Itemid=219</a> )	Developing Food-Based Dietary Guidelines ( <a href="ftp://ftp.fao.org/docrep/fao/010/ai800e/ai800e00.pdf">ftp://ftp.fao.org/docrep/fao/010/ai800e/ai800e00.pdf</a> )
Cuba	Cubans Team up for Better Nutrition ( <a href="http://www.google.ca/url?sa=t&amp;rct=j&amp;q=&amp;esrc=s&amp;frm=1&amp;source=web&amp;cd=2&amp;cad=rja&amp;ved=0CEcQFjAB&amp;url=http%3A%2F%2Fwww.medicc.org%2Fmedicc%2Freview%2Fpdf.php%3Fang%3D%26id%3D117&amp;ei=aYfgUfXIIorsiQKFhYCwCg&amp;usg=AFQjCNEy7tFt5Ay3525vu79WSZ9cUvIzFg">http://www.google.ca/url?sa=t&amp;rct=j&amp;q=&amp;esrc=s&amp;frm=1&amp;source=web&amp;cd=2&amp;cad=rja&amp;ved=0CEcQFjAB&amp;url=http%3A%2F%2Fwww.medicc.org%2Fmedicc%2Freview%2Fpdf.php%3Fang%3D%26id%3D117&amp;ei=aYfgUfXIIorsiQKFhYCwCg&amp;usg=AFQjCNEy7tFt5Ay3525vu79WSZ9cUvIzFg</a> )	Dietary Reference Intakes for the Cuban Population, 2008 ( <a href="http://www.ncbi.nlm.nih.gov/pubmed/21483292">http://www.ncbi.nlm.nih.gov/pubmed/21483292</a> )

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Greenland	Food-Based Dietary Guidelines in Circumpolar Regions <a href="http://www.circumpolarhealthjournal.net/public/journals/32/chs/CHS_2011_8.pdf">http://www.circumpolarhealthjournal.net/public/journals/32/chs/CHS_2011_8.pdf</a>	Nordic Nutrition Recommendations 2012 <a href="http://www.norden.org/en/publications/publikationer/2014-002">http://www.norden.org/en/publications/publikationer/2014-002</a>
Grenada	Food-Based Dietary Guidelines for Grenada  <a href="http://www.gfnc.gd/pages/diet-guide.html">http://www.gfnc.gd/pages/diet-guide.html</a>  Details for Caribbean Food & Nutrition Institute Dietary Guidelines, Grenada <a href="http://www.paho.org/cfni/index.php?option=com_docman&amp;task=doc_details&amp;gid=22&amp;Itemid=226">http://www.paho.org/cfni/index.php?option=com_docman&amp;task=doc_details&amp;gid=22&amp;Itemid=226</a> Food-Based Dietary Guidelines: A Vital Tool to Improve Health in the Caribbean <a href="http://www.paho.org/cfni/index2.php?option=com_docman&amp;task=doc_view&amp;gid=84&amp;Itemid=219">http://www.paho.org/cfni/index2.php?option=com_docman&amp;task=doc_view&amp;gid=84&amp;Itemid=219</a> Developing Food-Based Dietary Guidelines to Promote Healthy Diets and Lifestyles in the Eastern Caribbean  <a href="http://www.sciencedirect.com/science/article/pii/S1499404607009232">http://www.sciencedirect.com/science/article/pii/S1499404607009232</a>	Developing Food-Based Dietary Guidelines <a href="ftp://ftp.fao.org/docrep/fao/010/ai800e/ai800e00.pdf">ftp://ftp.fao.org/docrep/fao/010/ai800e/ai800e00.pdf</a>
Guatemala	Guatemala: Presentation of the Dietary Guidelines for Guatemala <a href="http://www.incap.org.gt/index.php/en/2012-04-10-19-01-58/strategic-">http://www.incap.org.gt/index.php/en/2012-04-10-19-01-58/strategic-</a>	N/A

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Mexico	<a href="http://www.fns.org.mx/index.php?IdContenido=46">actions/554-guatemala-presentation-of-the-dietary-guidelines-for-guatemala)</a> The Plate of Good Eating (Spanish) <a href="http://www.fns.org.mx/index.php?IdContenido=46">(http://www.fns.org.mx/index.php?IdContenido=46)</a>	N/A
Panama	Food-Based Dietary Guidelines: Panama <a href="http://www.fao.org/ag/humannutrition/nutritioneducation/fbdg/49852/en/p/an/">(http://www.fao.org/ag/humannutrition/nutritioneducation/fbdg/49852/en/p/an/)</a>	N/A
Saint Lucia	Developing Food-Based Dietary Guidelines to Promote Healthy Diet and Lifestyles in the Eastern Caribbean <a href="http://www.sciencedirect.com/science/article/pii/S1499404607009232">(http://www.sciencedirect.com/science/article/pii/S1499404607009232)</a> Food-Based Dietary Guidelines: A Vital Tool to Improve Health in the Caribbean <a href="http://www.paho.org/cfni/index2.php?option=com_docman&amp;task=doc_view&amp;gid=84&amp;Itemid=219">(http://www.paho.org/cfni/index2.php?option=com_docman&amp;task=doc_view&amp;gid=84&amp;Itemid=219)</a>	Developing Food-Based Dietary Guidelines <a href="ftp://ftp.fao.org/docrep/fao/010/ai800e/ai800e00.pdf">(ftp://ftp.fao.org/docrep/fao/010/ai800e/ai800e00.pdf)</a>
Saint Vincent and the Grenadines	Developing Food-Based Dietary Guidelines to Promote Healthy Diet and Lifestyles in the Eastern Caribbean <a href="http://www.sciencedirect.com/science/article/pii/S1499404607009232">(http://www.sciencedirect.com/science/article/pii/S1499404607009232)</a> Food-Based Dietary Guidelines: A Vital Tool to Improve Health in the Caribbean	Developing Food-Based Dietary Guidelines <a href="ftp://ftp.fao.org/docrep/fao/010/ai800e/ai800e00.pdf">(ftp://ftp.fao.org/docrep/fao/010/ai800e/ai800e00.pdf)</a>

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	<a href="http://www.paho.org/cfni/index2.php?option=com_docman&amp;task=doc_view&amp;gid=84&amp;Itemid=219">http://www.paho.org/cfni/index2.php?option=com_docman&amp;task=doc_view&amp;gid=84&amp;Itemid=219</a>	
United States of America	<p>Dietary Guidelines for Americans 2010  <a href="http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/PolicyDoc.pdf">http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/PolicyDoc.pdf</a></p> <p>Dietary Guidelines for Americans  <a href="http://www.health.gov/dietaryguidelines/">http://www.health.gov/dietaryguidelines/</a></p> <p>MyPlate Food Guide  <a href="http://www.choosemyplate.gov/">http://www.choosemyplate.gov/</a></p> <p>Food-Based Dietary Guidelines in Circumpolar Regions  <a href="http://www.circumpolarhealthjournal.net/public/journals/32/chs/CHS_2011_8.pdf">http://www.circumpolarhealthjournal.net/public/journals/32/chs/CHS_2011_8.pdf</a></p>	<p>Dietary Reference Intakes  <a href="http://fnic.nal.usda.gov/dietary-guidance/dietary-reference-intakes/dri-tables">http://fnic.nal.usda.gov/dietary-guidance/dietary-reference-intakes/dri-tables</a></p>
<b>South America</b>		
Brazil	<p>Dietary Recommendations: Comparing Dietary Guidelines from Brazil and the United States  <a href="http://www.scielosp.org/pdf/csp/v26n11/06.pdf">http://www.scielosp.org/pdf/csp/v26n11/06.pdf</a></p>	N/A
Guyana	<p>Details for Dietary Guidelines, Guyana  <a href="http://www.paho.org/cfni/index.php?option=com_docman&amp;task=doc_details&amp;gid=85&amp;Itemid=226">http://www.paho.org/cfni/index.php?option=com_docman&amp;task=doc_details&amp;gid=85&amp;Itemid=226</a></p> <p>Food-Based Dietary Guidelines: A Vital Tool to Improve Health in the</p>	N/A

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	Caribbean ( <a href="http://www.paho.org/cfni/index2.php?option=com_docman&amp;task=docview&amp;gid=84&amp;Itemid=219">http://www.paho.org/cfni/index2.php?option=com_docman&amp;task=docview&amp;gid=84&amp;Itemid=219</a> )	
Venezuela	Round Diptych (Spanish) ( <a href="http://www.inn.gob.ve/pdf/descargas_inn/diptycos_redondos.pdf">http://www.inn.gob.ve/pdf/descargas_inn/diptycos_redondos.pdf</a> ) Know Your Food Spin (Spanish) ( <a href="http://www.inn.gob.ve/pdf/descargas_inn/volante_trompo.pdf">http://www.inn.gob.ve/pdf/descargas_inn/volante_trompo.pdf</a> )	N/A
<b>Europe</b>		
Europe	Food-Based Dietary Guidelines in Europe ( <a href="http://www.eufic.org/article/en/expid/food-based-dietary-guidelines-in-europe/">http://www.eufic.org/article/en/expid/food-based-dietary-guidelines-in-europe/</a> )	N/A
Austria	Food-Based Dietary Guidelines in Austria ( <a href="http://www.karger.com/Article/Pdf/103561">http://www.karger.com/Article/Pdf/103561</a> )	Reference Values (in German) ( <a href="http://www.vitaminforschung.org/en/interesting-facts/reference-values">http://www.vitaminforschung.org/en/interesting-facts/reference-values</a> )
Denmark	Food-Based Dietary Guidelines in Circumpolar Regions ( <a href="http://www.circumpolarhealthjournal.net/public/journals/32/chs/CHS_2011_8.pdf">http://www.circumpolarhealthjournal.net/public/journals/32/chs/CHS_2011_8.pdf</a> )	Nordic Nutrition Recommendations ( <a href="http://www.ravitsemusneuvottelukunta.fi/files/images/vrn/9789289326292_nnr-2012.pdf">http://www.ravitsemusneuvottelukunta.fi/files/images/vrn/9789289326292_nnr-2012.pdf</a> )
Finland	Food-Based Dietary Guidelines in Circumpolar Regions ( <a href="http://www.circumpolarhealthjournal.net/public/journals/32/chs/CHS_2011_8.pdf">http://www.circumpolarhealthjournal.net/public/journals/32/chs/CHS_2011_8.pdf</a> ) Nutrition Recommendations for Specific Groups ( <a href="http://www.ravitsemusneuvottelukunta.fi/portal/en/nutrition+recommendations/specific+groups/">http://www.ravitsemusneuvottelukunta.fi/portal/en/nutrition+recommendations/specific+groups/</a> )	Nordic Nutrition Recommendations ( <a href="http://www.ravitsemusneuvottelukunta.fi/files/images/vrn/9789289326292_nnr-2012.pdf">http://www.ravitsemusneuvottelukunta.fi/files/images/vrn/9789289326292_nnr-2012.pdf</a> )
France	Food Patterns and Dietary Recommendations in Spain, France and Sweden  ( <a href="http://www.scp-knowledge.eu/sites/default/files/knowledge/attachments/LiveWell%20for%20Life_2012_Food%20patterns%20and%20dietary%20recommendati">http://www.scp-knowledge.eu/sites/default/files/knowledge/attachments/LiveWell%20for%20Life_2012_Food%20patterns%20and%20dietary%20recommendati</a> )	The Recommended Dietary Intake Table (in French)  ( <a href="http://www.nutrition-expertise.fr/mineraux/119-tableaux-anc.html">http://www.nutrition-expertise.fr/mineraux/119-tableaux-anc.html</a> )

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Germany	German Food Guide <a href="http://www.germanfoodguide.com/">(http://www.germanfoodguide.com/)</a>	Reference Values (in German) <a href="http://www.vitaminforschung.org/en/interesting-facts/reference-values">http://www.vitaminforschung.org/en/interesting-facts/reference-values</a>
Greece	Dietary Guidelines for Adults in Greece <a href="http://www.mednet.gr/archives/1999-5/pdf/516.pdf">http://www.mednet.gr/archives/1999-5/pdf/516.pdf</a> Mediterranean Diet <a href="http://www.minagric.gr/greek/data/medit_diet.pdf">http://www.minagric.gr/greek/data/medit_diet.pdf</a>	N/A
Hungary	Dietary Guidelines to the Adult Population in Hungary <a href="ftp://ftp.fao.org/es/esn/nutrition/dietary_guidelines/hun.pdf">ftp://ftp.fao.org/es/esn/nutrition/dietary_guidelines/hun.pdf</a> Food-Based Dietary Guidelines: Hungary  <a href="http://www.fao.org/ag/humannutrition/nutritioneducation/fbdg/49851/en/hun/">http://www.fao.org/ag/humannutrition/nutritioneducation/fbdg/49851/en/hun/</a>	N/A
Iceland	Food-Based Dietary Guidelines in Circumpolar Regions <a href="http://www.circumpolarhealthjournal.net/public/journals/32/chs/CHS_2011_8.pdf">http://www.circumpolarhealthjournal.net/public/journals/32/chs/CHS_2011_8.pdf</a>	Nordic Nutrition Recommendations <a href="http://www.ravitsemusneuvottelukunta.fi/files/images/vrn/9789289326292_nnr-2012.pdf">http://www.ravitsemusneuvottelukunta.fi/files/images/vrn/9789289326292_nnr-2012.pdf</a>
Ireland	Healthy Eating Guidelines <a href="http://www.fsai.ie/science_and_health/healthy_eating.html">http://www.fsai.ie/science_and_health/healthy_eating.html</a> Scientific Recommendations for Healthy Eating Guidelines in Ireland <a href="https://www.google.com/url?q=http://www.fsai.ie/recommendationsforhealthyeatingguidelinesinireland.html&amp;sa=U&amp;ei=m8jmUeCtLOH9iwKqs4H4BA&amp;ved=0CAkQFjAB&amp;client=internal-uds-cse&amp;usg=AFQjCNHI37PO-Jl4fqIVlhu2OzY8wESotw">https://www.google.com/url?q=http://www.fsai.ie/recommendationsforhealthyeatingguidelinesinireland.html&amp;sa=U&amp;ei=m8jmUeCtLOH9iwKqs4H4BA&amp;ved=0CAkQFjAB&amp;client=internal-uds-cse&amp;usg=AFQjCNHI37PO-Jl4fqIVlhu2OzY8wESotw</a>	Recommended Dietary Allowances for Ireland  <a href="http://www.fsai.ie/assets/0/86/204/fb3f2891-2896-4bf9-903f-938f3c2ad01f.pdf">http://www.fsai.ie/assets/0/86/204/fb3f2891-2896-4bf9-903f-938f3c2ad01f.pdf</a>

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Netherlands	Guidelines for a Healthy Diet: The Ecological Perspective ( <a href="http://www.gezondheidsraad.nl/sites/default/files/201108E.pdf">http://www.gezondheidsraad.nl/sites/default/files/201108E.pdf</a> )	Towards an Adequate Intake of Vitamins and Minerals ( <a href="http://www.gezondheidsraad.nl/sites/default/files/200906E_0.pdf">http://www.gezondheidsraad.nl/sites/default/files/200906E_0.pdf</a> ) Executive Summary: Dietary Reference Intakes: Calcium, Vitamin D, Thiamin, Riboflavin, Niacin, Pantothenic Acid, and Biotin ( <a href="http://www.gezondheidsraad.nl/sites/default/files/summary200012N_1.pdf">http://www.gezondheidsraad.nl/sites/default/files/summary200012N_1.pdf</a> ) Executive Summary: Dietary Reference Intakes: Vitamin B <sub>6</sub> , Folate and Vitamin B <sub>12</sub> ( <a href="http://www.gezondheidsraad.nl/sites/default/files/summary_voedingsnormen.pdf">http://www.gezondheidsraad.nl/sites/default/files/summary_voedingsnormen.pdf</a> ) Dietary Reference Intakes: Energy, Proteins, Fats, and Digestible Carbohydrates ( <a href="http://www.gezondheidsraad.nl/sites/default/files/0119ER.PDF">http://www.gezondheidsraad.nl/sites/default/files/0119ER.PDF</a> )
Norway	Food-Based Dietary Guidelines in Circumpolar Regions ( <a href="http://www.circumpolarhealthjournal.net/public/journals/32/chs/CHS_2011_8.pdf">http://www.circumpolarhealthjournal.net/public/journals/32/chs/CHS_2011_8.pdf</a> )	Nordic Nutrition Recommendations ( <a href="http://www.ravitsemusneuvottelukunta.fi/files/images/vrn/9789289326292_nnr-2012.pdf">http://www.ravitsemusneuvottelukunta.fi/files/images/vrn/9789289326292_nnr-2012.pdf</a> )
Slovenia	Resolution on the National Programme of Food and Nutrition Policy 2005-2010 ( <a href="http://www.google.ca/url?sa=t&amp;rct=j&amp;q=&amp;esrc=s&amp;frm=1&amp;source=web&amp;cd=1&amp;cad=rja&amp;ved=0CCoQFjAA&amp;url=http%3A%2F%2Fwww.mz.gov.si%2Ffileadmin%2Fmz.gov.si%2Fpageuploads%2Fangleska_verzija_MZ%2FResANG-oblikovana.doc&amp;ei=CRbnUcqGNqn8iQKzxoCwDg&amp;usg=AFQjCNFNEds5jpFpP1YYD6bShh6GivyZUA">http://www.google.ca/url?sa=t&amp;rct=j&amp;q=&amp;esrc=s&amp;frm=1&amp;source=web&amp;cd=1&amp;cad=rja&amp;ved=0CCoQFjAA&amp;url=http%3A%2F%2Fwww.mz.gov.si%2Ffileadmin%2Fmz.gov.si%2Fpageuploads%2Fangleska_verzija_MZ%2FResANG-oblikovana.doc&amp;ei=CRbnUcqGNqn8iQKzxoCwDg&amp;usg=AFQjCNFNEds5jpFpP1YYD6bShh6GivyZUA</a> )	Resolution on the National Programme of Food and Nutrition Policy 2005-2010 ( <a href="http://www.google.ca/url?sa=t&amp;rct=j&amp;q=&amp;esrc=s&amp;frm=1&amp;source=web&amp;cd=1&amp;cad=rja&amp;ved=0CCoQFjAA&amp;url=http%3A%2F%2Fwww.mz.gov.si%2Ffileadmin%2Fmz.gov.si%2Fpageuploads%2Fangleska_verzija_MZ%2FResANG-oblikovana.doc&amp;ei=CRbnUcqGNqn8iQKzxoCwDg&amp;usg=AFQjCNFNEds5jpFpP1YYD6bShh6GivyZUA">http://www.google.ca/url?sa=t&amp;rct=j&amp;q=&amp;esrc=s&amp;frm=1&amp;source=web&amp;cd=1&amp;cad=rja&amp;ved=0CCoQFjAA&amp;url=http%3A%2F%2Fwww.mz.gov.si%2Ffileadmin%2Fmz.gov.si%2Fpageuploads%2Fangleska_verzija_MZ%2FResANG-oblikovana.doc&amp;ei=CRbnUcqGNqn8iQKzxoCwDg&amp;usg=AFQjCNFNEds5jpFpP1YYD6bShh6GivyZUA</a> )
Spain	Food Patterns and Dietary Recommendations in Spain, France and Sweden ( <a href="http://www.scp-knowledge.eu/sites/default/files/knowledge/attachments/LiveWell%20for%20Life_2012_Food%20patterns%20and%20dietary%20recommendati">http://www.scp-knowledge.eu/sites/default/files/knowledge/attachments/LiveWell%20for%20Life_2012_Food%20patterns%20and%20dietary%20recommendati</a> )	Nutritional Evaluation of Diet: Energy and Macronutrients, on data from the National Survey Dietary Intake (in Spanish) ( <a href="http://aesan.mssi.gob.es/AESAN/docs/docs/evaluacion_riesgo_s/estudios_evaluacion_nutricional/valoracion_nutricional_enide_macronutrientes.pdf">http://aesan.mssi.gob.es/AESAN/docs/docs/evaluacion_riesgo_s/estudios_evaluacion_nutricional/valoracion_nutricional_enide_macronutrientes.pdf</a> )

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	<a href="#">ons%20in%20Spain,%20France%20and%20Sweden.pdf)</a>	Nutritional Evaluation of Diet: Micronutrients, on data from the National Survey Dietary Intake (in Spanish) ( <a href="http://www.aesan.msssi.gob.es/AESAN/docs/docs/evaluacion_riesgos/estudios_evaluacion_nutricional/Valoracion_nutricional_ENIDE_micronutrientes.pdf">http://www.aesan.msssi.gob.es/AESAN/docs/docs/evaluacion_riesgos/estudios_evaluacion_nutricional/Valoracion_nutricional_ENIDE_micronutrientes.pdf</a> )
Sweden	Food-Based Dietary Guidelines in Circumpolar Regions  ( <a href="http://www.circumpolarhealthjournal.net/public/journals/32/chs/CHS_2011_8.pdf">http://www.circumpolarhealthjournal.net/public/journals/32/chs/CHS_2011_8.pdf</a> )  Food Patterns and Dietary Recommendations in Spain, France and Sweden  ( <a href="http://www.scp-knowledge.eu/sites/default/files/knowledge/attachments/LiveWell%20for%20Life_2012_Food%20patterns%20and%20dietary%20recommendations%20in%20Spain,%20France%20and%20Sweden.pdf">http://www.scp-knowledge.eu/sites/default/files/knowledge/attachments/LiveWell%20for%20Life_2012_Food%20patterns%20and%20dietary%20recommendations%20in%20Spain,%20France%20and%20Sweden.pdf</a> )  The Food Circle  ( <a href="http://www.slv.se/upload/nfa/documents/food_nutrition/food_circle_english.pdf">http://www.slv.se/upload/nfa/documents/food_nutrition/food_circle_english.pdf</a> )	Swedish Nutrition Recommendations Objectified  ( <a href="http://www.slv.se/upload/dokument/rapporter/mat_naring/Report_20_2005_SNO_eng.pdf">http://www.slv.se/upload/dokument/rapporter/mat_naring/Report_20_2005_SNO_eng.pdf</a> )
Switzerland	Food Pyramid of the Swiss Society for Nutrition ( <a href="http://www.karger.com/Article/Pdf/103562">http://www.karger.com/Article/Pdf/103562</a> ) Swiss Food Pyramid ( <a href="http://www.sge-ssn.ch/media/medialibrary/2013/03/_sge_merkblaetter_pyramid_basic_e.pdf">http://www.sge-ssn.ch/media/medialibrary/2013/03/_sge_merkblaetter_pyramid_basic_e.pdf</a> )	Reference Values (in German) ( <a href="http://www.vitaminforschung.org/en/interesting-facts/reference-values">http://www.vitaminforschung.org/en/interesting-facts/reference-values</a> )
United Kingdom	FSA Nutrient and Food-Based Guidelines for UK Institutions  ( <a href="http://www.food.gov.uk/multimedia/pdfs/nutguideuk.pdf">http://www.food.gov.uk/multimedia/pdfs/nutguideuk.pdf</a> )	Dietary Reference Values for Energy  ( <a href="http://www.sacn.gov.uk/pdfs/sacn_dietary_reference_values_f">http://www.sacn.gov.uk/pdfs/sacn_dietary_reference_values_f</a> )

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	The Eatwell Plate  ( <a href="https://www.gov.uk/government/news/about-the-eatwell-plate">https://www.gov.uk/government/news/about-the-eatwell-plate</a> )	<a href="#">or_energy.pdf</a>  Nutrient Requirements ( <a href="http://www.nutrition.org.uk/nutritionscience/nutrients/nutrient-requirements?start=2">http://www.nutrition.org.uk/nutritionscience/nutrients/nutrient-requirements?start=2</a> ) Reference Nutrient Intakes for Vitamins ( <a href="http://www.nutrition.org.uk/attachments/053_Micronutrient%20DRVs.pdf">http://www.nutrition.org.uk/attachments/053_Micronutrient%20DRVs.pdf</a> ) Nutrient Requirements: Life Stages ( <a href="http://www.nutrition.org.uk/nutritionscience/nutrients/nutrient-requirements?start=5">http://www.nutrition.org.uk/nutritionscience/nutrients/nutrient-requirements?start=5</a> )
<b>Asia</b>		
Bahrain	Food Dome: Dietary Guidelines for Arab Countries ( <a href="http://www.acnut.com/v/images/stories/pdf/qeben.pdf">http://www.acnut.com/v/images/stories/pdf/qeben.pdf</a> ) Food-Based Dietary Guidelines for the Arab Gulf Countries ( <a href="http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3278924/pdf/JNUME2012-905303.pdf">http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3278924/pdf/JNUME2012-905303.pdf</a> )	N/A
China	Food-Based Dietary Guidelines: China ( <a href="http://www.fao.org/ag/humannutrition/nutritioneducation/fbdg/49850/en/chn/">http://www.fao.org/ag/humannutrition/nutritioneducation/fbdg/49850/en/chn/</a> ) Pagoda Illustration ( <a href="http://www.cnsoc.org/en/nutrition.asp?s=9&amp;nid=806">http://www.cnsoc.org/en/nutrition.asp?s=9&amp;nid=806</a> ) Dietary Pagoda (Chinese) ( <a href="ftp://ftp.fao.org/es/esn/nutrition/dietary_guidelines/chn.pdf">ftp://ftp.fao.org/es/esn/nutrition/dietary_guidelines/chn.pdf</a> )	DRIs (in Chinese)  ( <a href="http://www.cnsoc.org/cn/disciplinary.asp?s=4&amp;nid=23">http://www.cnsoc.org/cn/disciplinary.asp?s=4&amp;nid=23</a> )
India	Food-Based Dietary Guidelines: India ( <a href="http://www.fao.org/ag/humannutrition/nutritioneducation/fbdg/49850/en/ind/">http://www.fao.org/ag/humannutrition/nutritioneducation/fbdg/49850/en/ind/</a> ) Dietary Guidelines for Indians: Foundation to Nutrition and Health ( <a href="ftp://ftp.fao.org/es/esn/nutrition/dietary_guidelines/ind.pdf">ftp://ftp.fao.org/es/esn/nutrition/dietary_guidelines/ind.pdf</a> )	Dietary Guidelines for Indians  ( <a href="http://www.ninindia.org/DietaryGuidelinesforNINwebsite.pdf">http://www.ninindia.org/DietaryGuidelinesforNINwebsite.pdf</a> )
Indonesia	Food-Based Dietary Guidelines: Indonesia  ( <a href="http://www.fao.org/ag/humannutrition/nutritioneducation/fbdg/49850">http://www.fao.org/ag/humannutrition/nutritioneducation/fbdg/49850</a> )	Recommended Dietary Allowances ( <a href="http://www.ilsa.org/SEA_Region/Publications/ILSI%20SEAR%20Monograph%20-%20ASEAN%20RDAs.pdf">http://www.ilsa.org/SEA_Region/Publications/ILSI%20SEAR%20Monograph%20-%20ASEAN%20RDAs.pdf</a> )

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	<a href="#">/en/idn/</a>	
Japan	<p>Japan's Dietary Guidelines  <a href="http://www.dietitian.or.jp/english/newsletter/jpndiet.html">http://www.dietitian.or.jp/english/newsletter/jpndiet.html</a>          Food-Based Dietary Guidelines: Japan  <a href="http://www.fao.org/ag/humannutrition/nutritioneducation/fbdg/49850/en/jpn/">http://www.fao.org/ag/humannutrition/nutritioneducation/fbdg/49850/en/jpn/</a>          Japanese Food Guide Spinning Top    <a href="http://www.mhlw.go.jp/bunya/kenkou/pdf/eiyou-syokuji4.pdf">http://www.mhlw.go.jp/bunya/kenkou/pdf/eiyou-syokuji4.pdf</a></p>	<p><i>Journal of Nutritional Science and Vitaminology: Supplement on Japanese Dietary Reference Intakes</i>    <a href="https://www.jstage.jst.go.jp/browse/jnsv/59/Supplement/_contents">https://www.jstage.jst.go.jp/browse/jnsv/59/Supplement/_contents</a></p>
Kuwait	<p>Food Dome: Dietary Guidelines for Arab Countries  <a href="http://www.acnut.com/v/images/stories/pdf/qeben.pdf">http://www.acnut.com/v/images/stories/pdf/qeben.pdf</a>          Food-Based Dietary Guidelines for the Arab Gulf Countries  <a href="http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3278924/">http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3278924/</a></p>	N/A
Malaysia	<p>Malaysian Dietary Guidelines    <a href="http://www.moh.gov.my/images/gallery/GarisPanduan/diet/introduction.pdf">http://www.moh.gov.my/images/gallery/GarisPanduan/diet/introduction.pdf</a>            Food-Based Dietary Guidelines: Malaysia    <a href="http://www.fao.org/ag/humannutrition/nutritioneducation/fbdg/49850/en/mys/">http://www.fao.org/ag/humannutrition/nutritioneducation/fbdg/49850/en/mys/</a>            Malaysian Food Pyramid  <a href="http://www.myhealth.gov.my/index.php/en/nutrition/general/malaysian-food-pyramid">http://www.myhealth.gov.my/index.php/en/nutrition/general/malaysian-food-pyramid</a></p>	<p>Recommended Dietary Allowances: Harmonization in Southeast Asia    <a href="http://www.ilsa.org/SEA_Region/Publications/ILSI%20SEAR%20Monograph%20-%20ASEAN%20RDAs.pdf">http://www.ilsa.org/SEA_Region/Publications/ILSI%20SEAR%20Monograph%20-%20ASEAN%20RDAs.pdf</a></p>
Oman	<p>The Omani Guide to Healthy Eating    <a href="http://www.fao.org/ag/humannutrition/19541-0497c1ce489201fde6e93d72cc6b91a9d.pdf">http://www.fao.org/ag/humannutrition/19541-0497c1ce489201fde6e93d72cc6b91a9d.pdf</a></p>	<p>Food-Based Dietary Guidelines: Technical Background and Description    <a href="http://www.fao.org/ag/humannutrition/19542-0561250979706400b7cc8ca7366cc07c0.pdf">http://www.fao.org/ag/humannutrition/19542-0561250979706400b7cc8ca7366cc07c0.pdf</a></p>

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Philippines	<p>10 Nutritional Guidelines for Filipinos  <a href="http://www.nnc.gov.ph/home/item/5-10-nutritional-guidelines-for-filipinos-mga-gabay-sa-wastong-nutrisyon-para-sa-pilipino">http://www.nnc.gov.ph/home/item/5-10-nutritional-guidelines-for-filipinos-mga-gabay-sa-wastong-nutrisyon-para-sa-pilipino</a>)  Food-Based Dietary Guidelines: Philippines  <a href="http://www.fao.org/ag/humannutrition/nutritioneducation/fbdg/49850/en/phl/">http://www.fao.org/ag/humannutrition/nutritioneducation/fbdg/49850/en/phl/</a>)</p>	<p>Recommended Dietary Allowances: Harmonization in Southeast Asia  <a href="http://www.ilsa.org/SEA_Region/Publications/ILSI%20SEAR%20Monograph%20-%20ASEAN%20RDAs.pdf">http://www.ilsa.org/SEA_Region/Publications/ILSI%20SEAR%20Monograph%20-%20ASEAN%20RDAs.pdf</a>)</p>
Qatar	<p>Food Dome: Dietary Guidelines for Arab Countries  <a href="http://www.acnut.com/v/images/stories/pdf/qeben.pdf">http://www.acnut.com/v/images/stories/pdf/qeben.pdf</a>)  Food-Based Dietary Guidelines for the Arab Gulf Countries  <a href="http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3278924/">http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3278924/</a>)</p>	N/A
Saudi Arabia	<p>Dietary Guidelines for Saudis: The Healthy Food Palm  <a href="http://www.moh.gov.sa/en/Ministry/MediaCenter/Publications/Documents/final%20english%20%20%D8%A7%D9%84%D9%83%D8%AA%D8%A7%D8%A8%20%D8%A7%D9%84%D8%B9%D9%84%D9%85%D9%8A%20%D8%A5%D9%86%D8%AC%D9%84%D9%8A%D8%B2%D9%8A.pdf">http://www.moh.gov.sa/en/Ministry/MediaCenter/Publications/Documents/final%20english%20%20%D8%A7%D9%84%D9%83%D8%AA%D8%A7%D8%A8%20%D8%A7%D9%84%D8%B9%D9%84%D9%85%D9%8A%20%D8%A5%D9%86%D8%AC%D9%84%D9%8A%D8%B2%D9%8A.pdf</a>)</p>	N/A
Singapore	<p>Build a Healthy Food Foundation  <a href="http://www.hpb.gov.sg/HOPPortal/health-article/2638">http://www.hpb.gov.sg/HOPPortal/health-article/2638</a>)  Food-Based Dietary Guidelines: Singapore  <a href="http://www.fao.org/ag/humannutrition/nutritioneducation/fbdg/49850/en/sgp/">http://www.fao.org/ag/humannutrition/nutritioneducation/fbdg/49850/en/sgp/</a>)</p>	<p>Recommended Dietary Allowances  <a href="http://www.hpb.gov.sg/HOPPortal/health-article/2652">http://www.hpb.gov.sg/HOPPortal/health-article/2652</a>)</p>
South Korea	<p>Development of a Korean Diet Score and Its Application Assessing Adherence to Korean Healthy Diet Based on the Korean Food Guide Wheels  <a href="http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3572226/">http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3572226/</a>)</p>	<p>Dietary Reference Intakes for Koreans 2010  <a href="http://image.campushomepage.com/users/knsweb/ssugi513/DRIs/2010KDRIs_open_final.pdf">http://image.campushomepage.com/users/knsweb/ssugi513/DRIs/2010KDRIs_open_final.pdf</a>)</p>
Thailand	<p>Food-Based Dietary Guidelines: Thailand  <a href="http://www.fao.org/ag/humannutrition/nutritioneducation/fbdg/49850/en/tha/">http://www.fao.org/ag/humannutrition/nutritioneducation/fbdg/49850/en/tha/</a>)  Food-Based Dietary Guideline for Thai  <a href="ftp://ftp.fao.org/es/esn/nutrition/dietary_guidelines/tha.pdf">ftp://ftp.fao.org/es/esn/nutrition/dietary_guidelines/tha.pdf</a>)  Nutrition Flag: Healthy Eating for Thais  <a href="http://nutrition.anamai.moph.go.th/temp/main/upbook/file_large/Nutr">http://nutrition.anamai.moph.go.th/temp/main/upbook/file_large/Nutr</a>)</p>	<p>Recommended Dietary Allowances: Harmonization in Southeast Asia  <a href="http://www.ilsa.org/SEA_Region/Publications/ILSI%20SEAR%20Monograph%20-%20ASEAN%20RDAs.pdf">http://www.ilsa.org/SEA_Region/Publications/ILSI%20SEAR%20Monograph%20-%20ASEAN%20RDAs.pdf</a>)</p>

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	<a href="#">itionFLAG.pdf)</a> Food Chart ( <a href="ftp://ftp.fao.org/es/esn/nutrition/dietary_guidelines/tha_ft.pdf">ftp://ftp.fao.org/es/esn/nutrition/dietary_guidelines/tha_ft.pdf</a> )	
Turkey	Dietary Guidelines for Turkey ( <a href="http://www.beslenme.gov.tr/content/files/yayinlar/ingilizce_yayinlar/books/dietary_guidelines.pdf">http://www.beslenme.gov.tr/content/files/yayinlar/ingilizce_yayinlar/books/dietary_guidelines.pdf</a> )	N/A
United Arab Emirates	Food Dome: Dietary Guidelines for Arab Countries ( <a href="http://www.acnut.com/v/images/stories/pdf/qeben.pdf">http://www.acnut.com/v/images/stories/pdf/qeben.pdf</a> ) Food-Based Dietary Guidelines for the Arab Gulf Countries ( <a href="http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3278924/">http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3278924/</a> )	N/A
Vietnam	Nutrition Situation an Food-Based Dietary Guidelines for Vietnam ( <a href="http://viendinhduong.vn/news/en/403/123/0/a/nutrition-situation-an-food-based-dietary-guidelines-for-vietnam.aspx">http://viendinhduong.vn/news/en/403/123/0/a/nutrition-situation-an-food-based-dietary-guidelines-for-vietnam.aspx</a> )	Recommended Dietary Allowances: Harmonization in Southeast Asia ( <a href="http://www.ilsa.org/SEA_Region/Publications/ILSI%20SEAR%20Monograph%20-%20ASEAN%20RDAs.pdf">http://www.ilsa.org/SEA_Region/Publications/ILSI%20SEAR%20Monograph%20-%20ASEAN%20RDAs.pdf</a> )
<b>Africa</b>		
Namibia	Food-Based Dietary Guidelines: Namibia ( <a href="http://www.fao.org/ag/humannutrition/nutritioneducation/fbdg/49849/en/nam/">http://www.fao.org/ag/humannutrition/nutritioneducation/fbdg/49849/en/nam/</a> ) Food & Nutrition Guidelines for Namibia ( <a href="http://www.fao.org/ag/humannutrition/15873-06983b5c297fbc44d4745467a9c8e4d2b.pdf">http://www.fao.org/ag/humannutrition/15873-06983b5c297fbc44d4745467a9c8e4d2b.pdf</a> )	N/A
Nigeria	Food-Based Dietary Guidelines: Nigeria ( <a href="http://www.fao.org/ag/humannutrition/nutritioneducation/fbdg/49849/en/nga/">http://www.fao.org/ag/humannutrition/nutritioneducation/fbdg/49849/en/nga/</a> )	N/A
South Africa	South African Food-Based Dietary Guidelines ( <a href="http://www.rediscoverdairy.co.za/LinkClick.aspx?fileticket=zuXvpblMoGU%3D&amp;tabid=201">http://www.rediscoverdairy.co.za/LinkClick.aspx?fileticket=zuXvpblMoGU%3D&amp;tabid=201</a> ) Food-Based Dietary Guidelines for South Africa ( <a href="http://www.sahealthinfo.org/nutrition/safoodbased.htm">http://www.sahealthinfo.org/nutrition/safoodbased.htm</a> )	N/A

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## Australia and Oceania

Australia	Australian Dietary Guidelines ( <a href="http://www.nhmrc.gov.au/guidelines/publications/n55">http://www.nhmrc.gov.au/guidelines/publications/n55</a> ) Eat for Health: Australian Dietary Guidelines, Summary ( <a href="http://www.nhmrc.gov.au/files_nhmrc/publications/attachments/n55_a_australian_dietary_guidelines_summary_130530.pdf">http://www.nhmrc.gov.au/files_nhmrc/publications/attachments/n55_a_australian_dietary_guidelines_summary_130530.pdf</a> )	Nutrient Reference Values for Australia and New Zealand Executive Summary ( <a href="http://www.nhmrc.gov.au/files_nhmrc/publications/attachments/n36.pdf">http://www.nhmrc.gov.au/files_nhmrc/publications/attachments/n36.pdf</a> ) Nutrient Reference Values for Australia and New Zealand Including Recommended Dietary Intakes ( <a href="http://www.nhmrc.gov.au/files_nhmrc/publications/attachments/n35.pdf">http://www.nhmrc.gov.au/files_nhmrc/publications/attachments/n35.pdf</a> )
New Zealand	Food and Nutrition Guidelines ( <a href="http://www.health.govt.nz/our-work/preventative-health-wellness/nutrition/food-and-nutrition-guidelines">http://www.health.govt.nz/our-work/preventative-health-wellness/nutrition/food-and-nutrition-guidelines</a> )	Nutrient Reference Values for Australia and New Zealand Summary ( <a href="http://www.health.govt.nz/publication/nutrient-reference-values-australia-and-new-zealand">http://www.health.govt.nz/publication/nutrient-reference-values-australia-and-new-zealand</a> ) Nutrient Reference Values for Australia and New Zealand Including Recommended Dietary Intakes ( <a href="http://www.nhmrc.gov.au/files_nhmrc/publications/attachments/n35.pdf">http://www.nhmrc.gov.au/files_nhmrc/publications/attachments/n35.pdf</a> )

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