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Fat: The New
Health Paradigm
Appendix

Guidelines

Figure 62

Nutritional guidelines: relevant organizations

Organization	Saturated fat	Other fats	Meat	Fish	Sugar	Other
AHA	The American Heart Association recommends aiming for a dietary pattern that achieves 5% to 6% of calories from saturated fat. Replace foods high in saturated fats with foods high in monounsaturated and/or polyunsaturated fats. This means eating foods made with liquid vegetable oil but not tropical oils. It also means eating fish and nuts. Also replace some of the meat with beans or legumes	The American Heart Association recommends cutting back on foods containing partially hydrogenated vegetable oils to reduce trans fat and preparing lean meats and poultry without added saturated and trans fat. Select fat-free, 1 percent fat and low-fat dairy products	Choose lean meats and poultry without skin and prepare them without added saturated and trans fat. Select meat substitutes such as dried beans, peas, lentils or tofu (soy-bean curd) in entrees, salads or soups.	The American Heart Association recommends eating fish (particularly fatty fish) at least two times (two servings) a week. Each serving is 3.5 ounce cooked, or about ¾ cup of flaked fish. Fatty fish like salmon, mackerel, herring, lake trout, sardines and albacore tuna are high in omega-3 fatty acids.	Limiting the amount of added sugars you consume to no more than half of the daily discretionary calories allowance. For most American women, that's no more than 100 calories per day. For men, it's 150 calories per day. The AHA recommendations focus on all added sugars, without singling out any particular types such as high-fructose corn syrup	
Official HHS and USDA – 7th Edition of Dietary Guidelines for Americans 2010 (current) (1)	Consume less than 10% of calories from saturated fatty acids by replacing them with monounsaturated and polyunsaturated fatty acids	Use oils to replace solid fats where possible Consume less than 300 mg per day of dietary cholesterol Keep trans fatty acid consumption as low as possible by limiting foods that contain synthetic sources of trans fats, such as partially hydrogenated oils, and by limiting other solid fats.	Choose a variety of protein foods, which include seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds	Increase the amount and variety of seafood consumed by choosing seafood in place of some meat and poultry.	Reduce the intake of calories from added sugars	Choose foods that provide more potassium, dietary fiber, calcium, and vitamin D, which are nutrients of concern in American diets. These foods include vegetables, fruits, whole grains, and milk and milk products.
Official HHS and USDA – 8th Edition of Dietary Guidelines for Americans 2015 (to be published in the fall of 2015 but Advisory Report available).	The committee recommends taking in less than 10% of total daily calories from saturated fat. Sources of saturated fat should be replaced with unsaturated fat, particularly polyunsaturated fatty acid	Previously, the Dietary Guidelines for Americans recommended that cholesterol intake be limited to no more than 300 mg/day. The 2015 committee is not bringing forward this recommendation because they consider evidence shows no appreciable relationship between consumption of dietary cholesterol and serum cholesterol	Reduce red and processed meats. Lean meat, chicken and turkey are no longer favored foods.	Increase the amount and variety of seafood consumed	Maximum of 10 percent of total calories from added sugar per day. Added sugars should be reduced in the diet and not replaced with low-calorie sweeteners, but rather with healthy options, such as water in place of sugar-sweetened beverages.	On average, the U.S. diet is low in vegetables, fruit and whole grains, and too high in calories, saturated fat, sodium, refined grains and added sugars. Under-consumption of vitamin D, calcium, potassium and fiber are of public health concern for the majority of the U.S. population
CINDI Dietary Guide, WHO Regional Office for Europe	Saturated fat should supply less than 10% of total energy intake. Replace most saturated fats with unsaturated vegetable oils or soft margarines. See (3) four country detail.	WHO recommends that healthy diets contain at most 30% of their energy from fat. (2) Saturated fat should supply less than 10% of total energy intake. Polyunsaturated fat should constitute around 7% of total energy. The balance of dietary fat should be monounsaturated	Replace fatty meat and meat products with beans, legumes, lentils, fish, poultry or lean meat.	A weekly intake of oily fish reduces the risk of cardiovascular diseases in many different ways	Select foods that are low in sugar, and eat refined sugar sparingly, limiting the frequency of sugary drinks and sweets.	

Sources: AHA <http://www.heart.org>

Dietary guidelines for Americans. <http://www.health.gov/dietaryguidelines/>

CINDI Dietary Guide, WHO Regional Office for Europe fat annex http://www.euro.who.int/___data/assets/pdf_file/0010/119926/E70041.pdf

- (1) The Dietary Guidelines for Americans Report is used by many public health agencies to drive public health recommendations programs (think the USDA school lunch program and the MyPlate icon). The Dietary Guidelines apply to all Americans ages 2 and older. By 2020, the Dietary Guidelines for Americans hope to also cover guidelines for infants.
- (2) CINDI Dietary Guide, WHO Regional Office for Europe fat annex
- (3) Fat / Saturated Fat guidelines across Europe

Figure 63

Nutritional guidelines by country

Country	Saturated fat	Other fats	Meat	Fish	Sugar	Other (taxes)
China – Ministry of Health	NA	Consume no more than 25 grams of fat per day	Consume 125-200 grams of fish, poultry, meat, eggs or other animal foods per day	Consume 50 grams of fish or shrimp per day	Limit sugar consumption	
Japan – Ministry of Health, Labour and Welfare and Ministry of Agriculture, Forestry and Fisheries.	Saturated fat should represent less than 7% of daily energy consumed	Avoid oily and fatty foods and make a balanced choice of fat from animal, plant, and fish. Total fat should represent 20-30% of the daily energy intake	3-5 servings fish and meat dishes per day	NA	Consume confectionery moderately	In January 2008, Japan passed the "Metabo Law". The law requires men and women between the ages of 45 and 74 to have their waistlines examined once a year and potentially seek medical treatment if their measurements fall outside established ranges.
Indonesia – Ministry of Health	NA	Obtain no more than a quarter of total energy intake from fats or oils	NA	NA	NA	
India – National Institute of Nutrition	Adults should choose low-fat, protein-rich foods such as lean meat, fish, pulses and low-fat milk.	Edible fat intake should not exceed 40 grams and total fat intake should be limited to levels at which fat will provide no more than 20% of total energy. The use butter should not be a regular daily feature	Include foods of animal origin such as milk, eggs and meat, particularly for pregnant and lactating women and children.	NA	The intake of sugar and sweets should be restricted. Limit to 4 (5 gr) portions a day	
Australia – National Health and Medical Research Council	Limit intake of foods high in saturated fat such as many biscuits, cakes, pastries, pies, processed meats, commercial burgers, pizza, fried foods, potato chips, crisps and other savory snacks.	Replace high fat foods which contain predominately saturated fats such as butter, cream, cooking margarine, coconut and palm oil with foods which contain predominately polyunsaturated and monounsaturated fats such as oils, spreads, nut butters/pastes and avocado	Eat 1-3 servings per day of lean meat and poultry, fish, eggs, nuts and seeds, and legumes/bean. A maximum of 455g of lean, cooked, red meat per week is recommended.	Around 2 serves of fish per week is recommended.	Limit intake of foods and drinks containing added sugars such as confectionery, sugar-sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks.	
Canada – Federal Ministry of Health (Health Canada)	A diet low in saturated fat and trans fat can help reduce the risk of cardiovascular disease.	A diet low in saturated fat and trans fat can help reduce the risk of cardiovascular disease. Drink skim, 1% or 2% milk each day. Limit butter, hard margarine, lard and shortening.	Select lean meat. Trim the visible fat from meats. Remove the skin on poultry. Use cooking methods such as roasting, baking or poaching that require little or no added fat.	Eat at least two servings of fish each week. Choose fish such as char, herring, mackerel, salmon, sardines and trout.	Canada's Food Guide recommends eating foods low in sugar to help limit extra calories in the diet.	
Brazil – Ministry of Health and the Center for Epidemiological Research in Nutrition and Health of the University of São Paulo	Consumption of excessive amounts of saturated fats. Increases the risk of several chronic diseases.	Use oils and fats in small amounts for seasoning and cooking foods. As long as they are used in moderation oils and fats contribute toward diverse diets without rendering them nutritionally unbalanced.	Animal foods are usually good sources of proteins, vitamins and minerals, but contain no dietary fibre, and when fatty, are energy-dense	Because of the low fat content and because they have a high proportion of healthy fats (unsaturated fat), fish, as well as vegetables, are excellent substitutes for red meats.	When consumed in large amounts, sugar increases the risk of dental caries as well as obesity, and other chronic diseases	
Mexico – Ministry of Health	Saturated fat recommended to be no more 7% of total energy input. Saturated fats (not cholesterol) are cause of arterosclerosis.	Total fat recommended to be 30% energy input. Polyunsaturated fats like corn, peanut, sunflower and monosaturated fats like olive oil are recommended for cooking.	Lean meat and particularly chicken and turkey (without skin) are recommended over red meat	Fish is recommended over red meat	Limit refined sugar consumption	On January 2014, the Mexican Government enacted a \$1 MXN per liter tax, (around 0.08 USD), on sodas along a tax of 5% on junk-food.
Denmark – Ministry of Food, Agriculture and Fisheries	Limit saturated fat to 10% of daily energy intake (including "hard fat", i.e. saturated fat and trans fatty acids)	Limit total fat to 30% of daily energy intake.	Choose lean meats and cold meats.	At least 2 servings/per week (or 350g/week) of fish are recommended	Limit sugar consumption to a maximum of 10% of daily energy intake.	On October 2011, Denmark introduced a tax on foods containing more than 2.3% saturated fat. In November 2012 the tax was abolished as, according to the tax Ministry, it failed to change Danes' eating habits and encouraged cross border trading.
Hungary – Ministries of Health, Agriculture and Education	Decrease saturated fat sources (animal origin)	Avoid to use fat for food preparation, and avoid visibly fat rich foods.	Eat lean meats prepared with small amounts of fat regularly. Look for lean cold cuts.	Eat sea fish regularly, at least once a week	Avoid the frequent consumption of foods or drinks rich in added sugar.	On September 2011 the Hungarian government implemented a law imposing special taxes on foods with high fat, salt and sugar content. Tax is still in effect.

Sources: Ministry of Health issued "China's Dietary Guidelines (2007)". The Central People's Government of the People's Republic of China (in Chinese). http://www.gov.cn/xwfb/2008-01/15/content_858517.htm

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Eating Well with Canada's Food Guide: http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/pubs/res-educat-eng.pdf

http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/food-guide-aliment/view_eatwell_vue_bienmang-eng.pdf

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