^{大洋洲} Oceania 膳食指南资料汇总

Compilation of Food-Based Dietary Guidelines

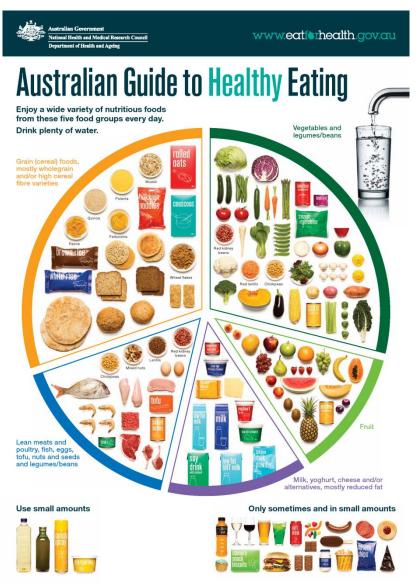




中国营养学会

Chinese Nutrition Society

1 Australia 澳大利亚 (2013)



To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs.

Enjoy a wide variety of nutritious foods from these five groups every day:

Limit intake of foods containing saturated fat, added salt, added sugars and alcohol. Encourage, support and promote breastfeeding.

Care for your food; prepare and store it safely.

2 New Zealand 新西兰 (2014)

1. Maintain a healthy body weight by eating well and by daily physical activity.

2. Eat well by including a variety of nutritious foods from each of the four major food groups each day.

- 3. Prepare foods or choose pre-prepared foods, drinks and snacks.
- 4. Drink plenty of liquids each day, especially water.
- 5. If choosing to drink alcohol, limit your intake.
- 6. Purchase, prepare, cook and store food to ensure food safety.