

Progress of Dietary Guidelines in Asia: an introduction

Avita A. Usfar PhD, Toshiaki Takano PhD, Jackson Zhang PhD

General representatives of Danone Institute Indonesia, Japan, and China

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In supporting the above mission, the Danone Institutes of Indonesia, Japan and China organized jointly a half-day pre-congress seminar in conjunction with the XI Asian Congress of Nutrition (ACN) and held in Singapore on July 12, 2011, with the theme "Progress of Dietary Guidelines in Asia". Facing a double burden of nutrition, the countries in economic transition in Asia need regularly to re-visit their dietary/nutrition guidelines so that they can be implemented and beneficial for the population at large. Learning from the experiences of other countries may help to make the messages more effective. The seminar was attended by 211 delegates from at least 139 institutions and 18 countries (Asia: China, Korea, Indonesia, Philippines, Malaysia, Sri Lanka, Japan, Singapore, Vietnam; and other countries from South and North America, Europe, and Australia). About one-third (35%) of the participants were from Indonesia, followed by Singapore (16%) and China (11%).

Eight experts were invited to present the experiences of their respective countries. They were:

1. Prof. Dr. Soekirman (Indonesia); Taking the Indonesian Nutrition History for the Betterment of Future Generations: Development of Dietary Guidelines in Indonesia;
2. Prof. Keyou Ge (China); The Transition of Chinese Dietary Guidelines and Food Guide Pagoda
3. Prof. Dr. Teiji Nakamura (Japan); Nutritional Policies and Dietary Guidelines in Japan
4. Dr. E-Siong Tee (Malaysia); Development and Promotion of Malaysian Dietary Guidelines
5. Mr. Benjamin Lee (Singapore); Dietary Guidelines in Singapore
6. Dr. Celeste Tanchoco (Philippines); Food-based Dietary Guidelines for Filipinos: Retrospect and Prospect
7. Dr. Le Thi Hop (Vietnam); Food Based Dietary Guidelines in Vietnam: Progress and Lessons learned
8. Prof. Dr. Kraissid Tontisirin (Thailand); Food Based Dietary Guidelines Development and Promotion in Thailand

During discussion several key topics were raised: Difficulties in fulfilling the Recommended Dietary Allowance for children; Lowering the prevalence of anemia; Improving breastfeeding practice; Recommendation about milk consumption in Food-Based Dietary Guideline (FBDG), Food choice considerations and commonalities in the FBDGs; and the Effectiveness of FBDGs in improving the nutritional status of populations.

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