INTERNATIONAL BEST PRACTICE STATEMENT
“Clear, interpretive, evidence-informed food-based dietary guidelines have been established and implemented”

Brazil’s national dietary guidelines are designed to protect citizens against undernutrition and obesity. The guidelines address sustainability concerns, taking into account the impact of food production and distribution on social justice and environmental integrity.

The guidelines address healthy eating from a cultural, ethical and environmental perspective, rather than recommended servings of each food group. The guidelines state:

1. Prepare meals from fresh and staple foods which are minimally processed.
2. Use oils, fats, sugar and salt in moderation.
3. Limit consumption of ready-to-eat food and drink products.
4. Avoid eating ultra-processed foods.
5. Eat regular meals, taking care with what you eat, in appropriate environments and company, whenever possible.
6. Buy food at places that offer varieties of fresh foods. Avoid those that mainly sell products ready for consumption.
7. Develop, practise, and share your skills in food preparation and cooking.
8. Plan your time to give meals and eating proper time and space.
9. When you eat out, choose restaurants that serve freshly made dishes and meals. Avoid fast-food chains.
10. Be critical of the commercial advertisement of food products.

The UK’s revised Eatwell Guide now takes some account of sustainability behind its messages.