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## An Example of Developing Food Based Dietary Guidelines

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# An example of developing food based dietary guidelines

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## Keywords

food based dietary guidelines, cultural context, total fat intake (% energy), % consumers

*Objectives and methods.* The term "Food-Based dietary guidelines" is used to mean the expression of the principles of good nutrition as foods. Guidelines derived from nutrient targets or dietary goals are translated into "food-based" guidelines in order to be adopted by the general population. Thus, FBDG should be based on customary dietary patterns and should take socio-economic and cultural factors into account. This presentation outlines, using the example of total fat intake (% fat energy), approaches for developing FBDG in cultural context. Total fat was chosen as a nutrient of public health significance. The process can be described by a series of steps with increasing levels of complexity.

*Results and conclusions.* Various methods for developing FBDG are described using total fat (% energy) as an example. The choice of method used is, in part, determined by the nature of food intake data for a given population. More advanced analytical approaches can be used when sufficiently detailed and validated data for the distribution of intakes within the population is available. When formulating FBDG consideration must be given to the data quality (i.e. level of under-reporting) as well as relevant social, economic, agricultural and environmental factors influencing food availability and eating patterns. In addition, consideration should also be given to the compatibility of any newly formulated FBDG with co-existing guidelines.