

What is considered a good diet?

Diet Principles and Dietary Guidelines

Principles and guidelines should be considered each time we make a choice of what goes into our mouth



Dietary Diversity

- **Dietary diversity** is:
 - number of foods (or food groups) consumed over a period (generally from one day to two weeks).

Nutrient Adequacy

- **Nutrient adequacy** is when the diet provides sufficient energy, protein, and essential micronutrients.

Dietary Quality

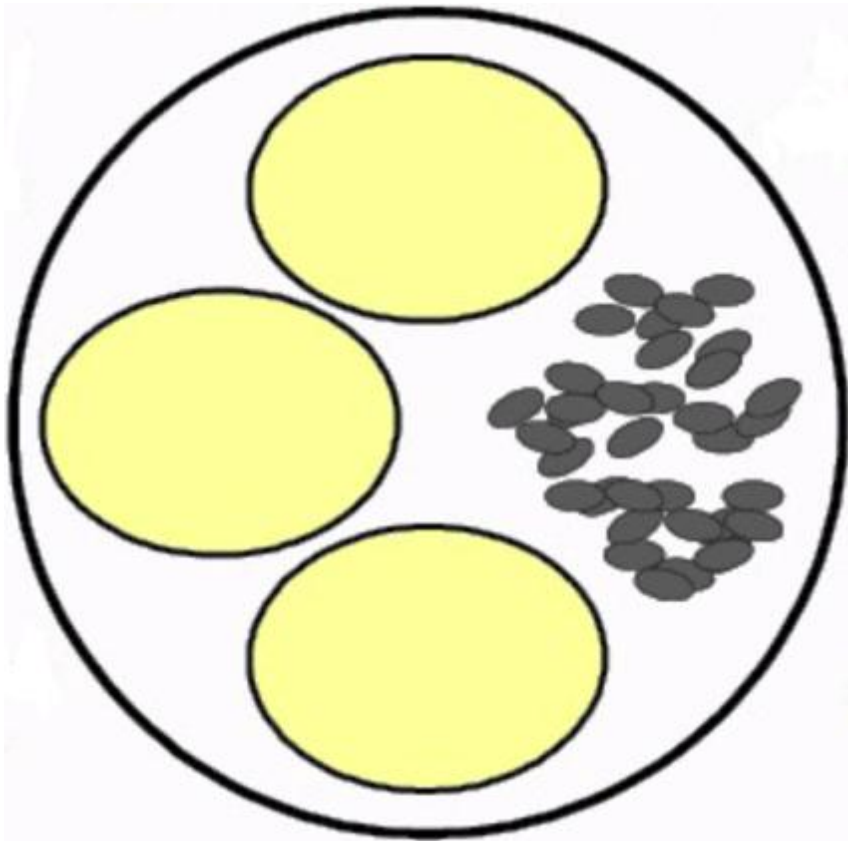
- **Dietary quality** is a diet that avoids excess (for example, of simple carbohydrates, saturated fat and sodium) as well as achievement of nutrient adequacy.

What makes up a Diverse Diet?

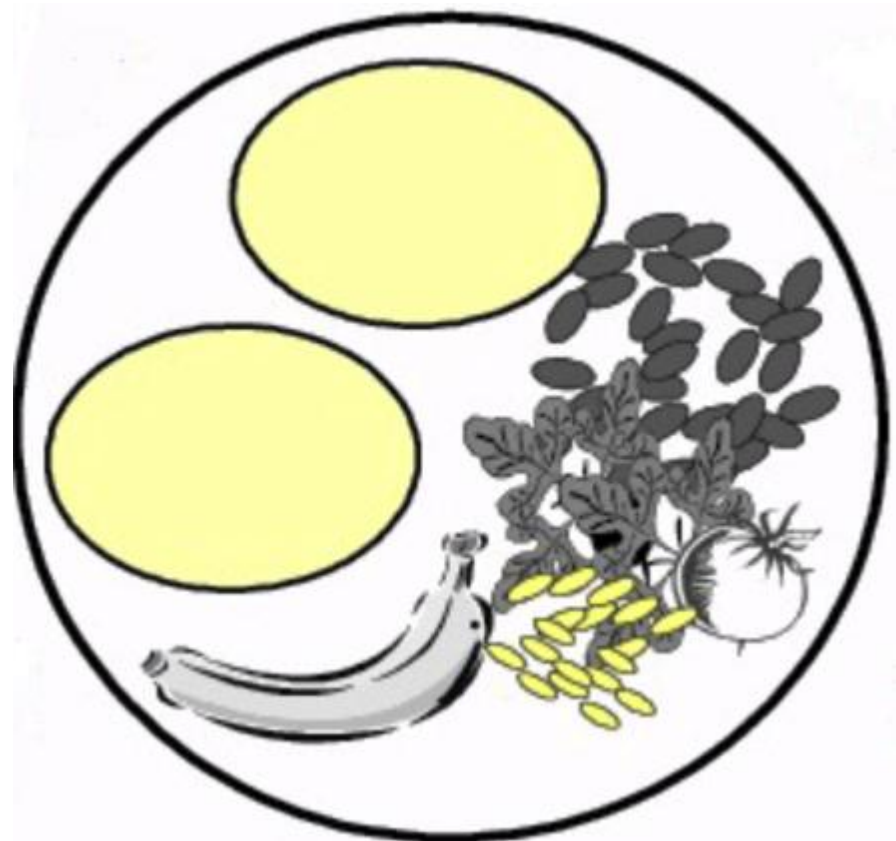
- Adequacy - enough energy and nutrients in the diet to meet the needs of healthy people
- Balance - consuming the right amount of each type of food – not too much, not too little
- Provides energy – in the form of kilocalories
- Nutrient dense - give you the most nutrient for the least food energy
- Moderation – no overconsumption of foods
- Variety – choose different foods to increase consumption of a variety of nutrients

Changing the Staple Ratio

The Usual Meal



A Better Meal



Timor-Leste Diet



Major Foods consumed:

Maize, rice, sweet potato, cassava, taro, soy, peanuts, and bananas.



Is the Timorese Diet balanced?

Are Timorese getting enough energy?

Are Timorese getting enough protein?

Are Timorese getting enough vitamins and minerals?

Are Timorese getting enough fat?

Going on Instinct...

Is this healthy?



Is this healthy?



Is this healthy?



Which is more healthy?



Is this healthy?



Is this healthy?



Is this healthy?



A balanced meal?



A balanced meal?



A balanced meal?



Write down what you eat in a day.

Do you eat rice everyday?