



Interventions in:

A Health


Promotion and support for **BREASTFEEDING**



Supplementation with **MICRONUTRIENTS** only when necessary




VIT. A




Appropriate **COMPLEMENTARY FEEDING**

Food-based dietary **GUIDELINES**




Food and nutrition **EDUCATION**



B Schools

Include 60 minutes of **PHYSICAL ACTIVITY** per day



NORMS AND STANDARDS for school-based feeding programs that ensure adequate nutrition, growth and development



Promote the creation of **SCHOOL GARDENS**



Improve the **NUTRITIONAL QUALITY** of the food supply in schools

C Family and Community



Promote regulatory measures that facilitate **HEALTHY FOOD PRACTICES**



SUSTAINABLE FOOD SYSTEMS FOR HEALTHY EATING



www.paho.org/nutrition

www.fao.org/red-icean/en/

SUSTAINABLE FOOD SYSTEMS FOR HEALTHY EATING

Healthy eating is a right and responsibility of everyone. It is necessary that actions be taken to transform Food Systems and make them sustainable, fair and inclusive through regulations that allow the population access to nutritious, safe, varied products at a fair price and produced in an environmentally responsible manner. This starts by protecting and promoting breastfeeding and adequate complementary feeding, developing food-based dietary guidelines, as well as regulating the school environment and food environment (front of package labeling, taxes, advertising). This will only be possible with collaboration and participation from the government and non-governmental organizations, including the productive sector.

1. Production

Promote **CROP DIVERSIFICATION** while maintaining soil health and adequate rotation.



2. Storage and Distribution

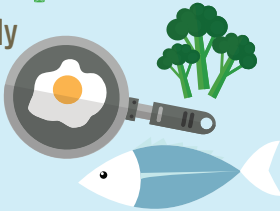
GOOD postharvest, storage, transport and distribution **PRACTICES.**

Food **FORTIFICATION** only when necessary.

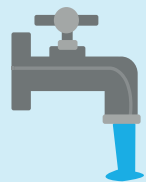
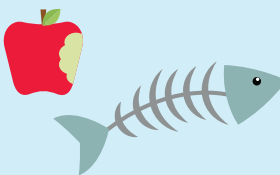


4. Consumption

COOK AND SHARE more family meals, choosing appropriate portion sizes and avoiding excess salt, sugar and fats.



TAKE ADVANTAGE OF ALL FOOD PARTS to minimize food waste



APPROPRIATE FOOD HYGIENE practices using safe water.

REGULATION

TAXES ON FOODS HIGH IN SALT, SUGAR AND FAT



A SANITARY REGISTER



SUBSIDIES FOR HEALTHY FOODS



MARKETING



FRONT OF PACKAGE LABELING

3. Processing and Retailing

REGULATE THE CONTENT of sodium, sugar, fats, additives and preservatives.



Availability of **FRESH PRODUCTS** in markets, farmers markets and stores.

