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Estonian renewed (2024) FBDGs and the possibility to compare one's food intake to the recommendations using the web-based dietary analysis program NutriData

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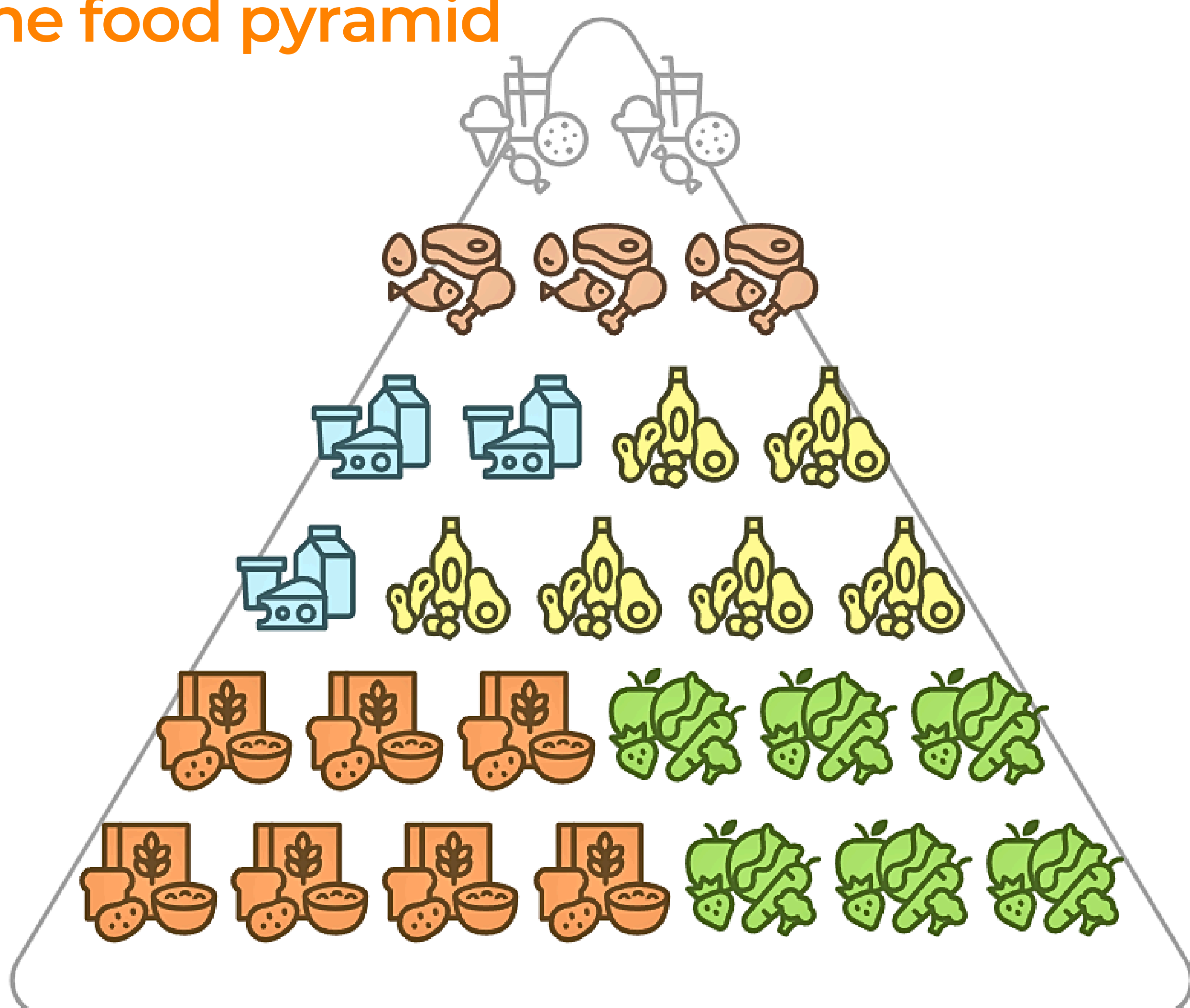


In Estonia, the NutriData dietary analysis program (free for everyone) allows users to analyze recipes and menus and compare the nutritional adequacy of their meals with the recommended nutrient intakes and FBDGs.

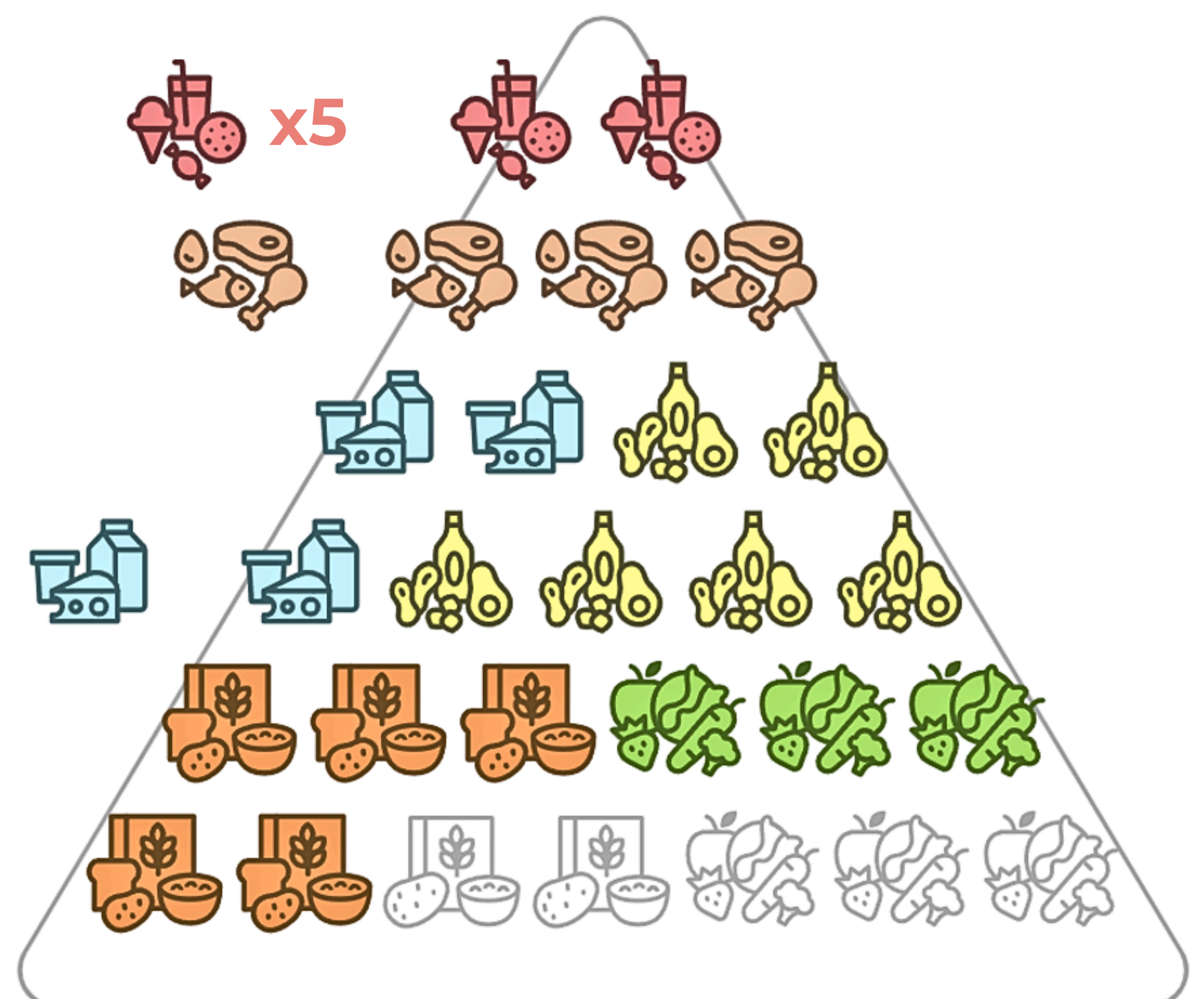
Recommended number of servings within food groups per day at an energy requirement of 2000 kcal to ensure nutritional adequacy

Vegetables, fruits and berries		Nuts, seeds, oleaginous fruits and added fats	
Vegetables	≥ 4	Nuts	2-3
Pulses and legumes	0,4	Seeds	0,5
Fruits	≥ 2	Oil, butter, fat spreads, oleaginous fruits	3-4
Berries	≥ 0,4	Fish, eggs, meat	
Cereals and potatoes		Fish	1-2
Breads	3-5	Eggs	0,5
Porridge, pasta	3-4	Poultry	1
Potatoes	1-2	Red meat	0,5
Milk and dairy products	2-3	Sweets, snacks and other unnecessary food products	≤4

Analysis of a menu meeting the FBDG's recommendations visualized on the food pyramid



Analysis of a menu not meeting the FBDG's recommendations visualized on the food pyramid



The programme will indicate if too much or too little from any food group is consumed. It will also point out when better choices could be made within food groups or more variety should be added to the diet. A brief description of the potential health consequences of an unbalanced diet is included as well as the best sources for specific nutrients.

GRUPP	SOOVITUSED	Increase the proportion of pulses and legumes in your meals for better variety in your diet.
Köögiviljad, puuviljad ja marjad	Mitmekülgse toitumise saavutamiseks suurenda köögiviljade osakaalu menüüs. Lisaks paljude mineraalainete suurele sisaldusele on kaunviljad ka head kiudainete ja taimsete päritolu valkude allikad.	
Teraviljatooted ja kartul	Suurenda tärklikerivate toitude nagu osakaalu oma menüüs. Jälgi toidu märgistusel leivatoodete kiudainete sisaldust - eelistada tooteid, mille kiudainete sisaldus on vähemalt 6 grammi 100 grammi kohta. Varieeri leivatooted ja putrusid.	Substitute white bread with wholemeal bread.
Piimatooted		
Kala, muna, liha	Vähenda toidugrupi "Kala, muna, liha" osakaalu oma menüüs.	
Maiused, näksid ja muud toidud	Vaata üle, kust sinu selle toidugrupi portsjonid tulevad ja vähenda nende söömist. Magusainetega tooteid tarbi pigem vähem ja harva. Magusad ja soolased näksid on enamasti kõrge energiasisaldusega, mistõttu võivad jääda raskemini seedida ja seega võib jääda puudu vajalikest vitamiinidest ja rasvhapetest, vitamiinidest ning soolaseid näkse süüa lisaks muule toidule, mis aitabki viib ülekaaluni. Rohke ja sage lisatud suhkur suurendab kaariese riski.	Limit the intake of foods containing free sugars. Consuming high-energy foods with low nutritional value increases your risk for nutrient deficiencies, overweight and obesity as well as dental caries.