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Dietary Guidelines for Chinese Residents (2016): comments and comparisons

Key words: Dietary Guidelines, Chinese Food Pagoda, Japanese Food Guide Spinning Top, Dietary Guidelines for Americans

Research Summary



This review mainly focused on discuss the recent scientific evidence and development of the Chinese, Japanese, and Amercan dietary guidelines related to diet quality and mortality. Adherence to a high quality diet has been strongly associated with a lower risk of mortality.

The dietary guidelines have important guiding significance.

- **To promote reasonable nutrition and healthy lifestyles**
- **To help people to make wise and appropriate food choices and adjust their diet to reduce diet-related chronic diseases and keep healthy**

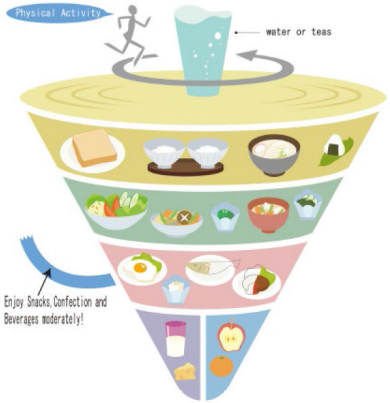
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Conclusions



•All the dietary guidelines examined have been consistently associated with a lower risk of many chronic diseases.

- The general population should consume a broad variety of different food sources on the basis of nutrient and food intake.



- Daily physical activity is also encouraged for healthy growth and physical strength.

- People are encouraged to drink more water and keep bottled water nearby because where there is water, there will be life!

