





What is the General Dietary Guidelines for Koreans?

In April, 2016, the Ministry of Health and Welfare issued the 9 basic rules on desirable diet by compiling dispersed government ministries' guidelines in cooperation with the Ministry of Agriculture, Food and Rural Affairs and the Ministry of Food and Drug Safety. The Guidelines integrate the consumption of well-balanced nutrients, healthy diet and Korean-style dietary patterns, and safety on dietary life.

Live a Healthy Life with Healthy Eating Habits!



9 General Dietary Guidelines for Koreans



Ministry of Health
and Welfare



Ministry of Agriculture,
Food and Rural Affairs

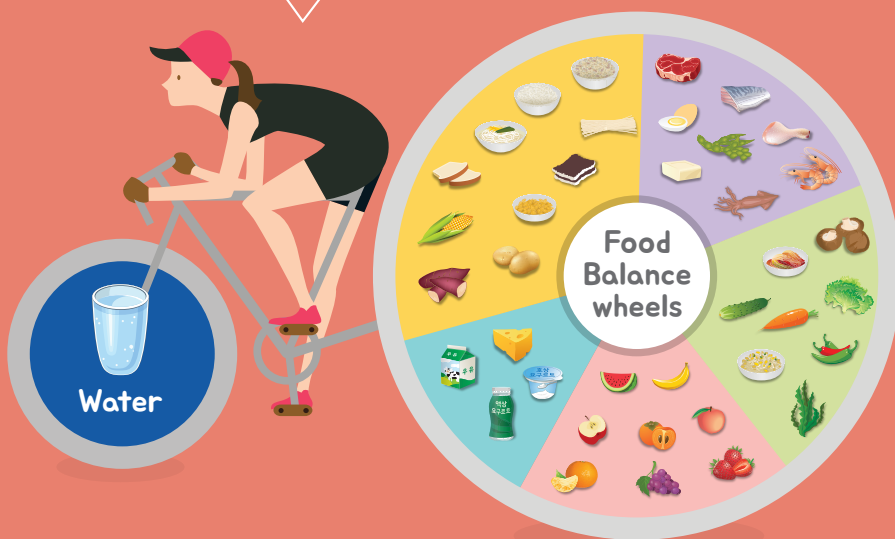


Ministry of Food and
Drug Safety

1.

EAT A VARIETY OF FOODS INCLUDING RICE & OTHER GRAINS, VEGETABLES, FRUITS, MILK & DAIRY PRODUCTS, MEAT, FISH, EGGS, AND BEANS

Eat a variety of foods daily in the recommended amounts for a well-balanced diet.



- Grains
2-4 servings/day
- Meat, Fish, Eggs & Beans
3~4 servings/day
- Vegetables
more than 2 servings/meal
- Fruits
1~2 servings/day
- Milk
1~2 servings/day

2.

DO NOT SKIP BREAKFAST



If you **skip breakfast**, then you are:

- Hard to obtain all nutrients essential for a daily life
- Susceptible to anemia, osteoporosis and low immunity
- Vulnerable to poor growth (in case of children and teenagers)



If you **eat breakfast every day**, then you:

- Supply glucose, the energy source of the brain to your brain
- Promote metabolism while your stomachs move
- Prevent obesity because there is less risk of overeating at next meal
- Consume balanced nutrients leading to healthy growth (in case of children and teenagers)

3.

AVOID BINGE EATING OR OVER-EATING AND INCREASE PHYSICAL ACTIVITY



Consume an appropriate amount
in a small serving size



Gradually increase physical activity
starting from 20-30 minutes a day, 3-4 times a week



Make exercise a habit
such as using public transport instead of private car,
and walking up and down the stairs

If one eats too much food, remaining calories become fat, resulting in obesity. Overeating is a major cause of chronic disease such as cardiovascular and gastrointestinal disorders.

4.

CHOOSE FOODS LOWER IN SALT, SUGAR, AND FAT

Sodium, Sugar and Fat are essential nutrients to maintain our health and life, but



A high salt diet

- Causes cardiovascular disorders and strokes
- Reduces bone mass and kidney functions
- May lead to gastritis and stomach cancer

A high sugar diet

- Turns into fat
- Increases body weight
- Facilitates forming cavities
- Develops cardiovascular disorders

A high fat diet

- Leads to obesity from its excessive intake since fat has high calories (9Kcal/g)
- Causes cardiovascular disorders such as heart attacks and strokes



✦ Always check out nutrition information to eat foods lower in sodium, sugar, and fat when choosing processed foods!

Nutrition Facts

2 servings per container: 80g
Serving size: 40g / 202Kcal

Per container	Daily value
Sodium 250mg	13%
Total Carbohydrate 26g	8%
Sugars 4g	4%
Total Fat 10g	19%
Saturated Fat 4.9g	33%
Trans Fat below 0.5g	
Cholesterol 0mg	0%
Protein 2g	4%

Daily Values (%) are based on a 2,000Kcal diet.
Your daily values may be higher or lower depending on your calorie needs.

5.

DRINK PLAIN WATER AND REFRAIN FROM SUGARY DRINKS

If you drink 1-2 cups of sugary beverages every day, then you are

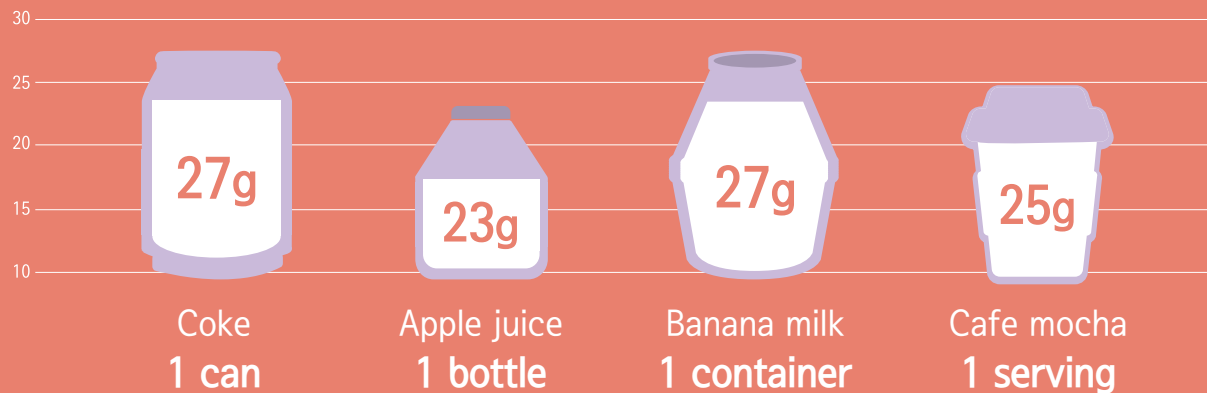
- 26% more likely to have diabetes and 20% more for metabolic syndrome



All sugar intake from processed foods are

- Recommended to consume less than 10% (about 50g)

Sugar Content in Drinks



6.

AVOID ALCOHOLIC BEVERAGES



Binge drinking may develop cirrhosis and cancer of the liver, and

- Damage the mind and body of youths
- Drinking during pregnancy intensifies the risk of having a baby with birth problem
- Raise the risk of an accident while driving or working



Changing the drinking culture

- Reduces stress through hobbies and leisure life
- Reforms the culture of company dinners and business entertainment
- Promotes family time after work

Alcohol consumption of Koreans (aged 19 or older)

125g a day

Moderate amount recommended by
the World Health Organization: Men 40g / Women 20g a day

More than 4 times



7.

PREPARE FOOD SAFELY AND PLAN AHEAD



Sanitarily

- Check the expiry date of food
- Cook food immediately after thawing and don't re-freeze it
- Eat thoroughly-cooked food



In adequate amounts

- Pre-plan meals and menus
- Organize your refrigerator and cabinets before grocery visit
- Write down stuff to buy
- Cook the exact amount you need
- Use small plates and cut down on(reduce) leftovers

For the last five years 2,700 cases of food poisoning have occurred annually due to food contamination, insufficiently heated cooking, etc. The annual amount of food waste is 5 million tons and the annual total cost for treating food waste is about 20 trillion won.

8.

ENJOY MEALS PREPARED WITH LOCAL PRODUCE



Excellence of local materials

- **Very fresh** thanks to the short cycle of production, delivery and distribution
- **Manage** 160 agricultural items **safely by testing** 160 pesticide residues
- **Control quality and safety and secure reliability** through Agricultural Product Traceability System
- **Distribute safe and quality food materials** by designating, monitoring and post-managing Authorized Food Material Supplier



Smart selection of food materials

- Check the **place of origin**
- Check if the material is **GAP** (Good Agricultural Practices) **certified** and registered in **Agricultural Product Traceability System**
- Check **KS** (Korean Industrial Standards) and **HACCP** (Hazard Analysis and Critical Control Points) **certifications** of processed foods

9.

HAVE FREQUENT FAMILY MEALS



Eating and chatting at the table with family helps to:



Develop a strong sense of family bonding **and** familiarity



Promote happiness through the release of oxytocin, known as a 'happy hormone'



Lower the odds of obesity **and** promote balanced eating habits in children

- Elementary school students who don't eat with family are at a 22.4% higher risk of obesity than those who do.
- Children and teens can learn good manners and sharing with others at the table. Family meals help them nurture good character.

4 in 10 Koreans do not eat dinner with their family

