

What does a healthy nutrition look like?

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Review of the Nutrition Situation in Jordan: Trends and Way Forward

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The Situation in Jordan

- Overall, fruit and vegetable consumption were inadequate.
- **Review of the Nutrition Situation in Jordan: Trends and Way Forward**
- Minimum diet **diversity** and minimum acceptable diet standards, were **suboptimal**.

The Situation in Jordan

- the prevalence of overweight and obesity among 5- to 19-year-olds showed an increasing trend from 7.5% in 1975 to 31% in 2016

The Situation in Jordan

- Among adolescents aged 13–15 years, the comparison of national data (2004 vs. 2007) showed **a reduction in the overall daily consumption of fruits and vegetables.** Consuming fruits and vegetables one or more times per day during the 30 days preceding the survey decreased

The Situation in Jordan

- Conversely, **an increase in the consumption of fast food**, three or more times during the seven days preceding the survey, was also recorded (11.4% in 2004 and 14.6% in 2007)

The situation in Jordan

- Similar trends were observed when assessing the percentage of **soft drinks' consumption two or more times per day and that of milk or milk products three or more times per day during the 30 days preceding the survey**

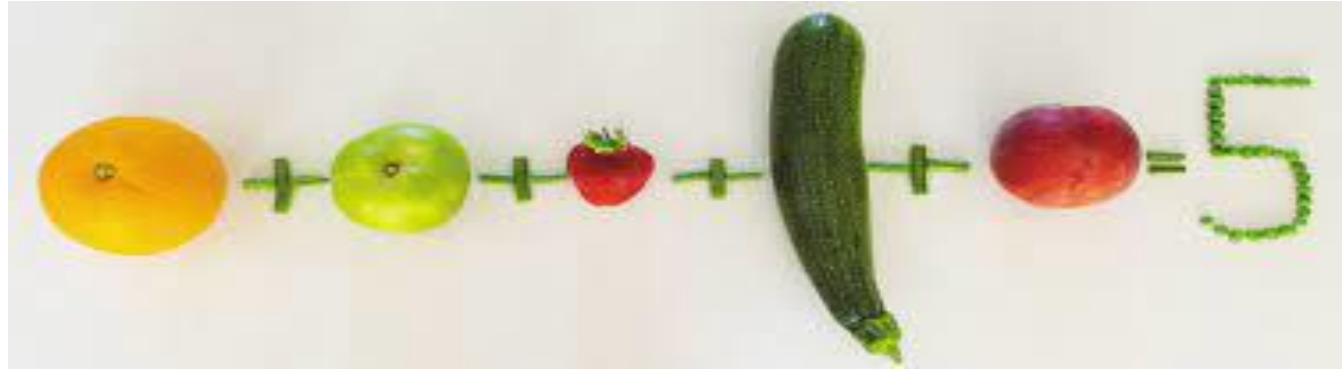
International Recommendations

Recommendation no.1



Enjoy food **variety**

Recommendation no. 2



Vegetables and fruits – take “5 a day” Enjoy at least 3 servings Vegetables and 2 servings of fruit a day. The colorful selection also includes Legumes such as lentils, chickpeas and beans and (unsalted) nuts.

Recommendation no. 3

choose whole grain For grain products such as bread, Noodles, rice and flour is the Wholegrain variant the best choice for Your Health



Recommendation no. 4

Drink milk and eat dairy products like yoghurt and cheese daily,
Include meat, chicken, fish or eggs in your diet at least twice a day

As a child you are not allowed to be Vegan



Recommendation no. 5



Gently Cook food for as long as necessary and as short as possible, with little water and little fat. When roasting, grilling, avoid burning the food

Recommendation no. 6

Use good fat.

Give preference to vegetable oils such as rapeseed oil. Nuts and Fish is a good source of healthy fat
Fat is often "invisible" in processed foods such as sausages, pastries, fast food and convenience foods



Recommendation no. 7

Foods sweetened with sugar and drinks are not recommended.
Avoid these if possible and use sugar sparingly.
Reduce the proportion of salty foods.
Season creatively with herbs and spices



Recommendation no. 8



Best to drink water around 1.5 liters every day.

Water or other calorie-free drinks such as unsweetened tea are best.

Sugar-sweetened and alcoholic beverages are not recommended.

Recommendation no.9

Eat mindfully and enjoy Give yourself a break for your meals and take your time during the meal



Recommendation no. 10

- keep moving
- Not only regular sports are helpful, but active in everyday life, e.g. walk more often.

Healthy Diet and physical activity belong together

Protein requirement

- Adolescents need **between 45 and 60 grams** of protein each day. Most teens easily meet this requirement with their intake of beef, chicken, eggs, and dairy products. Protein is also available from certain vegetable sources like beans, and nuts.

- 100 g of meat contain 30 g of protein
- 2 eggs 12 g of protein
- 100 g Yougurt contains 10 g of protein, one cup of milk 8 g
- Nuts are rich in protein like walnuts, almonds a
- **A portion of nuts is 30g (a small, cupped handful) contain 8 g of protiens**

- Iron deficiency is common among teenage girls

Iron requirement

About 8 mg for children and about 15 mg per day for adolescents

Cooked beef

chicken [liver](#)

Spinach 1 mg of iron

Whole grain with Vitamin C rich food, Legumes with vitamin C rich food (Humus with paprika, cereal with orange juice)

- Yor are not allowed to be vegetarian as an adolescent

- So in short , to meet the iron requirement you have to eat meat in addition to another source often iron
- Iron supplements cause often nausea and constipation

In Children small steps make big difference

For Example Putting juice on higher shelves than water caused significant weight loss in a school on the USA

The Cafeteria play a big role.

The children are

Tipps suitable for us

Be creative

Cutting Fruits and vegetables

Use the time when the children are hungry (for example when you pick them from the play area or in the play area)

No lunch box without fruits and vegetables

- Sweets are allowed once a week

- Walking is very important for your physical and emotional health
- Weather is not an obstacle if you have suitable clothes and shoes



Children love to dance



- Be a role model



Park far away



Take the stairs



- more than one mother should be involved

- Avoid late meals. Dinner at 6
- Go early to bed

- No eating while watching T.V. only fruits and veg. are allowed
- Oat with milk as a start

To continue

- Brown fat
- Early menarche
- Obesity, growth hormone
- There is nothing called bad weather, beut there is something called not suitable cloths