

FOOD BASED DIETARY GUIDELINES FOR ADULTS IN BULGARIA



Ministry of Health
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12 guidelines for healthy nutrition

1. Eat a nutritious diet with variety of foods. Do eat regularly, take enough time and enjoy your food in friendly environment.
2. Consume cereals as an important source of energy. Prefer wholegrain bread and other wholegrain products.
3. Eat a variety of vegetables and fruits more than 400 grams every day, preferably raw.
4. Prefer milk and dairy products with low fat and salt content.
5. Choose lean meat, replace meat and meat products often with fish, poultry or pulses.
6. Limit total fat intake, especially animal fat. Replace animal fats with vegetable oils when cooking.
7. Limit the consumption of sugar, sweets and confectionery, avoid sugar-containing soft drinks.
8. Reduce intake of salt and salty foods.
9. If you drink alcoholic beverages, you should consume moderate quantities.
10. Maintain a healthy body weight and be physically active every day.
11. Drink plenty of water every day.
12. Prepare and store the food in a way to ensure its quality and safety.



FOOD BASED DIETARY
GUIDELINES
FOR ADULTS IN BULGARIA

Water is vitally important - one can live for weeks without food but only a few days without water.

For maintaining the water balance in the organism we need daily water intake depending on the losses. Water losses include excreted water through urine, faeces, skin and lungs. In moderate climate and sedentary lifestyle the water losses of a healthy adult are about 2.6 liters daily. Water loss through skin and lungs is increased at high temperature, dry air and physical activity. Some 250 - 300 ml of water are derived in metabolic processes, 700 - 1100 ml are contributed by normal intake of solid foods depending on kind of food. It is accepted that an adult with low to moderate physical activity in moderate climate has to drink 1.5 - 2 l (6 - 8 glasses) of water, including beverages. Men's needs of water are greater than those of women, associated with the differences in body mass and composition. Water needs increase substantially at intensive physical efforts, especially at high ambient temperatures and can reach 5 - 10 liters daily. At intensive physical efforts significant amounts of salts are lost, the losses could be recovered by intake of special beverages containing sugars and salt.

Dehydration caused by insufficient water intake and liquids vs. the needs causes deterioration of mental and physical capacity, disturbance in concentration and attention, fatigue, affects unfavourably the regulation of body temperature. The good water supply reduces the risk for renal calculus, constipation etc.

The first sign of dehydration is **thirst** but it appears after some mild dehydration has occurred. That is why one should not wait to get thirsty but drink liquids regularly.



*11. Drink
plenty of water
every day.*

Water sources for the organism are drinking water, mineral water, soft beverages, tea, coffee, milk, yogurt, soups, fruits and vegetables, fruit and vegetable juices and preserves, sauces, and certain amounts of solid foods.

The best drink to satisfy the thirst is drinking water and mineral water. Beverages, such as tea, yogurt and natural fruit juices without sugar contain useful nutrients and bioactive substances unlike sugar containing soft drinks which are not recommended as they contribute only "empty calories".



Practical recommendations:

- Drink about 6 - 8 glasses of water every day (1.5 - 2 l) - this amount includes other drinks as tea etc.
- Drink regularly small amounts of water during the whole day.
- Drink more water at high ambient temperatures, during and after intensive physical activities.
- Prefer tap or mineral water to soft drinks and juices containing sugar and other sweeteners.
- Drink water with moderate temperature; try to avoid very hot and very cold drinks and water.

Art. 11. (1) The adequate dietary intake of electrolytes and water and upper limits for risk-free sodium intake, differentiated by age, gender and physiological conditions (pregnancy and lactation) are listed in Annex № 7.

(2) The values for adequate intake of water refers to the total water from all sources (drinking water, drinks, food), the water content of food accounts for about 20% of the total amount of water taken.

(3) The defined in Annex № 7 adequate water intake refers to temperatures in temperate climate zones.

Annex № 7

To the article 11, paragraph 1

Adequate dietary intake (ADI) of electrolytes and water, and upper limits for risk-free sodium intake (ULRFSI) of electrolytes

* ND - not determined

Population Groups	Age/ Gender	Sodium (l/day)		Potassium (l/day)	Water (l/day)
		ADI	ULRFSI	ADI	ADI
Infants	0- 6 months (M,F)	0.12	ND*	0.4	0.7
	6-12 months (M,F)	0.37	ND*	0.7	0.8
Children and Youth	1 – 3 years (M,F)	1.0	1.5	3.0	1.3
	3 – 7 years (M,F)	1.2	1.9	3.8	1.7
	7 – 10 years (M,F)	1.3	2.0	4.0	2.0
	Boys				
	10 – 14 years	1.5	2.0	4.5	2.4
	14 – 19 years	1.5	2.0	4.7	3.3
	Girls				
	10-14 years	1.5	2.0	4.5	2.1
14 – 19 years	1.5	2.0	4.7	2.3	
Adults	Man				
	19 – 30 years	1.5	2.0	4.7	3.7
	30 – 60 years	1.5	2.0	4.7	3.7
	60 – 75 years	1.3	2.0	4.7	3.7
	75 + years	1.2	2.0	4.7	3.7
	Women				
	19 – 30 years	1.5	2.0	4.7	2.7
	30 – 60 years	1.5	2.0	4.7	2.7
	60 – 75 years	1.3	2.0	4.7	2.7
75 + years	1.2	2.0	4.7	2.7	
Pregnant women		1.5	2.0	4.7	3.0
Breastfeeding women		1.5	2.0	5.1	3.8