

DEPARTMENT OF NUTRITION AND DIETETICS

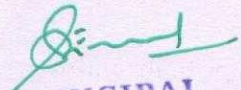
WEBINAR ON FOOD BASED DIETARY GUIDELINES

The Department of Nutrition and Dietetics organizing the webinar on "Food Based Dietary Guidelines" on 10th January 2020 providing an overview of Food-based dietary guidelines. Presenter is Roshan Dela Bandara, Secretary, Nutrition Society of Srilanka. In the area of food and nutrition, consumers around the globe are bombarded with information and advice on how to eat better in order to improve health and well-being. Having dietary guidelines that food-based, built on scientific evidence and culturally and economically appropriate to the local context is what governments have been engaged in establishing in the last few decades. Although these guidelines were thought essentially as a consumer education tool, the data and information base on which they are founded goes beyond the nutritional problems at country level to span a wide area of related sectors and policies. This renders the dietary guidelines useful for a range of other usages while addressing the local public health and nutrition priorities, including public procurement, social protection, food subsidies, food security and nutrition and agricultural policies.

During the webinar an overview will be provided of food-based dietary guidelines focusing on the following questions:

- What are national FBDGs
- How have they been traditionally used
- What is their potential use

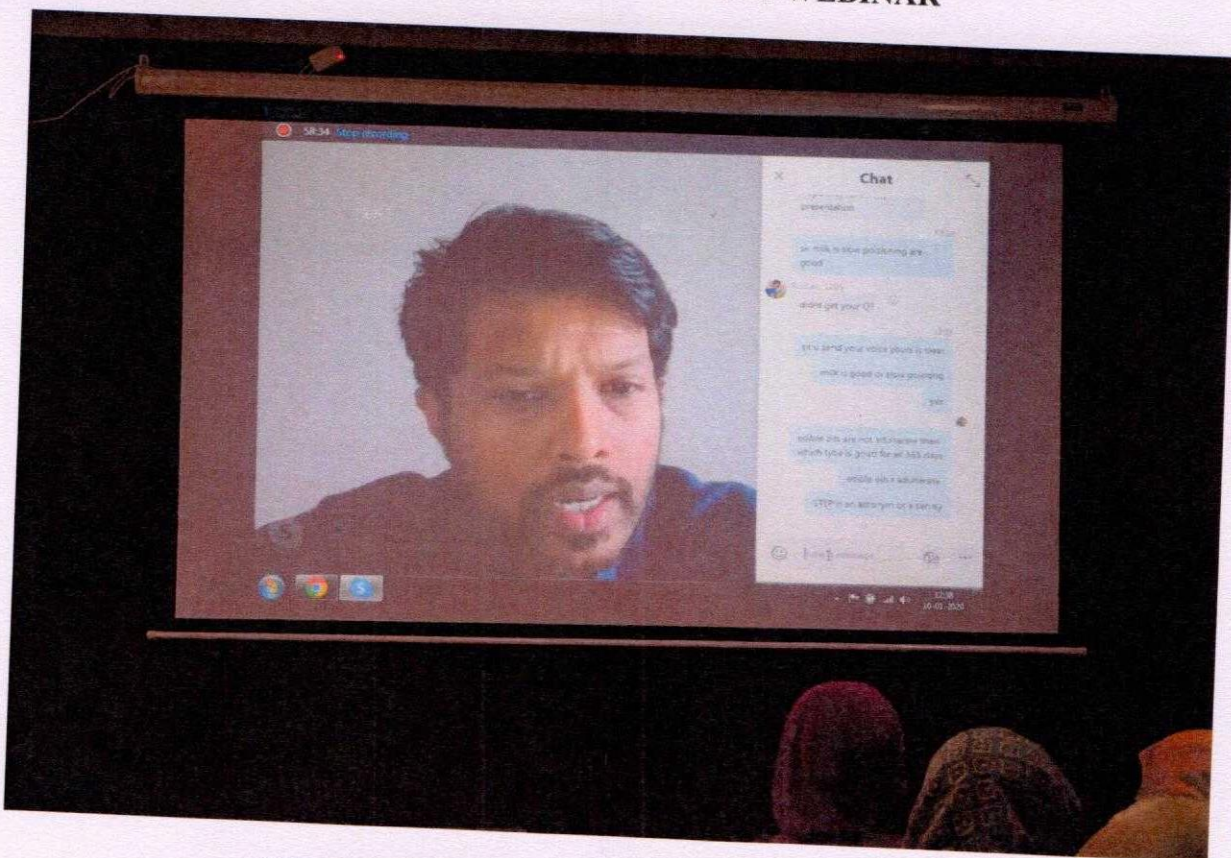
The students were interacted with speaker to ask their queries regarding their cultural behaviors, life style modification.


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WEBINAR ON FOOD BASED DIETARY GUIDELINES**



STUDENTS ARE ATTENDING WEBINAR



SPEAKER ANSWERING STUDENTS QUERIES


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