



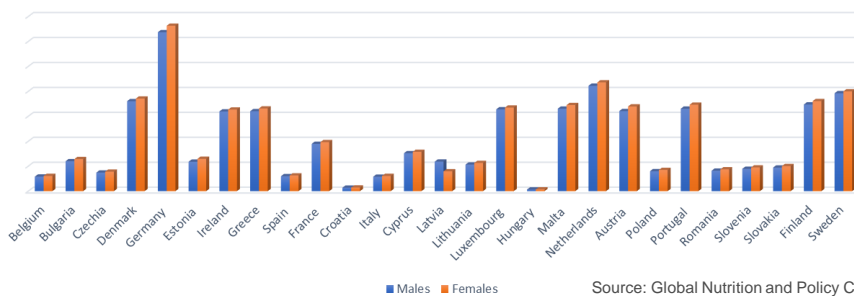
# Policies to stimulate whole grain intake

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1

## Whole grain intake in the EU



Source: Global Nutrition and Policy Consortium Global Dietary Database 2016

- Only limited whole grain intake data available
- GBD 2019: Almost 215000 avoidable deaths attributable to low whole grain intake



2

## Policy recommendations to promote whole grain intake

- Increase awareness of regarding the benefits of whole grain
  - Education curriculum to increase knowledge and skills for healthier eating
  - Education of nutrition service staff members
- Encourage availability and affordability of whole grain products
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  - Increase provision of whole grain products in food procurement in various settings



3

## Implemented policies to promote whole grain intake

- Food-based dietary guidelines
- Various EU Member States school food policies promote whole grain intake at schools
- In the US incentives offered to schools that implemented whole grain rich criteria
- Voluntary labelling
- Public Health campaigns



4

## Health Promotion and Disease Prevention Knowledge Gateway



- Brief on whole grain
- Examples of policy recommendations and implemented policies



[https://knowledge4policy.ec.europa.eu/health-promotion-knowledge-gateway\\_en](https://knowledge4policy.ec.europa.eu/health-promotion-knowledge-gateway_en)



5

# Thank you



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6