



Nutrición Hospitalaria



Guías alimentarias para la población española (SENC, diciembre 2016); la nueva pirámide de la alimentación saludable

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Resumen

Objetivo: La Sociedad Española de Nutrición Comunitaria (SENC) planteó en 1994 una guía alimentaria para la población española, renovada en 2001. Se presenta una nueva edición actualizada basada en la mejor evidencia científica disponible.

Métodos: Desde un enfoque de salud en todas las políticas se convocó un grupo de expertos en nutrición y salud pública vinculados con la SENC para revisar la evidencia sobre dieta-salud, ingesta nutricional y consumo alimentario en la población española, hábitos de preparación y consumo de alimentos, factores determinantes e impacto de la dieta en la sostenibilidad medioambiental. Se han considerado revisiones sistemáticas existentes, actualizaciones, informes, metaanálisis y estudios recientes de calidad. El grupo colaborativo contribuyó a la elaboración del documento de trabajo y diseño del icono gráfico posteriormente sometidos a consulta, discusión y evaluación cualitativa con especial relevancia a través del Grupo Consultor de las Guías SENC-diciembre 2016.

Resultados: Las nuevas recomendaciones y su representación gráfica subrayan como consideraciones básicas practicar actividad física, equilibrio emocional, balance energético para mantener el peso corporal adecuado, procedimientos culinarios saludables e ingesta adecuada de agua. Las recomendaciones promueven una alimentación equilibrada, variada y moderada que incluye cereales de grano entero, frutas, verduras, legumbres, cantidades variables de lácteos y alterna el consumo de pescados, huevos y carnes magras, junto con el uso preferente de aceite de oliva virgen extra como grasa culinaria. Refuerzan el interés por una dieta saludable, solidaria, sostenible, con productos de temporada, de cercanía, eje de convivialidad, dedicando el tiempo suficiente y animan a valorar la información del etiquetado nutricional.

Conclusiones: El análisis de la evidencia disponible y de la información actualizada sobre el consumo alimentario en España pone de manifiesto la necesidad de reforzar e implementar las recomendaciones recogidas en este documento para conseguir progresivamente un mayor grado de adherencia.

Palabras clave: Guías alimentarias. Políticas alimentarias. Hábitos alimentarios. Salud. Sostenibilidad.

Abstract

Objective: The Spanish Society of Community Nutrition (SENC) designed in 1994 a food guide for the Spanish population, updated in 2001. This report presents a new updated edition based on the best scientific evidence available.

Methods: From a health in all policies approach, a group of experts in nutrition and public health associated with SENC was convened to review the evidence on diet-health, nutrition intake and food consumption in the Spanish population, as well as food preparation and consumption habits, determinants and impact of diet on environmental sustainability. Existing systematic reviews, updates, reports, meta-analysis and the latest quality studies have been considered. The collaborative group contributed to draft the document and design the graphic icon, then subject of a consultation process, discussion and qualitative evaluation, particularly relevant through the Advisory Group for the SENC-December 2016 Dietary Guidelines.

Results: The new recommendations and its graphical representation highlights as basic considerations the practice of physical activity, emotional balance, energy balance to maintain body weight at adequate levels, healthy cooking procedures and adequate water intake. The recommendations promote a balanced, varied and moderate diet that includes whole grains, fruits, vegetables, legumes, varying amounts of dairy and alternating consumption of fish, eggs and lean meats, along with the preferential use of extra virgin olive oil for cooking and seasoning. Reinforce the interest in a healthy, sympathetic, supportive, sustainable diet, based on seasonal and local products, axis for conviviality, devoting adequate time and encourage the use of nutrition labelling information.

Conclusions: The analysis of the evidence available and updated information on food consumption in Spain highlights the need to strengthen and implement the recommendations contained in this document to progressively achieve a greater adherence.

Key words: Dietary guidelines. Food policy. Food habits. Health. Sustainability.

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EXECUTIVE ABSTRACT

Public health policies aimed at the prevention and management of chronic diseases and community based strategies for health promotion should consider a priority the adequacy of the diet, maintain adequate levels of BMI, body weight and composition, increase physical activity and reduce sedentary lifestyle.

Dietary Guidelines should be based on the best evidence available. In addition, they must be formulated considering the eating habits and customs in the population they target.

THE BASE OF THE PYRAMID

This level includes some considerations that support, enhance and/or complement a healthy diet, such as physical activity and hydration. A healthy diet should favor the maintenance of body weight and body mass index at appropriate levels.

Physical activity in the general population: The recommendations are specified as 60 minutes of physical activity of moderate intensity, or the equivalent of 10,000 steps a day, perhaps with some steps or specific periods of greater intensity.

Promoting emotional balance: Psychological and cognitive processes influence food intake. Mindful eating can be helpful to treat eating disorders and promote a healthy relationship with food. Spend time buying food and cooking and transmit this knowledge to children through family meals could be the first steps to follow to reach full emotional consciousness in the feeding process.

Energy balance: Energy balance can be of interest in maintaining body composition and health. Balance quantitatively and qualitatively dietary intake and physical activity, in the context of the recommendations for a healthy, balanced diet.

Healthy cooking techniques and tools: Culinary techniques and utensils used in the preparation and preservation of food can affect their nutritional quality, organoleptic qualities and contribute to the possible transfer of undesirable substances. As a general rule, steamed, safe raw preparations or less processed foods; they even offer better nutritional organoleptic value.

Adequate water intake: Water intake along other liquids or foods should complete around 2.5 liters/day. This amount should be increased appropriately in case of physical activity, higher temperature or humidity, fever or loss liquid.

SECOND LEVEL

Variety, balance and moderation (portion sizes) are basic principles that encourage healthy eating. Different eating patterns can meet these requirements, such as the Mediterranean dietary pattern in its various manifestations, based on food produced in the local environment, linked to the territory and anchored in cultural traditions and customs.

Foods included on the second level are recommended for daily consumption in variable amounts and proportions. **Whole grain cereals** and byproducts, along with other foods rich in complex carbohydrates are the basis of a healthy diet. The recommendation focuses on prioritizing grains and derivatives made with whole grain flours. Other starchy foods can be associated in culinary formulas with seasonal vegetables including tender legumes. Energy intake from this food group will be adjusted according to the level of physical activity.

Fruits in general, and seasonal fruits especially, are a food group particularly important for the maintenance and promotion of health. It is important to reinforce the recommendation to include three or more servings or pieces of fruit a day, varied, washed prior to consumption, and peeled in addition unless it is an organic farming product. Assorted peeled and chopped fruit as a multicolored dish improves acceptance and consumption at all ages.

Seasonal vegetables are a source of nutrients and non-nutrients of great importance to promote better health. It is advisable to incorporate at least two servings of vegetables every day. One of the portions as raw vegetables with different colored varieties.

Olive oil is the best added fat and can be used in many culinary preparations consumed both processed and raw. It is advisable to use extra virgin olive oil cold extraction from any of the many varieties of olives.

Lean meats, poultry, fish, eggs and vegetable alternatives, such as **legumes, nuts and seeds,** are elements of the traditional Mediterranean diet, part of the culture included in cookbooks.

Quality **white meat** is a good choice as a source of protein and other nutrients of interest, giving priority to preparations with little added fat and the usual accompaniment or side dish of vegetables or salad.

Fish and shellfish are a good source of protein, minerals and vitamins with a fat profile rich in polyunsaturated fatty acids. Prioritize sustainable captures using seasonal varieties, sizes, quantities and cooking preparations to ensure product safety. The recommendation is eating fish at least two or three times a week.

Legumes in all its varieties are an important source of energy and nutrients, concerning traditional and Mediterranean cuisine. Consumption of 2-3 or more servings a week is recommended, using culinary techniques that improve their digestibility and nutritional value.

Nuts and seeds are of interest in the context of the Mediterranean diet. Prioritize the consumption of local varieties in natural format, or slightly manipulated without added salt or sugar.

Eggs are an excellent source of nutrients. Individualized frequency of consumption and culinary advice is recommended, prioritizing ecological varieties or those from hens grown in open fields, not only for the potential nutritional and organoleptic differentiation, but also as a contribution to humanize to a greater extent the food production chain.

2-4 servings a day of quality **dairy** consumption is recommended giving priority to preparations low in fat and no added sugar.

THIRD LEVEL

Foods and drinks located at the top of the pyramid are advised for an optional, occasional and moderate consumption

Red and processed meats consumption, all formats, should be moderate in the context of a healthy diet, choosing excellent quality products, culinary procedures without direct contact with fire and, always, with a garnish or side dish of fresh vegetables.

Spreadable fats of all kind should be eaten occasionally and in moderation, preferably butter without added salt.

Moderate consumption of **sugar and sugary products** so that added sugars do not exceed a 10% contribution to daily energy intake.

Moderate **salt intake** and products high in salt, structural or added salt, to avoid total intake per day above 6 g of salt (sodium chloride).

An optional, moderate and occasional consumption of industry-made **pastries, cakes, sweets, sugar sweetened beverages, ice cream and confectionery** are recommended prioritizing the consumption of home-made pastries with traditional methods and ingredients.

Moderate consumption or avoidance of **alcoholic beverages** is advised. A moderate and responsible consumption of fermented beverages of low alcohol content and good quality can be acceptable, not exceeding 2 glasses of wine/day for men and 1 drink/day in women always referred to adulthood. Ask for health professional advice in case of chronic disease or pharmaceutical drug consumption.

In case of special needs, it can be useful the usual or temporary added consumption of specific foods or supplements. The recommendation is for individualized specific advice raised by a doctor, pharmacist, dietitian-nutritionist, nurse, midwife or physical therapist.

ADDITIONAL CONSIDERATIONS

Sustainable food: Sustainability in the processes of procurement, transportation, distribution and preparation of food is of great importance in maintaining the ecosystem and the health of the planet. Reduce food waste, reuse leftovers safely and properly recycle (3 R) are practices related to dietary habits and consumption that contribute to environmental sustainability.

Seasonal products and proximity: is key to sustainability. It is a characteristic feature of the traditional diet and possibly in harmony with chronobiological factors.

Conviviality, devoting adequate time: Eating in company and participatory cooking improves the nutritional profile of food habits and strengthens the emotional ties between people who share food, culinary tasks and living space.

Comfortable recommendations and dietary advice: Advice for healthier eating habits which can be adopted comfortably, in a rewarding process with a holistic idea of everyday food practices, healthy and comfortable in all terms.

Nutrition labelling informs decisions and guides on nutritional characteristics, composition and other aspects related to food or foodstuff and should influence our decision and choice when buying and consuming.

Hygiene and food safety: Proper washing of fruits and vegetables is essential. Adequate food hygiene practices prior to handling, preparation and serving of food.

In the society of abundance and waste, including food waste, the recommendations for healthy eating should consider **active solidarity**, support **fair trade**, urban gardens and ethical practices in relation to agriculture, livestock, fisheries and food distribution.

SENC is working simultaneously in the development of complementary educational materials and in different lines of action in collaboration with other scientific societies so that in a short time this DG can be a tool applied to support nutrition education, dietary advice and comprehensive health care.