**Whole grain dietary recommendations – the need for a unified global approach**

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**Supplementary Table 1: Countries and organisations with whole grain recommendations**

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| --- | --- | --- | --- | --- | --- |
| **Country** | **Issuing Organisation** | **Year of recommendation** | **Whole grain recommendation** | **Rationale** | **Recommendation URL Reference\*** |
| Australia | Grains and Legumes Nutrition Council (former Go Grains) | 2014 | Whole Grain Daily Target Intake (DTI) is 48 grams per day for adults and children nine years and older. | Whole grain foods are linked with a reduction in risk of total mortality cardiovascular disease, diabetes, stroke and some cancers. | http://www.glnc.org.au/codeofpractice/whole-grain-daily-target-intake-statement/ |
| Australia | Australian Heart Foundation | 2006 | As part of your total fibre intake you should consume at least 6 grams of wholegrain fibre per day. | Because these foods have undergone little or no processing, they provide a range of essential nutrients such as B vitamins, magnesium and antioxidants. Whole grain foods, apart from their dietary fibre content, have been shown in studies to help protect against heart disease although exactly how is not known. | <http://www.heartfoundation.org.au/SiteCollectionDocuments/Dietary-fibre-gycaemic-index-general-QA.pdf> |
| Australia | National Health and Medical Research Council of Australia | 2003 | Eat plenty of cereals (including breads, rice, pasta and noodles), preferably wholegrain | All recent reviews have supported the beneficial effects of cereal fibre and whole grains in relation to decreased risk of coronary heart disease and some cancers | <http://www.nhmrc.gov.au/_files_nhmrc/publications/attachments/n33.pdf> |
| Austria | Health Ministry | n/a\*\* | Eat 4 servings of carbohydrates per day. Prefer whole grain products. | n/a | <http://bmg.gv.at/home/Schwerpunkte/Ernaehrung/Empfehlungen/Die_Ernährungspyramide_im_Detail_-_7_Stufen_zur_Gesundheit> |
| Belgium | Superior Health Council | 2009 | Intake of at least 30 gram of fibre for adult. The intake of carbohydrates should preferably been done by whole grain products, legumes, vegetables and fruit. | An intake of 30 gram of fibre or more is associated with improved intestinal function and to decrease the risk for cardiovascular disease, obesity, certain types of cancer, and to decrease infections and inflammatory pathologies. | <http://v2p.health.fgov.be/internet2Prd/groups/public/@public/@shc/documents/ie2divers/18014679.pdf> |
| Brazil | Health Ministry | 2014 | Less processed versions of these foods, such as brown rice and whole-wheat flower are preferable | Higher amounts of micronutrients and fibre. | <http://www.foodpolitics.com/wp-content/uploads/Brazilian-Dietary-Guidelines-2014.pdf> |
| Canada | Canada’s Food Guide | 2007 | Make at least half of your grain products whole grain each day. Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice. Enjoy whole grain breads, oatmeal or whole wheat pasta.” At least three servings of whole grains are recommended for all Canadians age 9 years and up. | Fibre rich foods can help you feel full and satisfied. A diet rich in whole grains may also help reduce the risk of heart disease. | <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/choose-choix/grain-cereal/index-eng.php> |
| China | Chinese Nutrition Society | 2007 | Eat a mix of refined and coarse grains and to consume at least 50 g of coarse grain per day | Consuming coarse grains have the benefit of preventing obesity, diabetes and other chronic diseases. Having 85g of whole grains per day can reduce the risk of certain chronic diseases and help manage body weight | <http://dg.en.cnsoc.org/newsList_1501_1.htm> |
| Colombia | Health Ministry | 1999 | There is a need to promote consumption of wholegrain instead of refined grain | n/a | <http://www.icbf.gov.co/portal/page/portal/PortalICBF/Bienestar/Nutricion/EducacionAlimentaria/BASESTECNICASGUIAALIMENTARIAPOBLACIONMAYORDE2A%C3%91OS.pdf> |
| Czech republic | Czech Society for Health and Nutrition | 2009 | Eat at least 30 g of fibre per day, eat 3-6 portions of cereals, rice, pasta and pastry, preferably whole grain products, | Beneficial effects related to prevalence of colon cancer. | [www.vyzivaspol.cz](http://www.vyzivaspol.cz/) |
| Denmark | Report of the National Food Institute | n/a | At least 75g per day | Wholegrain products could reduce risk factors for heart disease, mainly documented for the effect of oats on blood lipids and lipoproteins. The association is consistent, relatively strong (20-30% risk reduction), independent of other lifestyle factors, and biologically plausible. The focus has mainly been on wholegrain’s contribution of dietary fibres, magnesium and potassium, and antioxidants (especially vitamin E), which have documented effects on insulin sensitivity, blood lipids and lipoproteins, and blood pressure. Having said this, none of the above single components can explain the overall association. | http://www.google.ch/url?sa=t&rct=j&q=&esrc=s&frm=1&source=web&cd=1&cad=rja&uact=8&ved=0CB4QFjAAahUKEwjThuDL--7GAhVLkiwKHbQMBO0&url=http%3A%2F%2Fwww.food.dtu.dk%2F~%2Fmedia%2FInstitutter%2FFoedevareinstituttet%2FPublikationer%2FPub-2013%2FRapport\_Fuldkornsindtag\_11-12\_UK.ashx&ei=5qqvVdP7D8uksgG0mZDoDg&usg=AFQjCNE0nDJK8AF434-xUxk\_CrTUvxkrHg&bvm=bv.98197061,d.bGg |
| Denmark | Ministry of Food, Agriculture and Fishing | 2010 | At least 75g/10MJ per day | Whole grains contain vitamins, minerals and other health-promoting substances, which are critical to avoid diseases like diabetes, heart disease and certain cancers. Whole grains consist of a complex package of ingredients, and it is likely that the combination of all ingredients ("whole package") that are important for disease risk and not specific to individual substances. | <http://www.altomkost.dk/fakta/fuldkorn/forside.htm> |
| Ecuador | Instituto Ecuatoriano de Normalización | 2008 | 25 g of dietary fibre per day, eat 3 portion per day of whole grain products (rice, pasta, cookies, bread) | Low intake of dietary fibre causes constipation and high cholesterol levels | personal communication |
| Finland | National Nutrition Council | 2014 | Eat whole meal bread | n/a | <http://www.ravitsemusneuvottelukunta.fi/portal/fi/vinkkeja+viisaisiin+valintoihin/> |
| France | Programme National Nutrition Sante | 2011 | Eat bread and starchy foods at every meal. Bread should be preferably whole grain or semi-whole grain | Whole grains are rich in fibre | <http://www.mangerbouger.fr/> |
| Germany | German Nutrition Society | 2009 | Minimum 30 gram fibre per day, preferably from whole grain | High consumption of fibre decreases the risk for various nutrition-related diseases | <https://www.dge.de/ernaehrungspraxis/vollwertige-ernaehrung/10-regeln-der-dge/> |
| Greece | Ministry of Health | 1999 | Prefer whole grain bread and pasta. 8 micro-portions of cereals, mostly whole grain products. A micro-portion is 25g of bread, 1/2 cup rice and 50-60g pasta. | Provide a significant amount of fibre | <http://www.mednet.gr/archives/1999-5/pdf/516.pdf> |
| Hungary | Ministry of Health - nutrition policy guidelines with recommendations from the National Institute for Health | 2010 | 5-9 unit/day of cereals (mostly whole grains) | Prevention of cardiovascular system disease, reduction of the too high blood lipid levels | [http://www.oeti.hu; http://www.euro.who.int/\_\_data/assets/pdf\_file/0017/150083/E79832.pdf](http://www.oeti.hu/) |
| Ireland | Diabetes Federation of Ireland | n/a | Reach for whole grain or high fibre options | Help you feel fuller for longer, and because they are more slowly digested, will help to stabilize your blood glucose levels. They will also provide fibre to help your digestive health | <http://www.diabetes.ie/living-with-diabetes/living-with-type-2/food-diabetes/food-groups/> |
| Ireland | Department of Health | 2012 | Have at least half your servings as wholegrain breads and high fibre breakfast cereals. Try using brown rice and wholewheat pasta | These provide a slow release of energy. Wholegrain choices contain fibre to help your digestive system. | <http://health.gov.ie/healthy-ireland/health-promotion-and-improvement/> |
| Israel | Ministry of Health | 2015 | Preference of fibre-rich foods. For example – whole-grain cereals, legumes, vegetables and fruit | Rich in fibre. | <http://www.health.gov.il/English/Topics/FoodAndNutrition/Nutrition/Adequate_nutrition/Pages/default.aspx> |
| Malaysia | Ministry of Health Malaysia | 2010 | Consume at least four servings of cereal foods daily. Choose at least half of your grain products from whole grain. Choose cereal products that are high in fibre, low in fat, sugar and salt. | Amount of vitamins, minerals and other protective substances, but the most obvious difference is the content of dietary fibre. | <http://www.moh.gov.my/images/gallery/Garispanduan/diet/KM4.pdf> |
| Mexico | Mexican Health Ministry | 2013 | Consumption of cereals should be recommended, preferably whole grains or their derivates and starchy roots. Their fibre and energy content should be highlighted | Improve Mexican diet. | <http://www.dof.gob.mx/nota_detalle.php?codigo=5285372&fecha=22/01/2013> |
| Netherlands | Voedingscentrum | 2015 | Eat at least 90 g daily bread, whole meal bread or other whole grains. Replace refined grain products with whole grain | whole grains reduce disease risk | <http://www.voedingscentrum.nl/Assets/Uploads/voedingscentrum/Documents/Professionals/Voedselvoorlichting/01_Richtlijnen%20voedselkeuze%20Voedingscentrum.pdf> |
| New Zealand | Ministry of Health | 2012 | Eat plenty of breads and cereals, preferably wholegrain | They contain the most fibre, vitamins and minerals and help prevent constipation. | <http://www.health.govt.nz/our-work/preventative-health-wellness/nutrition/food-and-nutrition-guidelines/nz-food-and-nutrition-guideline-statements-healthy-adults> |
| Norway | Directorate of Health Norway | 2005 | Choose whole grain bread and cereals | Considerably higher content of dietary fibre and necessary nutrients than refined grain products such as white bread and sifted flour. | <http://www.helsedirektoratet.no/ernaering/kostholdsrad/> |
| Oman | Department of Nutrition Ministry of Health Oman | 2009 | Consume at least a third of daily consumption of cereals from whole grain bread and foods that contain whole grains . Therefore for an average diet of 2000 calories 2-3 servings of whole grains daily is advised. | Positively associated with insulin sensitivity, better weight control management, prevention of heart diseases and cancer. Some studies suggest a preventive role of whole grains against cancer. They are also a major source of dietary fibre that is known to promote satiety; regulate bowel movement and reduce the risk of obesity; cancer and cardiovascular diseases. In addition whole grains are a good source of B vitamins and minerals and folate. | <http://www.fao.org/ag/humannutrition/19541-0497c1ce489201fde6e93d72cc6b91a9d.pdf> |
| Poland | Polish National Food and Nutrition Institute | 2010 | Cereal products should be your principal source of calories | n/a | <http://www.fao.org/3/a-as837o.pdf> |
| Singapore | Health Promotion Board | 2003 | Eat sufficient amount of grains, especially whole grains. At least one serving of rice and alternatives should come from wholegrain food | Wholegrain foods contain both the bran (which is high in B-vitamins) and germ (which is rich in Vitamin E & phytochemicals) and hence contain more nutrients and fibre than refined grains. People who have a diet rich in whole-grains have a lower risk of cardiovascular diseases, Type 2 Diabetes, colorectal and esophageal cancers and may assist in weight loss. | <http://www.hpb.gov.sg/foodforhealth/article.aspx?id=2758> |
| South Africa | Heart and Stroke foundation South Africa | 2014 | Eat plenty of the good stuff every day like vegetables and fruit, lentils and beans, low-fat dairy, wholegrain starches and lean protein foods. | These foods can help you feel fuller for longer and lower your risk of developing obesity, heart disease and cancer. Good examples are brown or whole wheat bread, coarse maize (mealie) meal, oats and brown rice. | <http://www.heartfoundation.co.za/gethealthy/eatwell_4.htm> |
| South Africa | The Cancer Association of South Africa | 2011 | Make starchy foods that are high in roughage and whole-grains the basis of most meals. Eat more fibre, e.g. fruit and vegetables with skins included and whole grain foods such as Bokomo Weet-Bix and Bokomo Oats (both CANSA Smart Choices) mealie pap, brown rice and sorghum | n/a | <http://www.cansa.org.za/eat-drink-smart/> |
| South Africa | Department of Health | 2013 | South Africans should eat starchy foods in the form of minimally processed or whole grains, legumes and root vegetables, rather than as refined starches and sugars | Unrefined starchy foods let us ‘feel full’ longer than refined grains do. They are rich in fibre and support healthy bowel functioning. They also help to lower the risk of developing chronic diseases such as overweight and cardiovascular diseases | <http://sajcn.co.za/index.php/SAJCN/article/view/743> |
| Sweden | National Food Administration | 2005 | 70 grams of whole grains per day for women and about 90 grams for men. | People who eat lots of whole grains are at lower risk of cardiovascular disease, diabetes, obesity and possibly cancer. | <http://www.livsmedelsverket.se/en/> |
| Sweden | Nordic Nutrition Recommendations | 2012 | The dietary pattern should include natural fibre-rich foods such as vegetables (e.g. dark-green leaves, fresh peas and beans, cabbage, onions, root vegetables, and fruiting vegetables), pulses, fruits, berries, nuts, seeds, and whole grains as well as fish and seafood, vegetable oils, vegetable oil-based fat spreads, and low-fat dairy products. Intake of dietary fibre should be at least 25–35 g/d, i.e. approximately 3 g/MJ. Wholegrain cereals, whole fruit, vegetables, pulses, and nuts should be the major sources. | fibre rich foods are associated with health benefits | <http://norden.diva-portal.org/smash/get/diva2:704251/FULLTEXT01.pdf> |
| Switzerland | Swiss Society for Nutrition | 2014 | Grains, Potatoes & Pulses: 3 portions per day. Grains should preferably be wholegrain. Lentils/chick peas or 180 – 300 g of potatoes or 45 – 75 g of pasta/rice/flakes/corn/other grains [raw weight]), including at least two portions of whole grain products. | n/a | <http://www.sge-ssn.ch/media/sge_pyramid_basic_E_2014.pdf> |
| Thailand | Ministry of Public Health | 1998 | Consume more of unpolished rice or home pounded rice | Unpolished rice or home pounded rice is more nutritious than highly mill rice (polished rice) because it contains substantial nutrients such as protein, fat, dietary fibre, minerals and vitamins | <http://www.fao.org/3/a-as887e.pdf> |
| UK | British Heart Foundation |  | Whole grain bread is usually considered to be more healthy and to contain more vitamins and minerals than white bread | Contain more vitamins and minerals | <http://diet.com/g/british-heart-foundation-diet> |
| UK | Cancer Research UK | 2015 | Choose whole grain varieties of starchy foods wherever possible | Contains fibre | <http://www.cancerresearchuk.org/about-cancer/causes-of-cancer/diet-and-cancer/how-to-enjoy-a-healthy-diet> |
| UK | Department of Health | 2015 | choosing whole grain varieties when possible | Fibre can help to keep our bowels healthy, and can help us to feel full, which means we are less likely to eat too much. This makes wholegrain starchy foods a particularly good choice if you are trying to lose weight. | <http://www.nhs.uk/Livewell/Goodfood/Pages/starchy-foods.aspx> |
| UK | Heart UK | n/a | Choosing more whole grains | General cholesterol lowering | <http://heartuk.org.uk/cholesterol-and-diet/about-the-uclp/the-three-uclp-steps/step-2-building-strong-foundations/choosing-more-whole-grains> |
| USA | USDA/FDA (Dietary Guidelines for Americans) | 2010 | Consume at least half of all grains as whole grains. Increase whole grain intake by replacing refined grains with whole grains | People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies. | <http://www.health.gov/dietaryguidelines/dga2010/dietaryguidelines2010.pdf> |
| USA | Academy of Nutrition and Dietetics | 2014 | Increase whole grains by choosing whole grain breads and cereals, brown rice and whole wheat pasta. Make at least half your grain servings whole grains | n/a | <http://www.eatrightpro.org/~/media/eatrightpro%20files/career/career%20development/flyers%20and%20handouts/ernt_everyday_eating_for_a_healthier_you.ashx> |
| USA | American Heart Association | 2014 | Eat a dietary pattern that emphasizes: fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts, while limiting red meat and sugary foods and beverages. | Whole grains are generally good sources of dietary fibre; most refined (processed) grains contain little fibre. Dietary fibre from whole grains, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Grains are also important sources of many nutrients including B vitamins, Iron, magnesium and selenium. | [http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/The-American-Heart-Associations-Diet-and-Lifestyle- Recommendations\_UCM\_305855\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/The-American-Heart-Associations-Diet-and-Lifestyle-%20Recommendations_UCM_305855_Article.jsp) |
| USA | American Diabetes Association | 2008 | Consume at least half of all grains as whole grains | Reduced risk of diabetes with increased intake of whole grains and dietary fibre. | <http://care.diabetesjournals.org/content/31/Supplement_1/S61.full> |
| USA | American Cancer Society | 2015 | Choose whole grains instead of refined grain products | Linked with lower colorectal cancer risk. | <http://www.cancer.org/acs/groups/cid/documents/webcontent/002577-pdf.pdf> |
| USA | 3x societies: American Association of Clinical Endocrinologists/the American College of Endocrinology and the Obesity Society\*\*\* | 2013 | Patients should consume 6 to 8 servings of carbohydrates (one serving is 15 grams of carbohydrate) per day with at least half (3 to 4 servings) being from high-fibre, whole grain products | Whole grains in place of refined grains, will add fibre and micronutrients to meals and help lower blood pressure. | <https://www.aace.com/files/clinical-practice-guidelines.pdf> |
|  | WHO | 2003 | Supporting the availability and selection of nutrient-dense foods (fruits, vegetables, legumes, whole grains, lean meats and low-fat dairy products and low-fat dairy products). | nutrient dense foods, high in fibre | <http://www.who.int/dietphysicalactivity/publications/trs916/en/> |

\*Web sites accessed July-November 2015

\*\*n/a Information not available at source

\*\*\*3 societies with one joint recommendation

**Supplementary Table 2: Countries and organisations screened**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Country** | **Organisation** |  |  | **Comments** |  |  |
|  |  | **Health Ministry** | **NGO/others** | **With recommendation** | **No recommendation** | **Language not available to the authors** |
| Argentina | Health Ministry | 1 |  |  | 1 |  |
| Australia | Go Grains (now GLNC) |  | 1 | 1 |  |  |
| Australia | Australian Heart Foundation |  | 1 | 1 |  |  |
| Australia | National Health and Medical Research Council | 1 |  | 1 |  |  |
| Austria | Health Ministry | 1 |  | 1 |  |  |
| Bahrain | Health Ministry | 1 |  |  |  | 1 |
| Belgium | Association Belge du Diabète |  | 1 |  | 1 |  |
| Belgium | Ligue Cardiologique Belge |  | 1 |  | 1 |  |
| Belgium | Fondation contre le Cancer |  | 1 |  | 1 |  |
| Belgium | Superior Health Council | 1 |  | 1 |  |  |
| Bolivia | Health Ministry | 1 |  |  | 1 |  |
| Brazil | Sociedade Brasileira de Cardiologia |  | 1 |  | 1 |  |
| Brazil | Health Ministry | 1 |  | 1 |  |  |
| Bulgaria | Дружество на кардиолозите в България |  | 1 |  |  | 1 |
| Bulgaria | Bulgarian Diabetes Association |  | 1 |  |  | 1 |
| Canada | Canada’s Food Guide | 1 |  | 1 |  |  |
| Chile | Sociedad Chilena de Cardiología |  | 1 |  | 1 |  |
| China | Chinese Diabetes Society |  | 1 |  |  | 1 |
| China | Chinese Society of Cardiology |  | 1 |  |  | 1 |
| China | Chinese Nutrition Society |  | 1 | 1 |  |  |
| Colombia | Health Ministry | 1 |  | 1 |  |  |
| Czech republic | Czech Society for Health and Nutrition |  | 1 | 1 |  |  |
| Denmark | Diabetesforeningen |  | 1 |  |  | 1 |
| Denmark | Hjerteforeningens |  | 1 |  |  | 1 |
| Denmark | Danish Cancer Society |  | 1 |  |  | 1 |
| Denmark | Report of the National Food Institute |  | 1 | 1 |  |  |
| Denmark | Ministry of Food, Agriculture and Fishing | 1 |  | 1 |  |  |
| Ecuador | La Sociedad Ecuatoriana de Cardiología |  | 1 |  | 1 |  |
| Ecuador | Instituto Ecuatoriano de Normalización |  | 1 | 1 |  |  |
| Finland | National Nutrition Council |  | 1 | 1 |  |  |
| Finland | Finnish Diabetes Association |  | 1 |  |  | 1 |
| Finland | Cancer Society of Finland |  | 1 |  |  | 1 |
| Finland | Finnish Heart Association |  | 1 |  |  | 1 |
| France | Programme National Nutrition Sante | 1 |  | 1 |  |  |
| Germany | Diabetes-Union |  | 1 |  | 1 |  |
| Germany | Deutsche Herzstiftung |  | 1 |  | 1 |  |
| Germany | Deutsche Krebshilfe |  | 1 |  | 1 |  |
| Germany | German Nutrition Society |  | 1 | 1 |  |  |
| Ghana | Ministry of Agriculture | 1 |  |  | 1 |  |
| Greece | Hellenic Heart Foundation |  | 1 |  |  | 1 |
| Greece | Greek Cancer Society |  | 1 |  |  | 1 |
| Greece | Ministry of Health | 1 |  | 1 |  |  |
| Hungary | Hungarian Diabetes Association |  | 1 |  |  | 1 |
| Hungary | Hungarian National Heart Foundation |  | 1 |  |  | 1 |
| Hungary | Ministry of Health | 1 |  | 1 |  |  |
| India | Diabetes India |  | 1 |  | 1 |  |
| India | National Heart Institute |  | 1 |  | 1 |  |
| India | India Cancer Society |  | 1 |  | 1 |  |
| Indonesia | Indonesia Heart Foundation |  | 1 |  | 1 |  |
| Iran | Health Ministry | 1 |  |  | 1 |  |
| Iraq | Health Ministry | 1 |  |  | 1 |  |
| Ireland | Diabetes Federation of Ireland |  | 1 | 1 |  |  |
| Ireland | Irish Heart Foundation |  | 1 |  | 1 |  |
| Ireland | Irish Cancer Society |  | 1 |  | 1 |  |
| Ireland | Department of Health | 1 |  | 1 |  |  |
| Ireland | Food Safety Authority of Ireland |  | 1 |  | 1 |  |
| Israel | Israel Diabetes Association |  | 1 |  |  | 1 |
| Israel | Israel Heart Society |  | 1 |  |  | 1 |
| Israel | Israel Cancer Association |  | 1 |  |  | 1 |
| Israel | Ministry of Health | 1 |  | 1 |  |  |
| Japan | Japan Diabetes Society |  | 1 |  |  | 1 |
| Japan | Japan Heart Foundation |  | 1 |  |  | 1 |
| Japan | Japan Cancer Society |  | 1 |  |  | 1 |
| Kuwait | Health Ministry | 1 |  |  | 1 |  |
| Lebanon | Health Ministry | 1 |  |  | 1 |  |
| Malaysia | Malaysian Diabetes Association |  | 1 |  | 1 |  |
| Malaysia | The Heart Foundation of Malaysia |  | 1 |  | 1 |  |
| Malaysia | National Cancer Council Malaysia |  | 1 |  | 1 |  |
| Malaysia | Ministry of Health Malaysia | 1 |  | 1 |  |  |
| Mexico | Mexican Health Ministry | 1 |  | 1 |  |  |
| Netherlands | Diabetesvereniging |  | 1 |  |  | 1 |
| Netherlands | Hartstichting |  | 1 |  |  | 1 |
| Netherlands | ankerbestrijding |  | 1 |  |  | 1 |
| Netherlands | Netherlands Nutrition Centre recommends |  | 1 |  |  | 1 |
| Netherlands | Voedingscentrum |  | 1 | 1 |  |  |
| New Zealand | Ministry of Health | 1 |  | 1 |  |  |
| Norway | Norwegian Diabetes Association |  | 1 |  |  | 1 |
| Norway | Nasjonalforeningens |  | 1 |  |  | 1 |
| Norway | Norwegian Cancer Society |  | 1 |  |  | 1 |
| Norway | Directorate of Health Norway | 1 |  | 1 |  |  |
| Oman | Department of Nutrition Ministry of Health | 1 |  | 1 |  |  |
| Palestine | Health Ministry | 1 |  |  |  | 1 |
| Peru | Sociedad Peruana de Cardiología |  | 1 |  | 1 |  |
| Philippines | DIABETES PHILIPPINES |  | 1 |  | 1 |  |
| Philippines | Philippine Heart Association |  | 1 |  | 1 |  |
| Poland | Polish Cardiac Society |  | 1 |  |  | 1 |
| Poland | Polska Unia Onkologii |  | 1 |  |  | 1 |
| Poland | Polish National Food and Nutrition Institute |  | 1 | 1 |  |  |
| Portugal | Portuguese Diabetes Association |  | 1 |  | 1 |  |
| Portugal | Fundação Portuguesa de Cardiologia |  | 1 |  | 1 |  |
| Portugal | Portuguese Cancer League |  | 1 |  | 1 |  |
| Qatar | Health Ministry | 1 |  |  |  | 1 |
| Singapore | Diabetic Society of Singapore |  | 1 |  | 1 |  |
| Singapore | Singapore Heart Foundation |  | 1 |  | 1 |  |
| Singapore | Singapore Cancer Society |  | 1 |  | 1 |  |
| Singapore | Health Promotion Board | 1 |  | 1 |  |  |
| South Africa | Heart and Stroke foundation South Africa |  | 1 | 1 |  |  |
| South Africa | The Cancer Association of South Africa |  | 1 | 1 |  |  |
| South Africa | Department of Health | 1 |  | 1 |  |  |
| Sweden | Svenska Diabetesförbundet |  | 1 |  |  | 1 |
| Sweden | Swedish Heart Lung Foundation |  | 1 |  |  | 1 |
| Sweden | Swedish Cancer Society |  | 1 |  |  | 1 |
| Sweden | National Food Administration | 1 |  | 1 |  |  |
| Sweden | Nordic Nutrition Recommendations |  | 1 | 1 |  |  |
| Switzerland | Schweizerische Diabetes-Gesellschaft |  | 1 |  | 1 |  |
| Switzerland | Swiss Cancer League |  | 1 |  | 1 |  |
| Switzerland | Swiss Society for Nutrition |  | 1 | 1 |  |  |
| Syria | Health Ministry | 1 |  |  |  | 1 |
| Thailand | Ministry of Public Health | 1 |  | 1 |  |  |
| UK | Diabetes UK |  | 1 |  | 1 |  |
| UK | British heart foundation |  | 1 | 1 |  |  |
| UK | Cancer research UK |  | 1 | 1 |  |  |
| UK | Department of Health | 1 |  | 1 |  |  |
| UK | Heart UK |  | 1 | 1 |  |  |
| Ukraine | Health Ministry | 1 |  |  | 1 |  |
| USA | USDA/FDA | 1 |  | 1 |  |  |
| USA | Academy of Nutrition and Dietetics |  | 1 | 1 |  |  |
| USA | American Heart Association |  | 1 | 1 |  |  |
| USA | American Diabetes Association |  | 1 | 1 |  |  |
| USA | American Cancer Society |  | 1 | 1 |  |  |
| USA | 3x societies: American Association of Clinical Endocrinologists/the American College of Endocrinology and the Obesity Society |  | 3 | 3 |  |  |
| Venezuela | Health Ministry | 1 |  |  | 1 |  |
| Yemen | Health Ministry | 1 |  |  |  | 1 |
|  | WHO |  | 1 | 1 |  |  |
|  | EFSA |  | 1 |  | 1 |  |