**Supplemental Table S1. Comparison of national dietary recommendations for children and adolescents from WHO European Region countries**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Country** | **Age**  | **Total fat** | **Fruits and Vegetables** | **Starches, Cereals and Grains** | **Milk and Dairy Products** | **Proteins (including red and processed meats)** | **Physical Activity** | **Pictorial depiction**  |
|  |  |  |  | *Total Carbohy-drates* | *Whole Grains*  |  | *Proteins*  | *Red & Processed Meats* |  |  |
| Albania (88) | 4-18 y | 6-12 y: 25-35% daily energy intake | 4-6 y: 250 g fruit/d and 200 g vegetables/d 13-18 y:2-3 portions fruit/d, 2-3 portions vegetables/d | 4-6 y: bread 100-150 g/d, potatoes 150 g/d, pasta, rice 80 g/d13-18y: 3-4 portions | priority to integral products | 4-6 y: 500 mL milk/yogurt, 25-30 g cheese13-18 y:2-3 portions | 4-6 y : 50-80 g/wk13-18 y: meat <360g/wk, 100g/wk fish, 2-3 eggs/wk, 60 gr legumes/wk | Limit processed meat | 3-18 y: 60 min/d  | Food Pyramid (4 levels, 6 food groups) |
| Andorra | NA | NA | NA | NA | NA | NA | NA | NA | NA | NA |
| Armenia | NA | NA | NA | NA | NA | NA | NA | NA | NA | NA |
| Austria (89) | Dietary guidelines for adults are provided. |
| Azerbaijan | NA | NA | NA | NA | NA | NA | NA | NA | NA | NA |
| Belarus | NA | NA | NA | NA | NA | NA | NA | NA | NA | NA |
| Belgium (85) | 3-18 y | Limit intake and prefer a variety of sources | 5 times/day, in every meal | in every meal | Prefer whole grains | 2-3 times/day, of which 1 should be cheese  | 1-2 times/day | - | 30 min/d | Food Pyramid (6 levels, 8 food groups)  |
| Bosnia and Herzegovina (90) | Dietary guidelines for adults are provided. |
| Bulgaria (91) | Dietary guidelines for adults are provided. |
| Croatia(92) | 7-15 y | Guidelines regarding the type of fat | 5 serv/d | in every meal | - | 0,5L milk or dairy products | fish: 2 times/week | - | 60 min/d | Food Pyramid (4 levels, 4 food groups) |
| Cyprus (93) | 6-12 y | Eat modestly | Fruits: 2-4 serv/d Vegetables: 3 servings/d | 6-9 servings/d | - | 2-3 serv/d  | 2-3 servings/d (150-180gr) | - | Recommendations for PA promotion | Food Pyramid (4 levels, 5 food groups) |
| Czech Republic | NA | NA | NA | NA | NA | NA | NA | NA | NA | NA |
| Denmark (94) | >3 y | Limit saturated fat intake. Guidelines regarding the type of fat | 600 g/d of fruits and vegetables  | - | 75 g/d  | 250- 500 mL/d milk products 25g/d lean cheese | Red meat: 500 gr/weekFish: at least 2 times/week (350g/wk) | 500 g/wk, limit processed meat  | - | Food plate model |
| Estonia (95) | General population including children and adolescents | Increase the consumption of nuts and seeds. | 5 servings of vegetables and fruits/d  | Everyday | Prefer whole grains | Consume unsweetened milk and milk products. | Red meat: 1/3 of all meat. Fish up to 3 times/week | Limit processed meat | >60 min/d  | Food Pyramid (6 food groups) |
| Finland (83) | General population including children and adolescents | Prefer the good fats | > 500 g/d fruits and vegetables | Prefer whole grain | 25-35 g/d dietary fiber | Dairy:5-6 dl/day, 2-3 slices of low fat cheese/day | Fish:2-3 serv/week |  < 500 g/wk | 150 min/wk (moderate activity)75 min/wk (brisk activity)  | Food Pyramid (6 levels, 9 food groups) and Food plate model |
| France (96) | 3-18 y | moderation and variety | > 5/d  | in every meal | - | 3/d  | 1-2 times/d, varietyfish >2 times/weekavoid processed meat | - | 30-60 min/d  | - |
| Georgia | NA | NA | NA | NA | NA | NA | NA | NA | NA | NA |
| Germany (97) | General population including children and adolescents | Eat small quantities of fat and high-fat foods. | 5 servings of fruits and vegetables/d  | Eat plenty of cereals, preferably wholegrain, and potatoes | > 30 g/d dietary fiber  | Eat milk and dairy products every day | Eat fish once or twice a week; and meat, sausages and eggs in moderation.Red meat: <300-600g/wk  | White (not red) meat recommended | 30-60 min/d  | Nutrition circle (7 food groups) |
| Hungary (98) | Dietary guidelines for adults are provided. |
| Iceland (99) | > 2 y | - | 5 servings fruits & vegetables/d (500 g/d)  | - | Whole grains at least 2 times/d | 500 ml/d dairy products or 25 g/d of cheese  | Fish 2-3 times/weekMeat in moderation  | Red meat <500 g/wk, Limit processed meat | - | Food circle (6 groups) and Food plate model |
| Ireland (100) | >5 y | In very small amounts | 5-7 serv/d  | >5 y: 3-5 serv/d, up to 7 serv/day for teenage boys | Consume wholemeal cereals | 5-8 y: 3 serv/d9-18 y: 5 serv/d | 2 serv/dOily fish, up to twice/wk | Limit processed meat  | 60 min/ d  | Food pyramid (6 levels, 6 food groups) |
| Israel (101) | 6-18 y | - | 5-7 serv/day | - | Prefer whole grains | >3 serv/day | 2 total day, 1 serv meat or poultry/d | - | 60 min/d | Food Pyramid (6 levels, 6 food groups) |
| Italy (102) | >6 y | 3-4 serv/d | 5 serv/dVegetables: 2 serv/d, fruits: 3-4 serv/d | Bread: 3-6 serv/d, bakery products: 1-2 serv/d, pasta/rice: 1-2 serv/d, potatoes: 1-2 serv/wk | Prefer whole grains | Milk/yoghurt: 3 serv/dCheese: 2-3 serv/wk | 1-2 serv/dEggs 2-4 times/wk | Avoid red and processed meat | >60 min/d | No |
| Kazakhstan | NA | NA | NA | NA | NA | NA | NA | NA | NA | NA |
| Kyrgyzstan | NA | NA | NA | NA | NA | NA | NA | NA | NA | NA |
| Latvia (103) | 2-18 y | ≤ 35% of total energy intake | every day | in every meal | - | every day | Fish 2 times/wk | - | - | Food pyramid (6 levels, 6 food groups) |
| Lithuania | NA | NA | NA | NA | NA | NA | NA | NA | NA | NA |
| Luxembourg(86) | General population including children and adolescents | ≤ 35% of total energy intake | ≥5 serv/d of fruits and/or vegetables | Every meal, ≥3 times/d | - | ≥3 serv/d | Meat, poultry, fish, eggs: 1-2 times/dFish: ≥2t/week | Limit processed meat | 30 min/d | Food pyramid (6 levels, 8 food groups) |
| Malta (104) | Dietary guidelines for adults are provided. |
| Monaco | NA | NA | NA | NA | NA | NA | NA | NA | NA | NA |
| Montenegro | NA | NA | NA | NA | NA | NA | NA | NA | NA | NA |
| Netherlands\* (87) | - | - | Vegetables:100-150 g/day fruits: 1.5 serv/day  | - | 2-4 slices of whole grain bread/day, 2-3 serving spoons of whole grain cereal or 2-3 potatoes/day | 2 portions of dairy and 20 g cheese daily | Fish/legumes/meat: 1 serv/d |  | - | Pie (5-8 food groups) |
| Norway (105) | >1 y | Guidelines regarding the type of fat25-40% total energy intake m | 5 serv/d | - | 70-90g whole grains/d, dietary fiber 2-3 g/d/MJ | - | Fish: 2-3 times/week, 300-450g/week | Limit red and processed meat, <500g/week | 60 min/d  | No |
| Poland‡ (106) | - | - | - | - | - | - | - | - | Yes | Food Pyramid (5 food groups) |
| Portugal (107) | >1 y | 1-3 serv/d | Vegetables 3-5 serv/d, Fruits: 3-5 serv/d fruits  | 4-11 serv/d | - | 2-3 serv/d  | 1.5-4.5 serv/d  | - | Yes | Food Wheel (7 groups) |
| Republic of Moldova | NA | NA | NA | NA | NA | NA | NA | NA | NA | NA |
| Romania (108) | General population | - | Vegetables: 3-4 serv/dFruits: 2-4 serv/d | 6-11 serv/day | - | 2-3 serv/day | 2-3 serv/day, emphasizing the importance of eggs for children | - | > 30 min/day  | Food Pyramid (5 levels, 7 food groups) |
| San Marino | NA | NA | NA | NA | NA | NA | NA | NA | NA | NA |
| Serbia | NA | NA | NA | NA | NA | NA | NA | NA | NA | NA |
| Slovakia (109) | NA | Guidelines regarding the type of fat | 1/3 of total daily consumption.  | NA | Prefer whole grains | 2 portions of milk or dairy products  | Variety of proteins | - | 30 min/d | Healthy plate (4 food groups)  |
| Slovenia (84) | >2 y | - | Fruits: 150-250 g/d; Vegetables: 250-400 g/d  | 9-17 units/d (1 unit = half slice of bread) | - | 2-4 servings/d  | 3-5 servings/day Poultry: 1-3 times/wk>1 time/week oily fish | Red meat: 2-3 times/wkLimit processed meat | 60 min/d  | Food Pyramid (6 levels, 8 food groups) and Healthy Plate (5 categories) and examples of main meals |
| Spain (110) | 3-16 y | <30% daily energy intake | 5 portions of fruits and vegetables/d  | - | >25g/d dietary fiber | >500 mL/d | Protein from various sources, prefer fish and oily fish, <4-5 eggs/d  | - | Yes | Food Pyramid (3 levels) |
| Sweden (111) | >2 y | - | > 500 g/d fruits and vegetables | - | Switch to wholemeal | 2-5 dL/d milk, or fermented milk | Fish: 2-3 serv/w | <500 g/wk, only a small amount should be processed meat | >30 min/d | Keyhole symbol |
| Switzerland (112) | 4-12 y | 20 g/d vegetable oil, 20g/d nuts. | 2 servings of fruits and 3 of vegetables/d (serving size increases with age) | 3-4 serv/d (serving size increases with age) | Prefer whole grains | 3-4 serv/d (serving size increases with age) | 4-6 y:50 g/d7-9 y: 75 g/d10-12 y: 90 g/d | - | - | Nutrition disk (5 food groups) |
| Tajikistan | NA | NA | NA | NA | NA | NA | NA | NA | NA | NA |
| The Former Yugoslav Republic of Macedonia (113) | >2 y | 1-3 y: 30-40% daily energy intake4-18 y: 25-35% daily energy intakeGuidelines regarding the type of fat | >400 g of various fruits and vegetables/d>500 g/d fruits and vegetables | 45-65% daily energy intake | At least half of the intake should be from whole grain cereals | 2-3 y: 450-500 mL/d 4-18 y: 600mL/d skimmed milk and low-fat dairy products | 2-3 y: 5-20% daily energy intake4-18 y: 10-30% daily energy intake | - | 5-17 y: >60 min/d | - |
| Turkey (114) | Children and adolescents | 4-18 y: 25-35% daily energy intake | Fruits and vegetables: 5 serv/day, at least 2 green leaf/citrus | 1-18 y: 50-60% daily energy intake | Consume whole grain cereal | 3-4 serv/d | 4-18 y: 2 serv/dayFish: 2 times/weekEgg: 1 serv/day | - | -General recommendations, no specific duration | 4-leaf clover (4 food groups) |
| Turkmenistan | NA | NA | NA | NA | NA | NA | NA | NA | NA | NA |
| United Kingdom (115) | >2 y | Guidelines regarding the type of fat | 5 portions/d  | Base of every meal | Choose whole grain versions where possible | - | 2 portions (2\*140 g/wk) fish | Red and processed meat <70 g/d | - | Eatwell Guide (6 food groups) |
| Uzbekistan | NA | NA | NA | NA | NA | NA | NA | NA | NA | NA |

NA: Not applicable

Serv/d: Servings per day

‡ in Polish, detailed guidelines could not be extracted

\*Personalized guidelines are provided – Data presented here are for a 6-year old