**Appendix B:** Countries with Food Based Dietary Guidelines as listed on the Food and Agriculture Website (FAO) website as of December 2021.

|  |  |  |  |
| --- | --- | --- | --- |
| **Region** | **Country** | **FBDG last updated** | **Available in English** |
| Africa | Benin | 2015 | No |
| Kenya | 2017 | Yes |
| Namibia | 2000 | Yes |
| Nigeria | 2006 | Yes |
| Seychelles | 2020 | Yes |
| Sierra Leone | 2016 | Yes |
| South Africa | 2013 | Yes |
| Zambia | 2013 | No |
| Asia and the Pacific | Afghanistan | 2016 | Yes |
| Australia | 2013 | Yes |
| Bangladesh | 2013 | Yes |
| Cambodia | 2017 | Yes |
| China | 2016 | Yes |
| Fiji | 2013 | Yes |
| India | 2011 | Yes |
| Indonesia | 2014 | No |
| Japan | 2010 | Yes |
| Malaysia | 2010 | Yes |
| Mongolia | 2010 | No |
| Nepal | 2012 |  |
| New Zealand | 2020 | Yes |
| Philippines | 2012 | Yes |
| Republic of Korea | 2016 | No |
| Sri Lanka | 2016 | Yes |
| Thailand | 2007 | Yes |
| Vietnam | 2013 | No |
| Europe | Albania | 2008 | Yes |
| Austria | 2010 | No |
| Belgium | 2020 | No |
| Bosnia and Herzegovina | 2004 | No |
| Bulgaria | 2006 | Yes |
| Croatia | 2002 | No |
| Cyprus | 2007 | No |
| Denmark | 2021 | Yes |
| Estonia | 2017 | No |
| Finland | 2014 | Yes |
| France | 2019 | No |
| Georgia | 2005 | Yes |
| Germany | 2017 | Yes |
| Greece | 2014 | Yes |
| Hungary | 2004 | No |
| Ireland | 2019 | Yes |
| Israel | 2008 | Yes |
| Italy | 2018 | No |
| Latvia | 2020 | No |
| Malta | 2016 | Yes |
| Netherlands | 2015 | Yes |
| North Macedonia | 2014 | No |
| Norway | 2014 | Yes |
| Poland | 2020 | No |
| Portugal | 2003 | No |
| Romania | 2006 | No |
| Slovenia | 2011 | No |
| Spain | 2008 | No |
| Sweden | 2015 | Yes |
| Switzerland | 2011 | Yes |
| Turkey  | 2006 | Yes |
| United Kingdom | 2016 | Yes |
| Latin America and the Caribbean | Antigua and Barbuda | 2013 | Yes |
| Argentina | 2016 | No |
| Bahamas | 2002 | Yes |
| Barbados | 2017 | Yes |
| Belize | 2012 | Yes |
| Bolivia | 2013 | No |
| Brazil | 2015 | Yes |
| Chile | 2013 | No |
| Columbia | 2020 | No |
| Costa Rica | 2011 | No |
| Cuba | 2009 | No |
| Dominica | 2007 | Yes |
| Dominican Republic | 2009 | No |
| Ecuador | 2020 | No |
| El Salvador | 2020 | No |
| Grenada | 2006 | Yes |
| Guatemala | 2012 | No |
| Guyana | 2018 | Yes |
| Honduras | 2013 | No |
| Jamaica | 2015 | Yes |
| Mexico | 2015 | No |
| Panama | 2013 | No |
| Paraguay | 2015 | No |
| Peru | 2019 | No |
| Saint Kitts and Nevis | 2010 | Yes |
| Saint Lucia | 2007 | Yes |
| Saint Vincent and the Grenadines | 2006 | Yes |
| Uruguay | 2016 | No |
| Venezuela | 2020 | No |
| Near East | Iran | 2015 | No |
| Lebanon | 2013 | Yes |
| Oman | 2009 | Yes |
| Qatar | 2015 | Yes |
| Saudi Arabia | 2013 | Yes |
| United Arab Emirates | 2019 | No |
| North America | Canada | 2019 | Yes |
| United States of America | 2020 | Yes |