



10 RECOMMENDATIONS FOR PROPER NUTRITION TOWARD 2030

(Issued together with Decision No. 3594/QĐ-BYT dated November 29, 2024, of the Ministry of Health)



01

Eat a sufficient, balanced and diverse diet every day, with an appropriate combination of foods from animal and plant sources.

02

Consume micronutrient-rich foods every day, including a variety of colourful vegetables and fruits. Read nutrition information on food labels carefully before purchasing and consuming food products.

03

Consume protein-rich foods appropriately. Include fish, poultry and nuts in your daily meals, and limit the consumption of red meat.

04

Drink enough water every day.

05

Pregnant and breastfeeding women should follow an appropriate diet and take iron, folic acid or multiple micronutrient supplements as instructed.

06

Initiate breastfeeding within the first hour after birth, exclusively breastfeed infants for the first six months, introduce appropriate complementary foods, and continue breastfeeding until 24 months of age or beyond.

07

Limit the consumption of fried foods, fast foods high in fat, foods high in salt or sugar, sugar-sweetened beverages and alcoholic drinks.

08

Ensure food safety when selecting, preparing, and storing food.

09

Maintain regular family meals. Eat adequate meals (breakfast, lunch and dinner) appropriate for your age, and avoid overeating or skipping meals.

10

Maintain a healthy weight through an active lifestyle and regular physical activity appropriate for your age and health condition.



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