Global Aspects

Global Aspects: WHO Guidelines on Nutrition

- The World Health Organization (WHO) is a specialized agency of the United Nations that works to improve global health.
- WHO develops nutrition guidelines to help countries promote healthy eating habits, prevent malnutrition, and reduce diet-related diseases.
- These guidelines are based on scientific evidence and are used by governments, healthcare organizations, food industries, and public health professionals.

Objectives of WHO Nutrition Guidelines

- To improve the nutritional status of populations.
- To prevent nutrient deficiencies and malnutrition.
- To reduce the risk of chronic diseases such as obesity, diabetes, cardiovascular diseases, and hypertension.
- To promote healthy dietary practices throughout life.
- To support national nutrition policies and programs.

Key Areas Covered by WHO Guidelines

1. **Healthy Diet**
   - WHO recommends consuming a variety of foods to obtain all essential nutrients.
   - A healthy diet should include fruits, vegetables, whole grains, legumes, nuts, and adequate protein sources.
   - Balanced nutrition supports normal growth, development, and overall health.
2. **Reduction of Sugar Intake**
   - WHO recommends limiting free sugar intake to less than 10% of total daily energy intake.
   - Further reduction to below 5% may provide additional health benefits.
   - Excessive sugar consumption increases the risk of obesity, diabetes, and dental caries.
3. **Reduction of Salt Intake**
   - WHO recommends consuming less than 5 grams of salt per day for adults.
   - High salt intake is associated with hypertension and cardiovascular diseases.
   - Reduced salt consumption helps maintain healthy blood pressure.
4. **Healthy Fat Consumption**
   - WHO recommends reducing intake of saturated fats and trans fats.

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- Unsaturated fats from plant oils, nuts, and fish are preferred.
- Healthy fat choices help reduce cardiovascular disease risk.

5. Fruit and Vegetable Intake

- WHO recommends consuming at least 400 grams of fruits and vegetables daily.
- Adequate consumption provides vitamins, minerals, dietary fiber, and antioxidants.
- Regular intake helps prevent chronic diseases.

Importance in Nutraceutical Regulation

- WHO nutrition guidelines serve as a reference for developing nutraceutical products.
- Nutraceutical manufacturers use these recommendations while designing health-promoting products.
- Regulatory authorities may consider WHO guidance when evaluating nutrition claims.

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NSF International

Global Aspects: WHO Guidelines on Nutrition

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- WHO guidelines are based on scientific evidence and are used by governments, healthcare professionals, food industries, and public health organizations.
- These guidelines help countries create nutrition policies and programs that address malnutrition, obesity, and diet-related diseases.

Objectives of WHO Nutrition Guidelines

- To promote healthy eating habits among all age groups.
- To reduce the burden of nutrition-related diseases.
- To prevent nutrient deficiencies and malnutrition.
- To support public health through balanced dietary recommendations.

Key WHO Recommendations

1. **Healthy Diet**
   - WHO recommends consuming a variety of foods to obtain all essential nutrients.
   - A healthy diet should include fruits, vegetables, whole grains, legumes, nuts, and adequate protein sources.
   - Balanced nutrition supports normal growth, development, and overall health.
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NSF International: Its Role in the Dietary Supplements and Nutraceuticals Industries

- NSF International is an independent, non-governmental organization that develops standards and provides testing, inspection, auditing, and certification services.
- NSF helps ensure the safety, quality, and compliance of dietary supplements and nutraceutical products.
- NSF certification increases consumer confidence in products.

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Objectives

- To verify product quality and safety.
- To ensure compliance with regulatory and industry requirements.
- To promote transparency and consumer trust.
- To support manufacturers in maintaining high production standards.

Role in Dietary Supplements and Nutraceuticals



NSF combines product testing, facility audits and certification activities

1. Product Testing

- NSF evaluates products to verify that ingredients match label claims.
- Testing helps detect contamination, adulteration, and mislabeling.

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- Product testing ensures consistency and reliability.

2. Manufacturing Facility Audits

- NSF inspects manufacturing facilities regularly.
- Audits verify compliance with quality standards and good manufacturing practices.
- Facility inspections help maintain consistent product quality.

3. Quality Assurance

- NSF assesses quality control procedures used during manufacturing.
- The organization evaluates raw materials, production processes, and finished products.
- Quality assurance reduces the risk of defective products reaching consumers.

4. Consumer Protection

- NSF certification helps consumers identify products that meet recognized quality standards.
- Certification supports informed purchasing decisions.

Benefits to Industry

- NSF certification improves product credibility.
- NSF standards support regulatory compliance.
- Certification enhances consumer trust and market acceptance.

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NSF Certification

- NSF Certification is a formal process through which NSF International evaluates products, manufacturing facilities, and quality systems.
- Certification confirms that a product or facility meets specific standards and requirements.

Objectives

- To verify product safety and quality.
- To confirm compliance with established standards.
- To improve consumer confidence.
- To encourage continuous quality improvement.

Certification Process

1. Application

- The manufacturer submits an application for certification.
- Product information, ingredient details, and manufacturing data are provided.

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