

What are the Scottish Dietary Goals and what are they used for?

The Scottish Dietary Goals describe the diet that will improve the health of people in Scotland by reducing the number of people who are overweight and obese, and the number of people getting diet related diseases such as heart disease, strokes, type 2 diabetes and some cancers.

They are used by officials in Scottish Government to assess how good or bad the Scottish diet is. Since they were set in 1996, there has been little or no progress towards achieving the goals: the Scottish diet is too high in calories, fats, sugar and salt and too low in fruits, vegetables, oil rich fish and fibre.

The goals are used to direct policies which aim to improve diet in the population for example setting nutrition criteria for school food.

The table below explains the Scottish Dietary goals and the reasons behind them.

Food/Nutrient	Goal	Rationale
Calories	To decrease intake	<ul style="list-style-type: none"> The majority of the Scottish population are either overweight or obese. To be overweight or obese increases the risk of heart disease, type 2 diabetes and some cancers. The Scottish diet is too high in calories.
Red and processed meat	No increase in intake	<ul style="list-style-type: none"> Eating too much red and processed meat increases the risk of bowel cancer.
Total fat	To decrease intake	<ul style="list-style-type: none"> The Scottish diet is too high in total fat. Fat is high in calories. Eating too many calories from fat can lead to being overweight or obese, which increases the risk of heart disease and stroke.
Saturated fat	To decrease intake	<ul style="list-style-type: none"> Eating too much saturated fat can increase levels of cholesterol in the blood, which increases the risk of heart disease and stroke. The Scottish diet is too high in saturated fat.
Free (added) sugar	To decrease intake	<ul style="list-style-type: none"> Too much sugar is associated with being overweight or obese, which increases the risk of heart disease, type 2 diabetes and some cancers. The Scottish diet is too high in free sugars.
Salt	To decrease intake	<ul style="list-style-type: none"> Eating too much salt can raise blood pressure, which increases the risk of heart disease and stroke. The Scottish diet is too high in salt.

Food/Nutrient	Goal	Rationale
Fruit and vegetables	To increase intake	<ul style="list-style-type: none"> Fruit and vegetables provide important vitamins, minerals and fibre and help reduce the risk of heart disease, stroke and many cancers including bowel cancer. The Scottish diet is too low in fruit and vegetables.
Oil rich fish	To increase intake	<ul style="list-style-type: none"> Oil rich fish contain omega 3 fatty acids which help to keep the heart healthy. The Scottish diet is extremely low in oil rich fish
Fibre	To increase intake	<ul style="list-style-type: none"> Eating enough fibre can decrease the risk of heart disease, stroke, type 2 diabetes and many cancers including bowel cancer. The Scottish Diet is too low in fibre.

To view the full Scottish Dietary Goals, visit: www.news.gov.scot/news/scottish-dietary-goals

What is the Eatwell Guide and what is it used for?

The Eatwell Guide shows the types of foods we should be eating, and in what proportions. The Eatwell Guide is a translation of dietary recommendations and shows the type of diet the people in Scotland need to eat if Scotland is to meet its dietary goals.

To view the Eatwell Guide, visit:

www.foodstandards.gov.scot/the-eatwell-guide