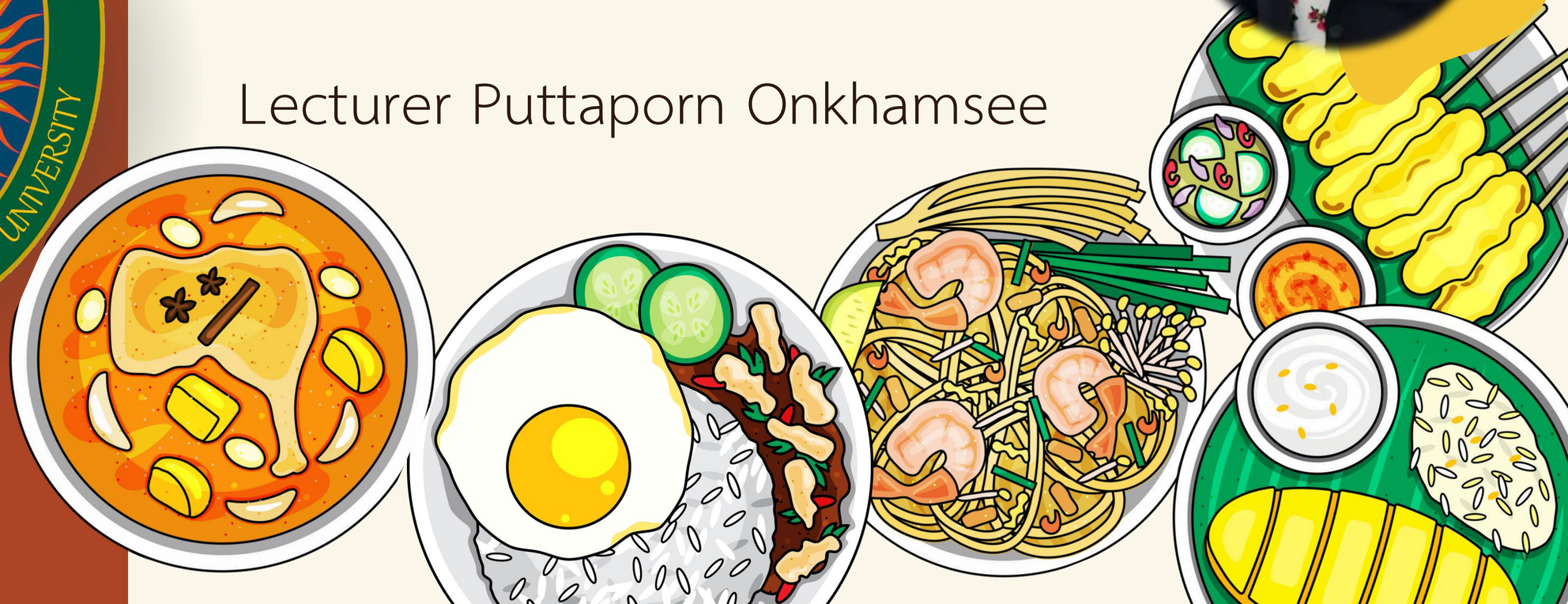
The techniques for eating to delay aging

Lecturer Puttaporn Onkhamsee



Nutrition Flag

The Nutrition Flag refers to a tool that helps explain and understand the 9 dietary guidelines to promote healthy eating practices. It is represented by an inverted triangle-shaped flag, which visually shows the proportions of food from each group. The large top section emphasizes the foods to be consumed in larger quantities, while the narrow bottom section highlights foods to be consumed in smaller amounts. The Nutrition Flag indicates the types and quantities of food that should be eaten daily to ensure adequate intake of various nutrients, according to the recommended daily intake for children aged 6 years and older, as well as adults and the elderly.

Nutrition Flag

The variety of food types is shown by images of food from each group.

- The food groups displayed are: rice and grains, vegetables, fruits, meats, dairy, fats, sugars, and salt.
- This food grouping differs from the traditional 5 food groups by separating dairy from the meat group to emphasize the importance of foods that are sources of calcium. Additionally, fats are grouped together with sugars and salt as a category recommended to be consumed in smaller amounts.

Nutrition Flag

The proportion of food consumed is represented by the size of the areas, large and small.

The amount of food consumed is represented by numbers indicating a range from small to large.

The 4 levels of the Nutrition Flag

Level 1 is the section consisting of rice and grain foods, which occupies the largest area on the Nutrition Flag. This means that these foods should be consumed in the largest amount daily.

This food group provides carbohydrates, which are the body's main source of energy. One gram of carbohydrates provides 4 kilocalories of energy. In addition to providing energy, consuming brown rice or unpolished rice can offer dietary fiber, which has the ability to absorb water. This helps increase water and bulk in stool, improving the functioning of the digestive system. Foods in this group include white rice, sticky rice, rice noodles, bread, noodles, taro, sweet potatoes, and various types of flour.

The 4 levels of the Nutrition Flag

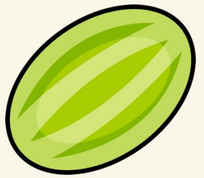
Level 2 is the section consisting of vegetables and fruits, which occupies the second largest area on the Nutrition Flag. This means they should be consumed in a quantity that is second to the first section. The area is divided into two parts: vegetables and fruits, with a recommendation to consume more vegetables than fruits.

Vegetables provide vitamins and dietary fiber, such as cauliflower, cabbage, and kale, which help reduce the risk of cancer and heart disease. Plant chemicals, such as carotenoids and beta-carotene, are found in green, yellow, and orange vegetables like morning glory, carrots, and pumpkins. Lycopene is found in tomatoes. Carotenoids inhibit the formation of free radicals, which can disrupt cell function and lead to cancer. Dietary fiber also supports the digestive system, helps remove toxic chemicals through the intestines more quickly, and reduces the absorption of cholesterol, thereby lowering blood cholesterol levels.

The 4 levels of the Nutrition Flag

Level 2 is the section consisting of vegetables and fruits, which occupies the second-largest area on the Nutrition Flag. This means they should be consumed in a quantity that is second to the first section. The area is divided into two parts: vegetables and fruits, with a recommendation to consume more vegetables than fruits.

Fruits provide nutritional value similar to vegetables, serving as a source of antioxidants and vitamin C, which help prevent cancer and heart disease. Additionally, fruits contain dietary fiber that aids in digestion and helps reduce the risk of colon cancer, as well as lowering blood cholesterol levels.



The 4 levels of the Nutrition Flag

Level 3 is the section consisting of meat, eggs, and dairy.

The meat, legumes, eggs, and dairy group provides primarily protein. High-quality protein sources include eggs, fish, various meats, and milk, while lower-quality protein sources include legumes.

The 4 levels of the Nutrition Flag

Level 3 is the section consisting of meat, eggs, and dairy.

The dairy and dairy products group is a highly nutritious source, providing several essential nutrients, including protein, carbohydrates, fats, calcium, and phosphorus, which are necessary for building bones and teeth. Milk is also a source of vitamins B2 and B12.

The 4 levels of the Nutrition Flag

Level 4 is the section consisting of fats, sugars, and salt, which occupies the smallest area on the Nutrition Flag. This is because these foods should be consumed in small amounts daily, or only as needed.

The fat group includes oils, all types of fats, non-dairy cream, and coconut milk. Foods in this group provide fats, which are essential nutrients for health. In addition to supplying energy to the body, fats are components of bile, hormones, and certain fatty acids that can be converted into vitamin D and assist in the absorption of fat-soluble vitamins. One gram of fat provides 9 kilocalories of energy. However, consuming too much fat can be harmful to health, as it is a leading cause of obesity, diabetes, high cholesterol, and heart disease.

The most common fats found in both plant and animal-based foods.

Triglyceride

Saturated fatty acids are found in animal fats such as pork, beef, and chicken, as well as in certain plants like coconut oil and palm oil. Unsaturated fatty acids, which help lower blood cholesterol levels, are found in plant-based oils such as soybean oil, corn oil, sunflower oil, rice bran oil, peanut oil, and olive oil.

Phospholipids

One type of fatty acid that is found in small amounts in common foods is omega-3 fatty acids. Foods that contain omega-3 fatty acids include eggs and various types of nuts.

Cholesterol

Fatty acids from animal-based foods, when absorbed into the body, are stored in the liver. In addition to being obtained from food, fatty acids can also be synthesized within the body.

Sugar refers to the sugar used in daily life, such as granulated sugar used for seasoning food. Consuming sugary foods promotes tooth decay, and long-term consumption can lead to high triglyceride levels in the blood. Therefore, it is recommended to limit the intake of granulated sugar to no more than 4, 6, and 8 teaspoons per day for individuals who require 1,600, 2,000, and 2,400 kilocalories per day, respectively.

Salt refers to table salt used for seasoning food, which consists mainly of sodium (40%) and chloride (60%). Sodium is an essential mineral for the proper functioning of cells in the body, as it helps regulate fluid balance and the body's acid-base balance. In addition to being found in table salt, sodium is also present in other forms, such as baking soda (or baking powder used in baked goods), monosodium glutamate (MSG), fish sauce, and soy sauce.

Nutrition label

The characteristics of foods that must display a nutrition label.

Foods with nutrition claims, such as yogurt products claiming to be fat-free (0% fat) or food products that claim to be high in calcium.

Foods that use nutritional value to promote sales, such as products for brain health or to promote vitality and strength, but are not allowed to display labels claiming to prevent or treat diseases, such as weight loss or cancer prevention.

The characteristics of foods that must display a nutrition label.

Foods that target specific consumer groups in marketing, such as for executives, school-age children, pregnant women, or the elderly, etc. Identifying a target group may lead consumers to believe that the food has special nutritional value tailored to that group.

Foods that the Food and Drug Administration may require to display a nutrition label due to concerns that they may cause misunderstandings regarding their nutritional benefits.

Information displayed on the label

Mandatory information

The important nutrients for Thai people include carbohydrates, fats, proteins (which provide energy), vitamins, and minerals (especially those important for current nutritional status, such as vitamin A, vitamin B1, vitamin B2, calcium, and iron). Nutrients that should be consumed in moderation include cholesterol and sodium.

Non-mandatory information

Other vitamins and minerals can also be included on the label, but they must be listed in order as specified.

The format of the nutrition label.

Abbreviated nutrition label format – Standard

A label displaying the types and amounts of 15 important nutrients that should be known, as shown in the example. For labels with limited height, the full-format nutrition label can be displayed in a horizontal or landscape format as specified by the Ministry of Public Health's regulations.

Nutrition Facts

Serving Size 5 Crackers (16g)
Servings Per Container About 28

Amount Per Serving

Calories 80 Calories from Fat 40

	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2g	
Cholesterol 0mg	**0%**
Sodium 140mg	**6%**
Total Carbohydrate 9g	**3%**
Dietary Fiber less than 1g	**1%**
Sugars 1g	
Protein 1g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 2%

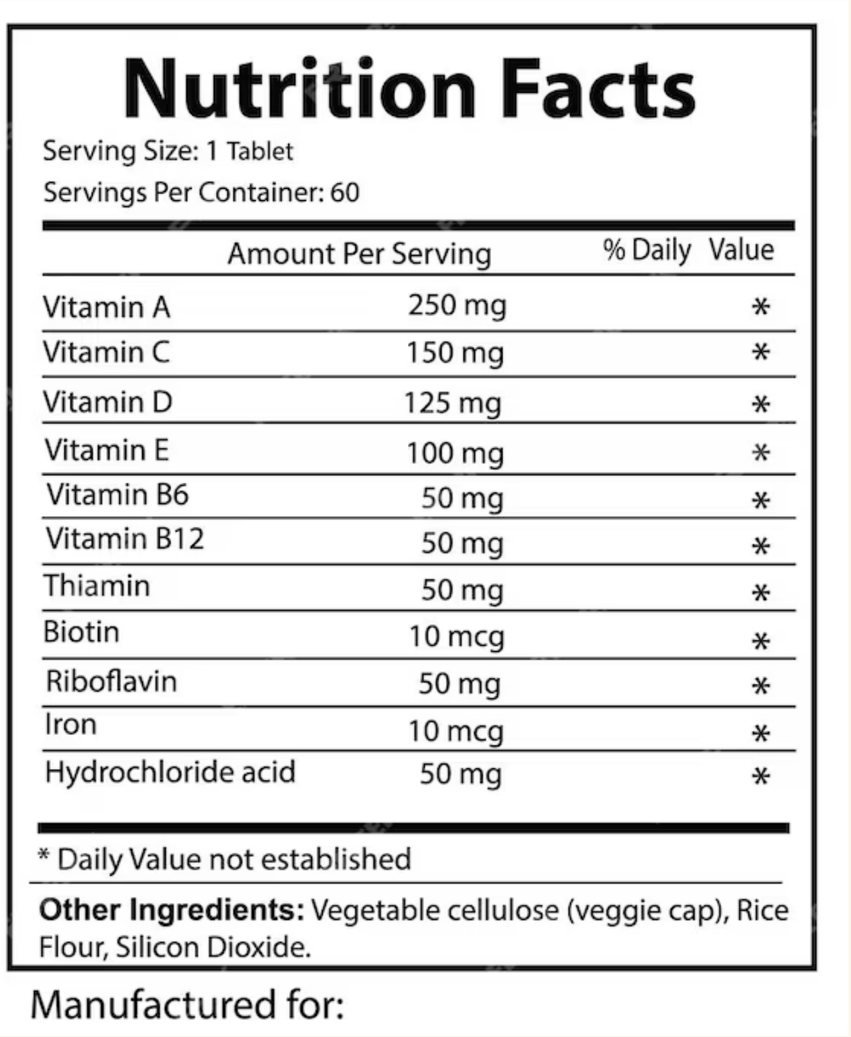
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

The format of the nutrition label.

Full-format nutrition label, standard format

This is used when the nutrients specified in the full nutrition label section 2, with 8 or more items out of the 15 required, are present in such small amounts that they are considered negligible or zero, and thus there is no need to display them in full form.



Nutrition Facts

Serving Size: 1 Tablet

Servings Per Container: 60

	Amount Per Serving	% Daily Value
Vitamin A	250 mg	*
Vitamin C	150 mg	*
Vitamin D	125 mg	*
Vitamin E	100 mg	*
Vitamin B6	50 mg	*
Vitamin B12	50 mg	*
Thiamin	50 mg	*
Biotin	10 mcg	*
Riboflavin	50 mg	*
Iron	10 mcg	*
Hydrochloride acid	50 mg	*

* Daily Value not established

Other Ingredients: Vegetable cellulose (veggie cap), Rice Flour, Silicon Dioxide.

Manufactured for:

How to Read a Nutrition Label

One serving size

The amount to be consumed per serving, or the recommended portion size, indicates the amount of food that provides the nutrients listed on the label. One serving size is derived from the average quantity typically consumed by Thai people, and it will be shown in household units such as cans, pieces, cups, glasses, etc., followed by weight in grams or volume in milliliters in the metric system.

How to Read a Nutrition Label

One serving size

1. If the food product is consumed in one sitting, the serving size is the total weight or net volume of that food.

2. If the food product is packaged for multiple servings, the serving size should be close to the average amount typically consumed of that type of food. This average is called the "reference amount."

How to Read a Nutrition Label

Number of servings per container

When consuming "one serving size," how many times can this package, bottle, or box be consumed?

For example, for ready-to-drink milk, one serving size is 1 box or 225 milliliters, which should be divided into 5 servings.

How to Read a Nutrition Label

Nutritional value per serving

When consumed according to the amount specified in one serving, how much energy is provided, what nutrients are included, their actual weight, and what percentage this amount represents of the daily recommended intake.

How to Read a Nutrition Label

Percentage of the recommended daily intake

The percentage of nutrients in one serving compared to the recommended daily intake, expressed as a percentage. For example, if this food provides 10% of the recommended daily carbohydrate intake, it means that by consuming one serving, you will get 10% of the carbohydrates needed, and to meet the full requirement for carbohydrates, you should obtain the remaining 90% from other foods.

GDA (Guideline Daily Amount) nutrition label

The Guideline Daily Amount (GDA) nutrition label is a method to prevent and promote products that reduce the risk of diseases for consumers. This type of nutrition label must display energy, sugar, fat, and sodium values on the label outside the nutrition information box and must be shown on the front of the packaging for one serving size according to the packaging container, alongside the nutrition label.

Food products that are required to have a Guideline Daily Amount (GDA) nutrition label include 5 types

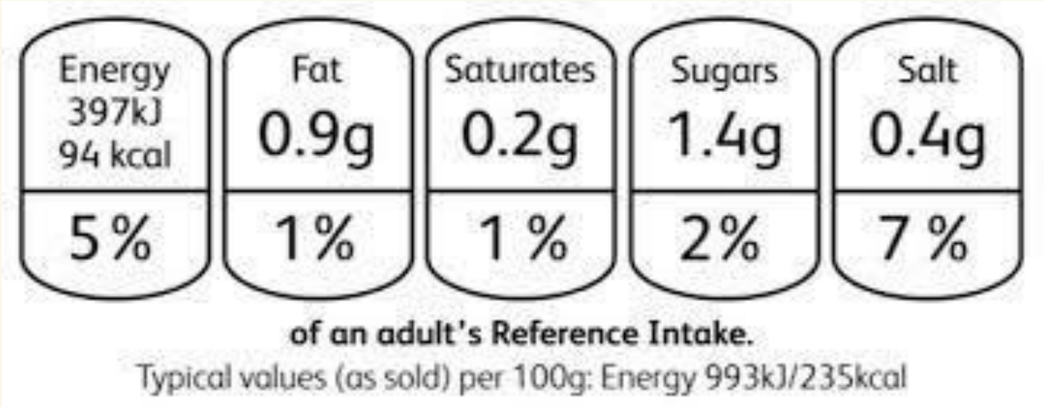
- Crispy or baked potato chips
- Popcorn or baked snacks
- Filled wafers
- Crispbread, crackers, or biscuits
- Puffed rice snacks or puffed snacks

How to read the GDA (Guideline Daily Amount) nutrition label

1. Check the number of servings per package to see how many times the package should be consumed.
2. Check how much energy, sugar, fat, and sodium you will consume if you eat the entire package.
3. Limit the consumption of energy, sugar, fat, and sodium each day to no more than 100% of the recommended daily intake.

GDA (Guideline Daily Amount) nutrition label

These 5 types of products must display the values for energy, sugar, fat, and sodium. The values should be shown in the form of 4 cylindrical shapes arranged together. The background color inside the cylinders must be white, and the text color inside the cylinders must be either black or dark blue, depending on the case.



Choosing Nutrition Products to Slow Down the Aging Process

Choosing Nutritional Products to Slow Down Aging

1. **Fresh food** refers to types of meat, vegetables, and fruits that are in their fresh state.

2. **Semi-processed food** refers to food that has undergone processing and seasoning, and is ready to eat after a simple and quick method such as adding hot water, boiling, or adding other ingredients. Semi-processed food comes in 4 types.

- Semi-processed food of the rice type, such as flavored rice porridge and congee.
- Semi-processed food of the rice and cereal products type, such as flavored noodles, rice noodle soup, instant noodles, vermicelli, and glass noodles.
- Semi-processed food of the seasoning products type, such as seasoning for clear soup and various types of soups, available in cube, powder, or dry form.
- Semi-processed food of the curry and curry paste types.

Choosing Nutritional Products to Slow Down Aging

3 **Ready-to-cook** food refers to food that has been prepared with various ingredients and packaged in a container, ready for direct sale to consumers. It is intended to be cooked into a specific type of dish, such as a set for making Tom Yum, Gaeng Leang, or clear soup, commonly sold in department stores, supermarkets, or local fresh markets.

4 **Ready-to-eat** food refers to food that is fully prepared and packaged in containers, ready for immediate consumption.

5 **Prepared food** refers to food that has been directly cooked or assembled and is ready for immediate consumption, including desserts and various types of beverages, which are sold directly to consumers by the preparer.

Summary

Eating plays an important role in slowing down aging and promoting long-term health. A recommended approach is to follow the principles of the food nutrition flag, which emphasizes variety and appropriate portions. The base consists of rice and starches as the primary energy source, followed by vegetables and fruits that provide vitamins, dietary fiber, and antioxidants. Meat, eggs, legumes, and milk provide high-quality protein, while fat, sugar, and salt intake should be minimized.

Moreover, food selection should prioritize cleanliness, safety, and clear nutritional labeling, enabling consumers to evaluate the nutritional value and choose what best suits their needs. In conclusion, eating according to sound nutritional principles and safety standards is fundamental for slowing down the aging process and maintaining good health over the long term.

The selection of food for consumption should be based on certain principles.

Benefit

It should be freshly cooked food with complete nutritional value, suitable for the needs of different age groups of humans.

Safe

You should choose food that is clean, safe, produced from reliable sources, and free from risks of foodborne illnesses. This is because toxins and chemicals cannot be destroyed by heat.

Economical

You should choose seasonal foods, as they will provide better quality, lower prices, and be more easily available.

Clean and safe

Check the quality of raw food before cooking to ensure it is clean and safe, especially from any toxic substances that may remain in the food. It is also important to follow proper and clean food preparation methods.

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