



# Nutrition & Health Issues

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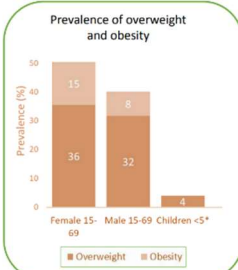


(Reported by the Healthy Diets Pilot Project of SHND/MoESD that derives data from MoH.)

## Let's see what the Government of Bhutan says on Health and Nutrition

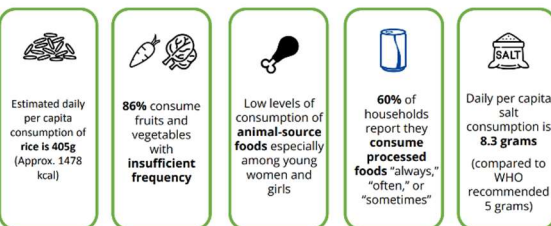
### The Triple Burden of Malnutrition

Stunting, Micronutrient Deficiencies and Overweightness



Source: Bhutan National Nutrition Survey, 2015

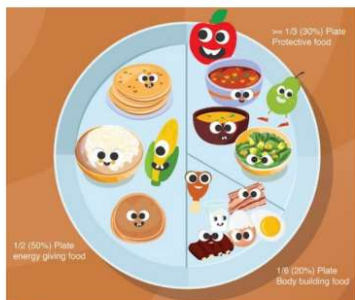
### Why? Poor food consumption practices



STEPS Survey, 2019; Tashi et al., 2022

It recommends, we eat more Fruits and Vegetables (Protective foods) – just over 1/3 of the food we eat each day.

### The Official Bhutanese Healthy Plate Model



It also reports five challenges:

- Excess in rice/carbohydrates
- Excess in processed foods/snacks
- Excess in salt
- Shortage in fruits and vegetables
- Shortage in animal protein

## What Is Our Action?

**HEALTH CHECK** What is Your Body Age?  
Check your Body Fat Rate, Muscle Mass, Protein, BMI,

**MUSHROOM SOUP**  
Fiber rich, Protein rich,  
Low calory

**SMOOTHIE**  
Vegetables and Fruits: Rich in  
Fiber, Mineral and Vitamin

**QUINOA FRIED RICE**  
Fiber rich, Protein rich,  
Mineral rich, Low calory

## JOCV Green Opportunities to Enhance Nutrition & Health (J-GOEN)

(GOEN is a Japanese word meaning God's blessing on meeting someone in life.)

