Promoting Food Quality for Myanmar People

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Introduction

**Food quality**
- the quality characteristics of food that is acceptable to consumers
- includes external factors as appearance (size, shape, color, gloss, and consistency), texture, and flavor; and internal factors (chemical, physical, microbial).
- an important food manufacturing requirement
- sanitation requirements
- deals with labeling issues to ensure ingredient quality and nutritional information
- product traceability, (e.g., of packaging suppliers)

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High-quality foods
- include unrefined, minimally processed foods such as vegetables and fruits, whole grains, healthy fats and healthy sources of protein.

Lower-quality foods
- include highly processed snack foods, sugar-sweetened beverages, refined (white) grains, refined sugar, fried foods, foods high in saturated and trans fats, and high-glycemic foods such as corn flakes, extruded cereal breakfast cereals
- There isn’t one “perfect” diet for everyone, due to individual differences in genes and lifestyle.

### Foods of Poor Nutritional Quality

<table>
<thead>
<tr>
<th>One or more of the following criteria</th>
<th>And do not contain any of the following:</th>
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<tbody>
<tr>
<td>&gt; 35% of total calories from <strong>fat</strong>, excl: nuts, seeds, peanut</td>
<td>• Half a serving of <strong>fruit or vegetable</strong></td>
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<tr>
<td>&gt; 10% of calories from <strong>saturated + trans fat</strong></td>
<td>• 51% or more (by weight) <strong>whole grain ingredients</strong></td>
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<td>&gt; 35% <strong>added sugars</strong> by weight</td>
<td><strong>Beverages of poor nutritional quality include:</strong></td>
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<td>&gt; 770 mg <strong>sodium</strong> for meals,</td>
<td>• Soft drinks, sports drinks, and sweetened iced teas</td>
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**Beverages of poor nutritional quality include:**
- Fruit-based drinks with <50% real fruit juice or that contain added sweeteners
- Beverages containing caffeine, excluding low-fat
- High-fat milk (whole or 2%)
Iron bioavailability of Myanmar diet

Calcium Intake of Myanmar people

5%
2.3%
4.9%

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Complementary foods

Safety of food

Aflatoxin B1 levels in commercially available chili powder in Yangon markets

Lead contamination on Myanmar foodstuffs prepared or stored in ceramic potteries
Safety of food

Intake of nitrites and nitrates from processed meats by primary school children

Pesticides residues in vegetables and fruits

Detection of verotoxin E coli in street vended grill meat

Detection of formalin content in sweetened condensed milk

Detection of bacterial contamination some local brand milk and milk products

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Rice noodle with fish gravy

268 Cal

Rice with boiled garden pea

426 Cal

Pickled tea leaves salad

467 Cal

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Rice cake with Jaggery

56 Cal

Plain Cake

118 Cal
Promoting diet quality for Myanmar People

- Improve dietary diversity
- Intensify nutrition education
- Increase awareness to choose nutritious foods
- Search nutritive values of commonly consumed foods and currently popular foods
- Update and upgrade food composition data
- Develop International Standard Food and Nutrition Laboratory

Promoting food quality for Myanmar People

- Availability and accessibility of nutritious foods
- Educate food manufacturers, workers, handers, & street vendors on sanitation
- Awareness of food safety
- Regular monitoring of food for safety
- Enforcement of food law
- Establish food safety and quality testing laboratory
• Access to nutritionally adequate and safe food is a right of each individual.

• The area of food and nutrition deserves to be invested for long term national development.