

Best sets of Optifood FBRs for each target group in Colombia

Food or food subgroup	Example foods	1. 13–14-year-old girls			2. 15–17-year-old girls			3. 18–20-year-old women			Example of communication of FBR
		No. Portions /week	Av. Portion size (g)	Total g/week	No. Portions /week	Av. Portion size (g)	Total g/week	No. Portions /week	Av. Portion size (g)	Total g/week	
Best set of food-based recommendations with foods consumed by >5% of population only											
Legumes	Lentils	10	123	1227	10	104	1037	10	114	1140	Eat 10 portions of legumes, like lentils, per week
Cheese	Semisoft Cheese	10	42	423	10	44	437	10	46	460	Eat 10 portions of cheese per week
Milk	Fresh, full cream milk	7	155	1082	7	166	1162	7	174	1218	Drink 1 glass of milk every day
Red Meat	Ground Beef	7	61	429	7	49	345	7	58	406	Eat red meat once per day
Refined grain bread	Bread (made with fortified flour)	7	48	336	7	49	343	7	50	350	Eat 1 portion of milk per day
Starchy roots	Potatoes	10	141	1410	10	137	1373	10	157	1573	Eat 10 portions of potatoes every week
Minimum cost/day of diet inc. FBR set		COP \$8224 (USD\$2.10)			COP 7767 (USD\$1.99)			COP \$8039 (USD\$2.06)			
Nutrient targets not met		Iron			Iron			Iron			
Best set of food-based recommendations with additional foods consumed by <5% of population											
Cooked beans, lentils, peas	Lentils	4	31	123	4	104	415	4	114	456	Eat 1 portion of legumes, like lentils, every day
Cheese	Semisoft cheese	7	4	26	7	44	306	7	46	322	Eat 1 portion of cheese every day
Fluid or powdered milk	Whole milk	7	119	830	7	166	1162	7	174	1218	Drink 1 glass of milk every day
Vitamin A rich dark green leafy vegetables	Broccoli	4	70	280	4	73	292	4	81	324	Eat four portions of green, leafy vegetables, like broccoli, per week
Fortified cereal	Fortified oats	7	35	245	7	40	280	7	45	315	Eat fortified oats once per day
Micronutrient supplements	Micronutrient powder	7	1	7	7	1	7	7	1	7	Take a multiple micronutrient supplement every day
Minimum cost/day of diet inc. FBR set		COP \$4896 (USD\$1.25)			COP \$4739 (\$1.21)			COP \$5024 (USD\$1.28)			
Nutrient targets not met		N/A			N/A			N/A			