

Nigeria



Policies, Interventions and Actions

Mandatory national limit on trans fatty acids

Mandatory national limit of iTFA <2 g/100 g total oils and fats in all foods. There is also a labelling policy which specifies that trans-fat and cholesterol free claims shall not be made on the label or in an advertisement except it is verified and proven with the approval of NAFDAC.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2023 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Linked document:	Download linked document

Tax on sugar-sweetened beverages

The federal government imposed a sugar tax of N10 per litre on all non-alcoholic, carbonated, and sweetened beverages on the last day of 2021.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2022 (ongoing)
Target age group:	Adults and children
Organisation:	Government

NCD Country Profiles 2018 (Obesity Targets)

The profiles also provide data on the key metabolic risk factors, namely raised blood pressure, raised blood glucose and obesity and National Targets on Obesity (as of 2017)

Categories:	Evidence of Obesity Target
Year(s):	2017 (ongoing)
Target age group:	Adults and children
Organisation:	World Health Organisation
References:	Noncommunicable diseases country profiles 2018. Geneva: World Health Organization; 2018. Licence: CC BY-NC-SA 3.0 IGO.

Alive & Thrive (Promoting Breastfeeding)

Alive and Thrive (A&T) is an initiative to save lives, prevent illness, and ensure healthy growth and development through optimal maternal nutrition, breastfeeding, and complementary feeding practices.

Categories:	Evidence of Breastfeeding promotion or related activity
Year(s):	2009 (ongoing)
Target age group:	Adults
Organisation:	Alive & Thrive
References:	https://www.aliveandthrive.org/en

Food-based dietary guidelines for Nigeria – a guide to healthy eating

The guidelines were developed by the Ministries of Health, Agriculture and Rural Development and Information; universities, the World Health Organization, Helen Keller International, International Institute of Tropical Agriculture, and paediatric and nutrition societies. They have been published in four languages: Hausa, Yoruba, Igbo and English.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2001 (ongoing)
Target age group:	Adults and children
Organisation:	Nutrition Division Federal Ministry of Health
Linked document:	Download linked document
References:	https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/nigeria/en/

Pre-packaged Food (Labelling) Regulations

Mandatory national labelling guidelines for pre-packaged food with a health claim approved by the National Agency for Food and Drug Administration and Control (NAFDAC) and adopted from 1995.

Categories:	Labelling Regulation/Guidelines
Year(s):	1995 (ongoing)
Target age group:	Adults and children
Organisation:	National Agency for Food and Drug Administration and Control (NAFDAC)
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en/node/41877 (last accessed 03.08.22) Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: https://gifna.who.int/

Marketing of Breast-Milk Substitutes: National Implementation of the International Code Status Report 2016 (Promotion of Breastfeeding)

The 2016 report provides information on the status of implementing the International Code of Marketing of Breast-milk Substitutes and subsequent relevant World Health Assembly resolutions (“the Code”) in and by countries. The report also identifies in which countries they actively promote the benefits of breastfeeding.

Categories:	Evidence of Breastfeeding promotion or related activity
Target age group:	Adults
Organisation:	WHO UNICEF IBFAN
References:	WHO. UNICEF. IBFAN. Marketing of Breast-milk Substitutes: National Implementation of the International Code. Status Report 2016. Geneva: World Health Organization; 2016

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