

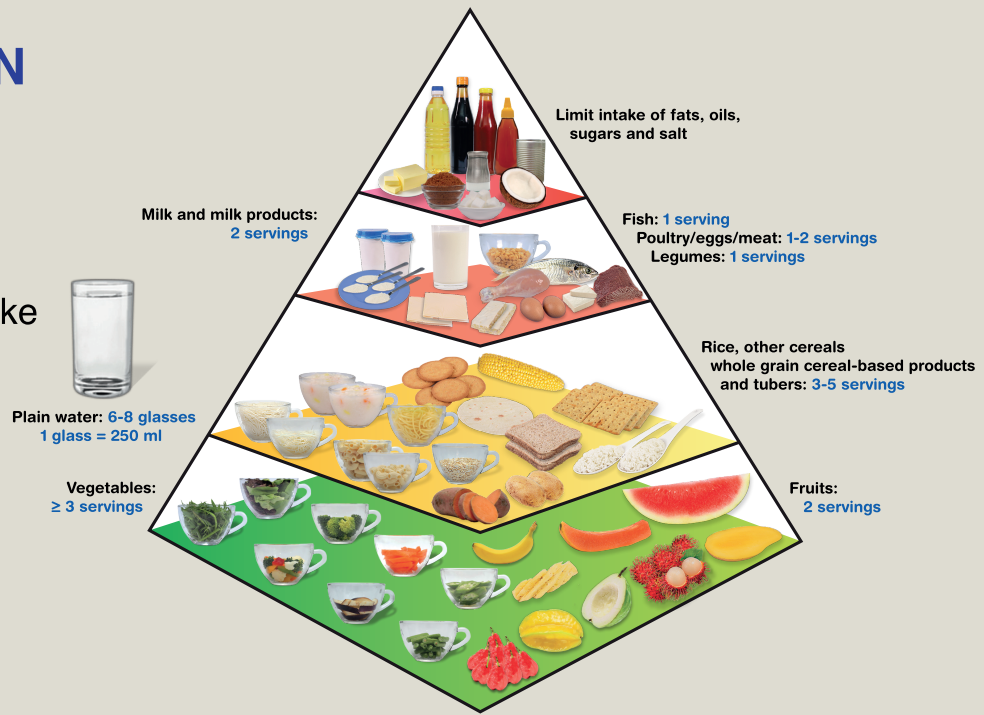
Use Food Pyramid to Guide Healthy Food Choices

MALAYSIAN FOOD PYRAMID 2020

Guide to Your DAILY Food Intake

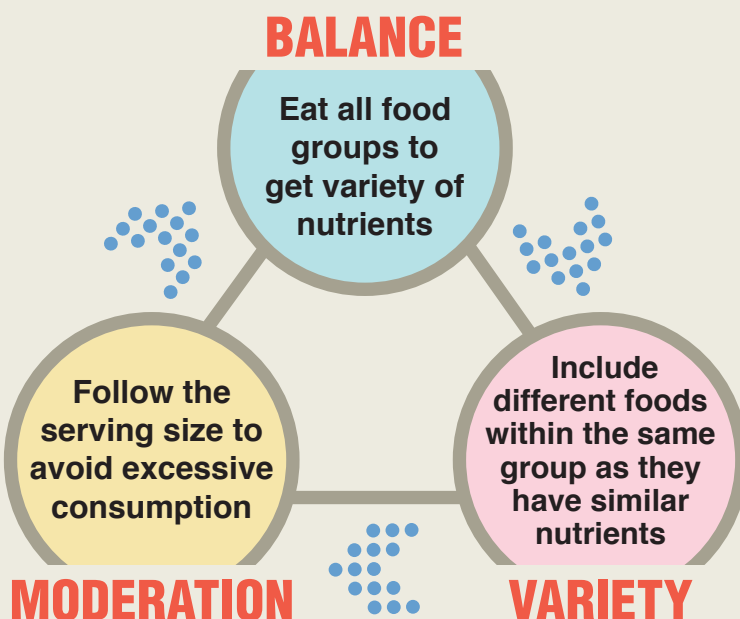
Note:

- The number of servings is calculated based on 1500 to 2300 kcal.
- This pyramid is meant for children aged 7 years and older; for younger children, refer to the Malaysian Dietary Guidelines (MDG) for Children and Adolescents.
- For adolescents aged 13 to 15 years, the recommendation for fruits is 2-3 servings and for milk and milk products 2-3 servings.
- For adolescents aged 16 to < 18 years, the recommendation for fruits is 2-3 servings, milk and milk products 2-3 servings and for rice, other cereals, whole grain cereal-based products and tubers 3-5 servings.



Healthy nutrition made easy with food pyramid

- Helps to select appropriate food intake that meets daily nutrient needs.
- Eat more foods at the base, eat less foods at higher level.



GENTLE REMINDER

- 1 Have vegetables at every meal
- 2 Consume more whole fruits instead of juices
- 3 Eat a variety of grain products; choose whole grains
- 4 Choose lean meat and include plant-based protein foods
- 5 Go for plain water
- 6 Adjust number of servings according to your needs
- 7 Practise quarter-quarter-half concept of MyHealthy Plate to provide healthy daily meals