



Eat Right, Get Active

14 Great Tips From the Malaysian Dietary Guidelines 2010
by the Technical Working Group on Nutritional Guidelines,
National Coordinating Committee on Food and Nutrition



Eat a variety of foods within your recommended intake.

No single food can supply all the energy nutrients and healthful food components we need. So eat a balanced and varied diet that incorporates all 5 food groups shown in the Malaysian Food Pyramid.



Maintain body weight in a healthy range.

Both obesity and low body weight can lead to health problems. Maintain healthy body weight by eating appropriately and increasing your level of physical activity. Be sure to weigh yourself regularly.



Be physically active everyday.

Physical inactivity can lead to many chronic diseases. So build physical activities into your daily routine (eg taking the stairs instead of the lift, or walking to your colleague's desk instead of calling). Enjoy brisk walking daily or play a sport at least 2-3 times a week.



Eat adequate amounts of rice and other cereal products (preferably wholegrain) and tubers.

These foods provide energy. Choose unrefined or wholegrain cereals (eg brown rice, wholemeal bread and breakfast cereals) for additional benefits of improving gut health while helping to reduce the risk of chronic diseases.



Eat plenty of fruits and vegetables everyday.

Fruits and vegetables help protect you against many chronic diseases. Eat at least 3 servings of vegetables and 2 servings of fruits everyday. Enjoy a different fruit and vegetable at every meal.



Consume moderate amounts of fish, meat, poultry, egg, legumes and nuts.

These foods provide protein, many nutrients and other healthful food components that are essential for vitality. Fish and legumes are healthier choices; make them a part of your daily meals.



Consume adequate amounts of milk and milk products.

Milk is a nutritious food with a variety of essential nutrients including calcium. People of all ages should take milk and milk products everyday. Have yoghurt, cheese, or other lactose-free milk products if you are lactose intolerant.

Limit intake of foods high in fats and minimise fats and oils in food preparation.

Fats and oils provide energy, essential fatty acids and promote the absorption of fat-soluble vitamins. However, excessive daily fat intake can cause excessive body weight. Also, limit intake of foods that are high in cholesterol, animal fats and trans fats. All these contribute to heart problems.



Choose and prepare foods with less salt and sauces.

High sodium intake is associated with high blood pressure and related problems. Sodium comes from salt and also other sources, for example, salted foods, sauces, and certain condiments (for example *belacan* and *cincajuk*). Therefore, limit the consumption of these foods and reduce the use of salt.



Consume foods and beverages low in sugar.

Consuming too much sugar can cause dental caries and contribute to unhealthy weight gain. Use less sugar in your foods and drinks and choose low sugar products as the healthier choice.



Drink plenty of water daily.

Water helps regulate body temperature, maintain blood volume, and transport nutrients and waste within the body. Drink 6-8 glasses of plain water everyday and maintain fluid intake from foods and beverages.



Practise exclusive breastfeeding from birth until 6 months and continue to breastfeed until 2 years of age.

Breast milk is the most complete nutrition for babies and also helps protect him/her from many infections. At the same time, breastfeeding benefits mothers' health, for example, by decreasing menstrual blood loss as well as reducing the risk of breast and ovarian cancer, and possibly osteoporosis.



Consume safe and clean foods and beverages.

Avoid food-borne diseases by storing and preparing food appropriately, cooking thoroughly and handling it hygienically. When buying packaged foods, check the expiry date and ensure the packaging is not damaged. When eating out, choose clean outlets.



Make effective use of nutrition information on food labels.

Use the Nutrition Information Panel (NIP) to choose the right product for your needs. The NIP shows the types and amounts of nutrients contained in a product. This information can also be used to compare between products.

