











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

Limit intake of foods high in fats and

However, excessive daily fat intake can cause

these contribute to heart problems.

and sauces.

minimise fats and oils in food preparation.

and promote the absorption of fat-soluble vitamins.

excessive body weight. Also, limit intake of foods that

are high in cholesterol, animal fats and trans fats. All

Choose and prepare foods with less salt

High sodium intake is associated with high blood

pressure and related problems. Sodium comes from

and cincaluk). Therefore, limit the consumption of

these foods and reduce the use of salt.

salt and also other sources, for example, salted foods,

sauces, and certain condiments (for example belacan

Fats and oils provide energy, essential fatty acids



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.



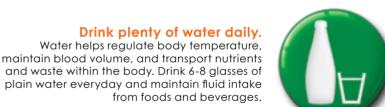
Consume foods and beverages low in sugar.

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.



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

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 safe and clean foods

cancer, and possibly osteoporosis.

until 2 years of age.

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,



Consume moderate amounts of fish, meat, and beverages.

choose clean outlets.

Practise exclusive breastfeeding from birth until 6 months and continue to breastfeed

Breast milk is the most complete nutrition for babies

At the same time, breastfeeding benefits mothers'

and also helps protect him/her from many infections.

health, for example, by decreasing menstrual blood loss as well as reducing the risk of breast and ovarian



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.



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.

