

MALAYSIAN FOOD PYRAMID

Choose your daily food intake based on the following guide

FAT | OIL | SUGAR & SALT

Eat Less



MILK AND MILK PRODUCTS

1-3 servings / day
Eat in Moderation



FISH | POULTRY | MEAT & LEGUMES

½-2 servings of Poultry | Meat | Eggs / day
1 serving of Fish / day
½-1 serving of Legumes / day



VEGETABLES

3 servings / day
Eat Plenty



FRUITS

2 servings / day
Eat Plenty



**RICE | NOODLES | BREAD | CEREALS |
CEREAL PRODUCTS & TUBERS**

4 – 8 servings / day
Eat Adequately

