MALAYSIAN FOOD PYRAMID 2020

Guide To Your **DAILY** Food Intake



FAT, OIL, SUGAR & SALT

Limit Intake

MILK AND MILK PRODUCTS

2 servings / day



FISH, POULTRY, MEATS & LEGUMES

1 serving of **fish** / day 1-2 servings of **poultry**, **meat**, **eggs** / day 1 serving of **legumes** /day

RICE, NOODLES, BREAD, CEREALS, CEREALS PRODUCTS & TUBERS

Plain water: 6-8 glasses 1 glass = 250 ml



3-5 servings / day

VEGETABLES

> 3 servings / day





FRUITS

2 servings / day

Notes:

- 1. The recommended number of servings is calculated based on 1,500 kcal, 1,800 kcal and 2,000 kcal for adults.
- 2. Less active / sedentary adults should choose the minimum number of servings.

