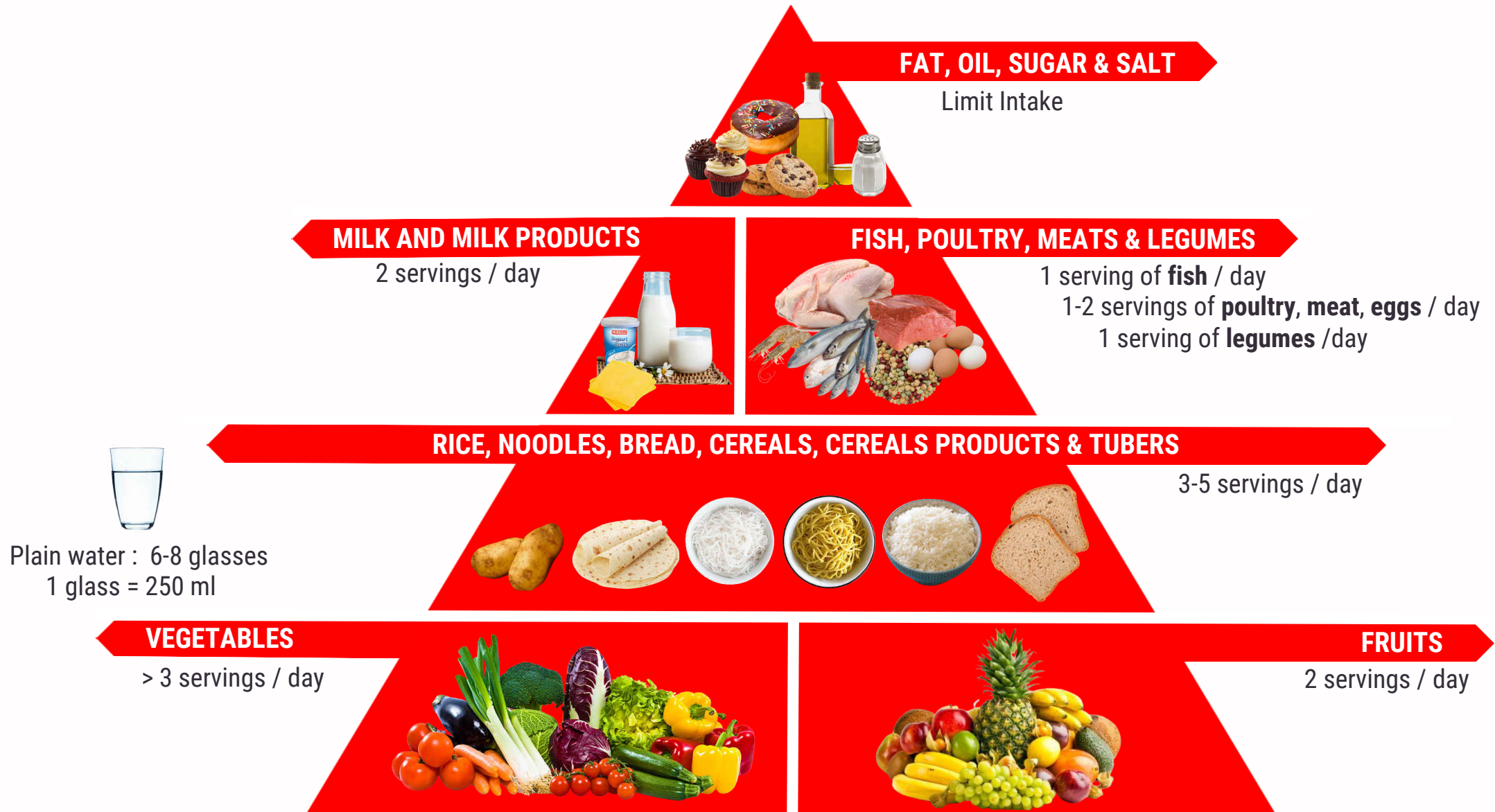


MALAYSIAN FOOD PYRAMID 2020

Guide To Your **DAILY** Food Intake



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.