PLANNING A HEALTHY DIET

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LIFE FOR EAT
OR
EAT FOR LIFE????
OBJECTIVE LECTURE

By the end of this lecture:

- Four principles to plan healthy diet
- Techniques to plan healthy diet using
  - Food Pyramid
  - Malaysian Dietary Guidelines (MDG)
HEALTHY EATING

Meeting daily nutritional requirements, while avoiding the deficiencies and excesses that contribute to the risk of diet related diseases:

- Balance diet based on
  - Age
  - Sex
  - Physical condition
  - Specific needs
TYPE OF NUTRIENTS

- Six important nutrients
  - Carbohydrates
  - Lipid
  - Protein
  - Vitamin
  - Mineral
  - Water
PLANNING HEALTHY DIET
BY FOOD PYRAMID
MALAYSIAN FOOD PYRAMID

**Piramid Makanan Malaysia**

- **Beras, mi, roti, bijirin, produk bijirin & ubian**
  4-8 hidangan sehari
  Makan secukupnya

- **Sayur-sayuran**
  3 hidangan sehari
  Makan secara sederhana

- **Susu & produk tenusu**
  1-3 hidangan sehari
  Makan secara sederhana

- **Ikan, ayam, itik, daging & kekacang**
  ½-2 hidangan ayam, itik, daging, telur sehari
  1 hidangan ikan sehari
  ½-1 hidangan kekacang sehari
  Makan secara sederhana

- **Lemak, minyak, gula dan garam**
  Makan sedikit

- **Buah-buahan**
  2 hidangan sehari
  Makan banyak
PRINCIPLES OF FOOD PYRAMID

- VARIETY
- BALANCE
- MODERATE
- ENOUGH
PRINCIPLES OF FOOD PYRAMID

- **Variety**
  - Eating a diet that combines all the food groups contained in the Food Guide Pyramid

- **Balance**
  - Foods eaten daily should come most from the lowest level of the Pyramid and least from the top

- **Moderation**
  - The Food Guide Pyramid recommends the amount or serving of each food group that can be consumed by normal, healthy individuals daily.

- **Enough**
  - Meeting daily nutritional requirements
Example of one serving

- Nasi, roti dan produk bijirin
  - 2 keping roti
  - 1 cawan nasi
  - 11/2 mihun
  - 1 cawan bijirin sarapan
  - ½ keping lempeng
  - 6 biskut tawar

- Sayuran dan buahan
  - 1 cawan sayuran hijau (mentah)
  - ½ cawan sayuran lain (mentah atau masak)
  - 1 gelas jus sayur atau buah
  - 1 pisang, epal (sederhana)
  - ½ cawan buah (potong)
Example one serving

- Susu dan hasilan tenusu
  - 1 gelas susu

- Daging/ telur/ ikan/ kekacang
  - 2-3 oz daging, ayam, ikan (masak dan kurang lemak)
  - 2 oz daging =
    - 1 cawan kekacang kering (masak)
    - 2 telur
    - 1 cawan tauhu
    - 2/3 cawan kacang
PLANNING HEALTHY DIET BY MALAYSIAN DIETARY GUIDELINES (14 PRINCIPLES)
EAT A VARIETY OF FOODS

- Eat a variety of foods within your recommended intake
  - Variety
  - Balance
  - Moderate
MAINTAIN BODY WEIGHT IN A HEALTHY RANGE

- Balance between food intake and physical activity (positive energy balance, negative energy balance, balance)

  - **Body Mass Index (BMI)** to indicate normal body weight
    
    \[
    \text{BMI} = \frac{\text{weight}}{\text{height (m)} \times \text{height (m)}}
    \]

  - **Waist-hip ratio** to indicate risk to chronic diseases
    
    \[
    \text{Waist-hip ratio} = \frac{\text{waist circumference}}{\text{hip circumference}}
    \]

    - Women: <0.8
    - Men: <1.0
OBESITY....
BE PHYSICALLY ACTIVE EVERYDAY

- Increase physical activity
- Do moderate physical at least 30 minutes 5-6 day per week
- Reduce passive physical activity
EAT ADEQUATE AMOUNT OF RICE, OTHER CEREAL PRODUCTS AND TUBES

- Eat at least 4 servings per day.
- Choose at least half cereal from whole grain.
- Choose food that high fiber, low fat, sugar and salt.
EAT PLENTY OF VEGETABLES AND FRUITS

- Eat variety of fruits and vegetables everyday
- Eat 5 servings fruits and vegetables per day
CONSUME MODERATE AMOUNTS OF FISH, MEAT, POULTRY, EGG, LEGUMES AND NUTS

- Eat fish frequently, if possible everyday
- Eat meat and egg moderately, 2-3 per week
- Practice how to cook with healthy techniques
CONSUME ADEQUATE AMOUNTS OF MILK AND MILK PRODUCTS

- Consume milk and milk products everyday
- Replace condensed milk with powder milk
LIMIT INTAKE OF FOODS HIGH IN FATS AND MINIMISE FATS AND OILS IN FOOD PREPARATION

- Fat can provide energy and increase flavor
- However, consume excess fat
  - effect health status and risk factors to chronic diseases
CHOOSE AND PREPARE FOODS WITH LESS SALT AND SAUCES

- Need in small amount
- Excess intake of salt associate with high blood pressure.
  - Normal high blood pressure 120/80 mmHg
CONSUME FOODS AND BEVERAGES LOW IN SUGAR

- Excess sugar intake
  - Risk factors to various chronic diseases
    - Obesity
    - Diabetes mellitus
Main role of water

- Carries nutrients and waste products
- Maintains the structure of protein and glycogen
- Serves as the solvent for minerals, vitamins, amino acids,
- Acts as a lubricant around joints and inside the eyes
- Acts as cushion example in pregnancy, the amniotic sac surrounds the fetus in the womb.

Consume about 6 cups of water/day from fluids and 4 cups of water from foods.
PRACTISE EXCLUSIVE BREASFEEDING FROM BIRTH UNTIL SIX MONTHS CONTINUE TO BREASEFEED UNTIL TWO YEAR OF AGE

- Breastfeeding is a good practice
  - Provide energy
  - Content colostrums
  - Protect from breast cancer
  - Not time consuming
  - Reduce body weight after deliver
  - Contraceptive technique
CONSUME SAFE AND CLEAN FOODS AND BEVERAGES

- Choose clean foods and save
- Keep food in right temperature
- Prepare food with clean and safe
- During eating out side, please choose clean and save stall or restaurant
MAKE EFFECTIVE USE OF NUTRITION INFORMATION ON FOOD LABELS

- Please food and nutrition labeling during buying food products.
- Teach children to use food and nutrition labeling during buying food product.
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