Memastikan sistem tubuh berfungsi dengan baik

Sel-sel kita bekerja secara berterusan untuk memastikan badan kita berfungsi dengan baik. Semua ini memerlukan bekal tambahan energi dan nutrien yang berterusan serta mencukupi dengan mengambil pelbagai jenis makanan.

Membekalkan kesemua tenaga, nutrien dan energi yang diperlukan untuk berfungsi dengan baik.

Makan jenis makanan yang berbeza untuk mencukupi keperluan tubuh kita.

Memastikan teraut penyakit kronik

Badan kita menukar karbohidrat dan lemak kepada tenaga untuk melakukan aktiviti harian. Makan mengikut waktu dan mengambil makanan yang membekalkan tenaga dalam jumlah yang bercampur dalam membantu kita mengelakkan arus tenaga sepanjang hari.

Membekalkan tenaga untuk berfungsi secara berterusan.

Teras bergerak

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14 Great Nutrition Tips
Based on Malaysian Dietary Guidelines 2010

More people are discovering the joys of healthy eating. You can join them by adopting these simple suggestions below. Developed by nutrition experts for everybody, they'll help you make healthy eating a way of life.

1. 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 five food groups shown in the Malaysian Food Pyramid.

2. 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.

3. Consume adequate amounts of milk and other milk products
Milk is a nutritious food with a variety of essential nutrients, including calcium. People of all ages should consume milk and milk products as part of a balanced daily diet (eg, 2 servings of milk and milk products every day). These foods provide energy, essential fatty acids and promote the absorption of fat-soluble vitamins. However, they should be consumed in moderation.

4. Consume adequate amounts of carbohydrates
In addition to serving as an energy source, carbohydrates are important for building and repairing tissues. They also provide fiber, which is necessary for maintaining a healthy digestive system. Consume foods rich in carbohydrates, such as bread, pasta, rice, and potatoes.

5. Eat plenty of fruits and vegetables every day
Fruits and vegetables help protect you against many chronic diseases. Eat at least 5 items of vegetables and 2 servings of fruits every day. Enjoy a different fruit and vegetable at every meal.

6. Consume adequate amounts of meat and other animal products
Meat and other animal products are an important source of protein. Consume meat and other animal products in moderation.

7. 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.

8. Limit intakes of foods high in fats and minimize fats and oils in food preparation
Fats and oils provide energy, essential fatty acids and promote the absorption of fat-soluble vitamins. However, they also provide excessive body weight. Also, limit intakes of foods that are high in cholesterol, animal fats and trans fats. All these contribute to heart problems.

9. Consume healthy fats and sources of unsaturated fats
Healthy fats include monounsaturated and polyunsaturated fats, which are derived from plants and fish. Consume these fats in moderation.

10. Consume foods and beverages low in salt
High sodium intake is associated with high blood pressure and related problems. Consume foods and beverages low in salt.

11. Expose yourself to good nutrition information
Make effective use of nutrition information on food labels and food composition tables. To compare between products, it is necessary to understand this information. Use these tables to choose the right product for your needs. The NIP shows the types and amounts of nutrients contained in foods and beverages, and how these nutrients contribute to a healthy diet.

12. Practice exclusive breastfeeding from birth until six months and continue to breastfeed until two years
Practise exclusive breastfeeding from birth until six months and continue to breastfeed until two years. Breastfeeding provides all the nutrients required by the infant. Breastfeeding also helps protect against infections.

13. Drink plenty of water daily
Water helps regulate body temperature, maintain blood volume, and transport nutrients and waste within the body. Drink at least eight glasses of plain water every day and maintain fluid intake from foods and beverages.

14. Consume safe and clean foods and beverages
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, choose clean outlets.

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16. Promote healthy eating and lifestyle habits
Eat as recommended. Avoid eating fast food and consuming excessive amounts of sugar, fat and salt. Maintain a healthy weight. Avoid smoking and excessive consumption of alcohol.

For more information on healthy eating, visit www.nutriweb.org.my

Good Nutrition, Cornerstone Of Wellness
Here are the reasons why we all just can’t do without it!

1. A Healthier You Begins Today
2. Eat adequate amounts of rice and other cereal products (preferably wholegrain) and tubers
These foods provide energy. Choose unrefined or wholegrain cereals (eg brown rice, wholemeal bread and breakfast cereal) for additional benefits of improving gut health, while helping to reduce the risk of chronic diseases.

3. Consume adequate amounts of milk and milk products
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A Healthier You Begins Today
Exper get the first step towards a better you? Walk, do it all by lift. Before you know it, you’ll be enjoying the shape you once desired! Have good habits and live a healthy lifestyle.

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