

DIET BULLETIN

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MALAYSIAN HEALTHY PLATE

Let's eat healthy. Quarter plate with carbohydrate, quarter plate with protein. Fill half of your plate with colorful fruits and vegetables at every meal.

#QuarterQuarterHalf



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Examples of Malaysian Healthy Plate



Key Message

- Consume 3 regular healthy main meals a day
- Consume 1-2 servings of healthy snacks between meals when necessary
- Consume at least half of your grains from whole grains
- Consume non-fried & santan-free dishes everyday
- Consume home cooked foods more often



Ministry of Health Malaysia