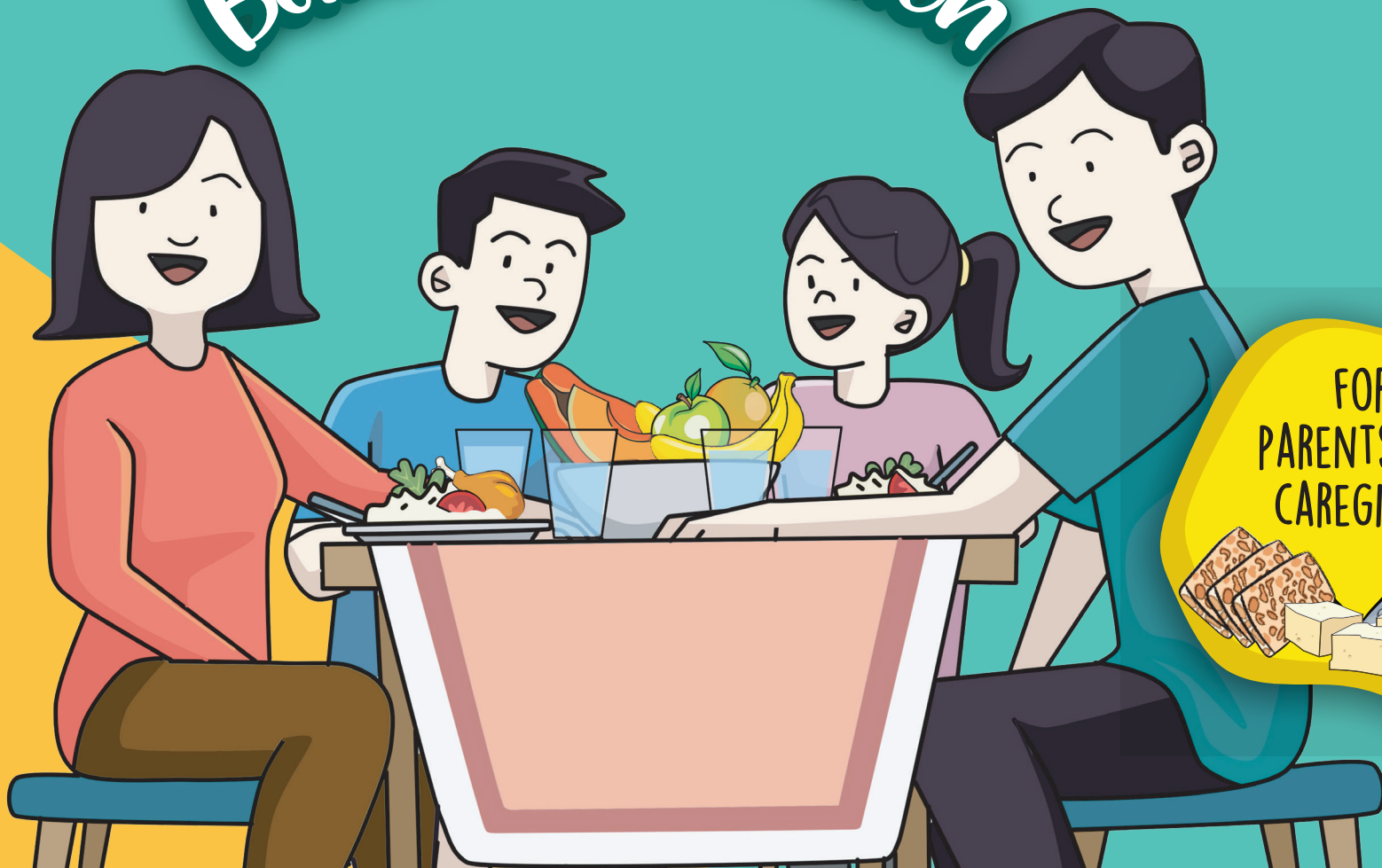


A red banner with the words "GUIDE TO" in white, surrounded by illustrations of a green bush, a yellow banana, and yellow star-shaped fruits.

GUIDE TO Balanced Nutrition



FOR
PARENTS AND
CAREGIVERS



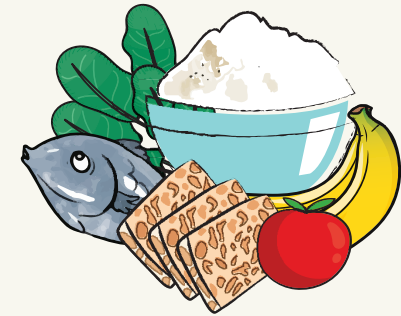
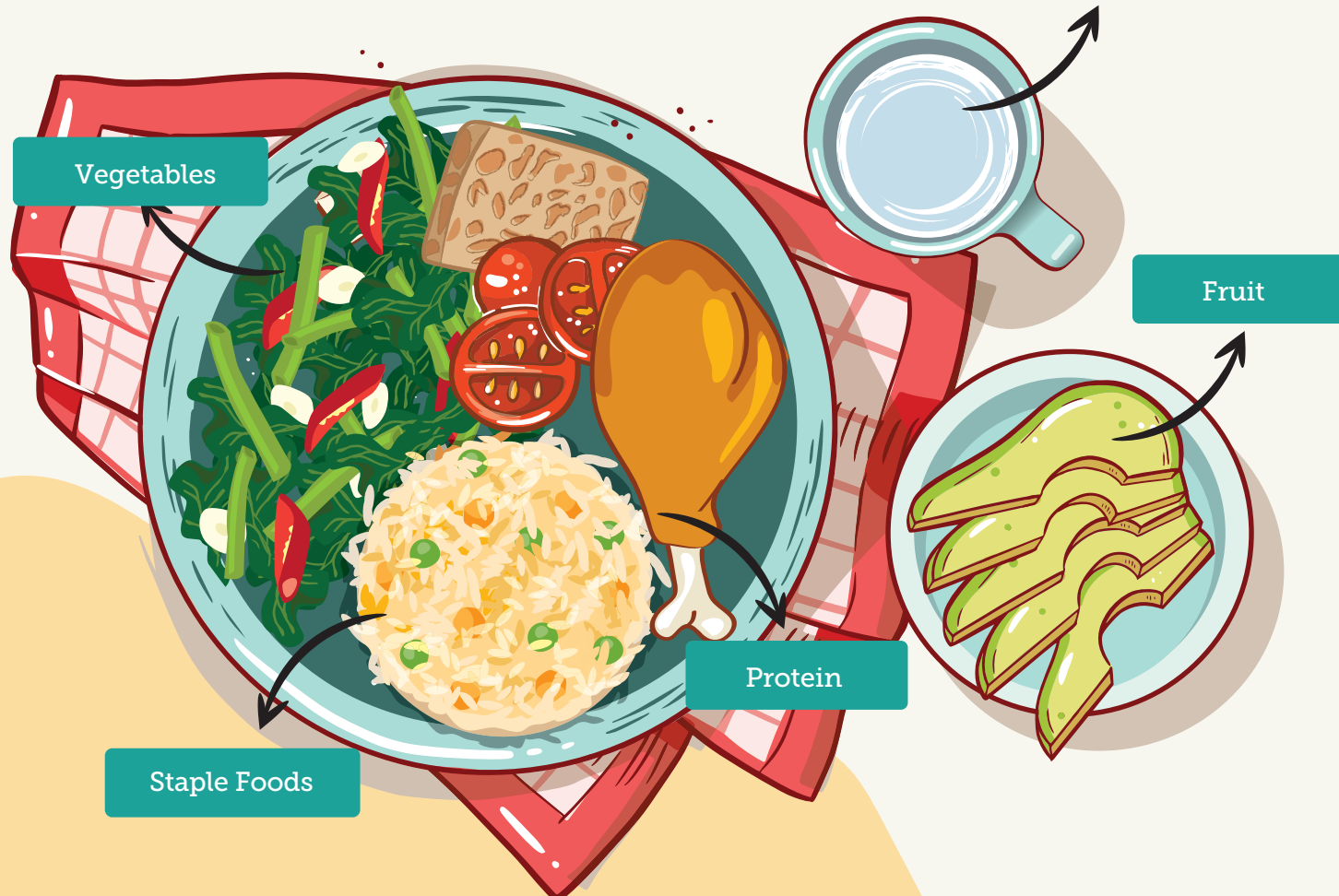


*“Building a
healthy family
for a bright future.*

*Our nation’s future
starts from
my family.”*

BALANCED NUTRITION GUIDE

FILL MY PLATE (ISI PIRINGKU)



Eat nutritious food



Exercise regularly



Wash hands with soap
and running water

THE IMPORTANCE OF A VARIETY OF SAFE, NUTRITIONALLY BALANCED FOODS FOR THE FAMILY

Eating a variety of safe and nutritionally balanced foods is essential for all family members because it will strengthen the immune system and reduce the risk of disease.

Moreover, a diverse diet also encourages the family to try new dishes rather than eating the same food again and again!

*Don't forget to eat
vegetables and fruit
along with animal and
plant-based protein
at every meal.*



FUNCTIONS OF FOOD

A balanced diet should include all of the necessary nutrients for our body in the right proportions. The more diversified and balanced the food we consume, the greater the chance for our body to meet our daily nutritional needs.

THREE FUNCTIONS OF FOOD



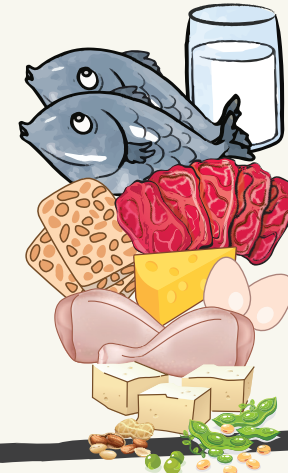
ENERGY

To provide energy to fuel our activities such as working, thinking and performing other physical activities



GROWTH

To repair and build our bodies' tissues, necessary for the formation of bones, teeth, muscles, skin and blood



REGULATION

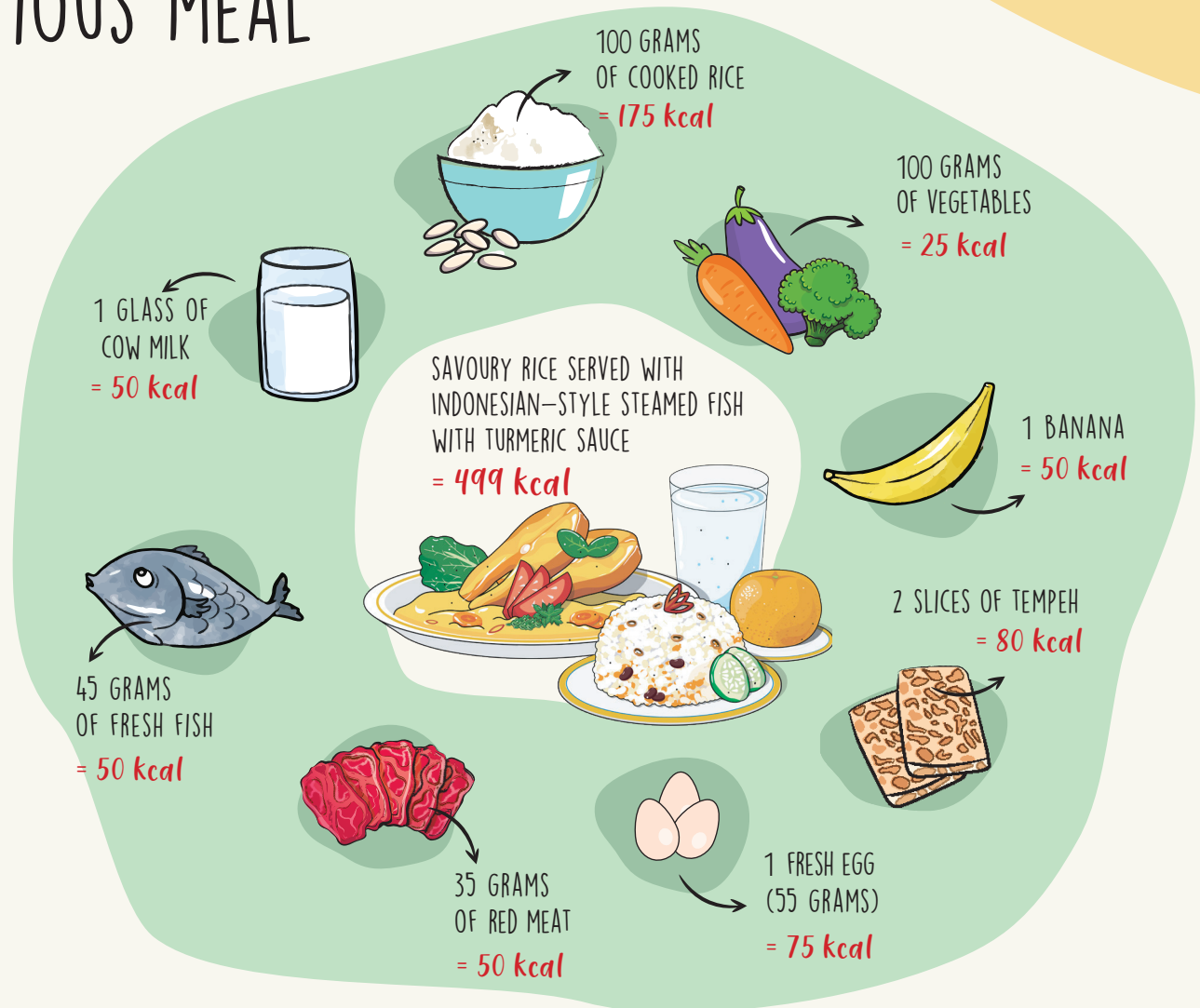
To regulate various activities of our bodies to function well



HOW TO SELECT GOOD FOOD SOURCES AND PREPARE A NUTRITIOUS MEAL

A healthy and balanced diet takes account of different nutritional needs in our bodies. As a standard measurement, we can use what we call Recommended Dietary Allowances (RDA) to measure general daily nutritional needs for people in general.

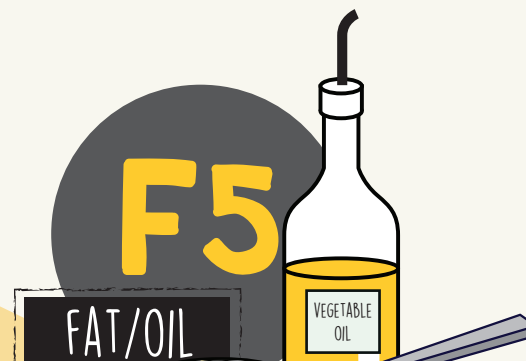
RDA for children aged 7-8 years old ranges from 1,600 to 2,000 kilocalories (kcal).





LET'S KEEP AN EYE ON OUR DAILY SUGAR, SALT AND FAT (SSF) INTAKE

It is important to watch out for sugar, salt and fat in our daily food. They are essential to our diet but their daily intake should meet the following maximum servings:



预览已结束，完整报告链接和二维码如下：

https://www.yunbaogao.cn/report/index/report?reportId=5_31493

