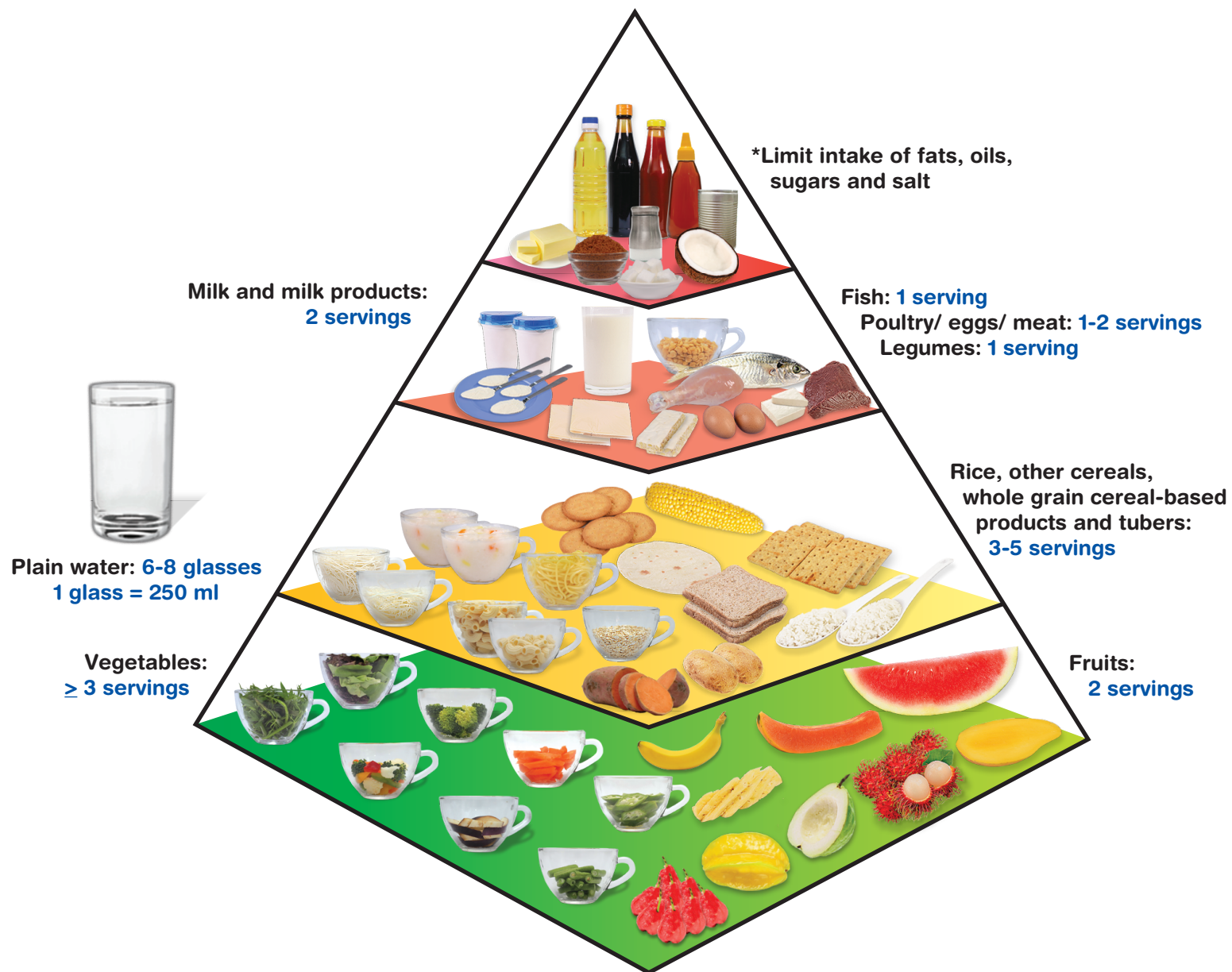


MALAYSIAN FOOD PYRAMID 2020

Guide to Your **DAILY** Food Intake



Notes:

- The number of servings is calculated based on 1500 to 2300 kcal.
- This pyramid is meant for children aged 7 years and older; for younger children, refer to the Malaysian Dietary Guidelines (MDG) for Children and Adolescents.
- For adolescents aged 13 to 15 years, the recommendation for fruits is 2-3 servings and for milk and milk products 2-3 servings.
- For adolescents aged 16 to < 18 years, the recommendation for fruits is 2-3 servings, milk and milk products 2-3 servings and for rice, other cereals, whole grain cereal-based products and tubers 3-6 servings.
- * This includes ultra-processed foods which contain artificial substances such as colours, sweeteners, flavours, preservatives, and other additives.