

Choosing a nutritious diet

Brought to you by:



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HAPPINESS

Is nothing more than
Good Health

-Albert Schweitzer



INTRODUCTION



A healthy diet and balanced diet is important for:

- ❖ source of nutrients
- ❖ reducing risk of diseases

The Malaysian Dietary Guidelines recommends three important steps in planning healthy meals:

- ❖ Specificity of the nutrient and function in the body
- ❖ Eating a balanced diet
- ❖ Wide variety of foods in moderation





BALANCED DIET



A balanced diet:

- ❖ Helps overall health and well-being
- ❖ Helps you feel better
- ❖ Provides you with more energy
- ❖ Helps you stay fit and active
- ❖ Helps you fight stress

BALANCED DIET

Vitamins

A C E B6

Minerals Zinc D K

Calcium Magnesium

B12 B9

**BASIC
NUTRIENTS NEED**



ENERGY

- Larger body size and muscle mass, greater needs for energy
- Trends; decreased energy intake, decreased PA and increased body fat (BMI)
- Diet low to moderate in fat (no more than 30% of total energy) supports energy balance
- Requires 2000kcal-2500kcal (depends on activity)

BASIC

NUTRIENTS NEED



PROTEIN

- Recommended 55-62g/day
- Functions:
 - building materials for body tissue
 - as enzymes
 - as hormones
 - as transporter
 - as antibodies
- High intake of protein leads to heart disease, cancer, kidney disease and weight gain

**BASIC
NUTRIENTS NEED**

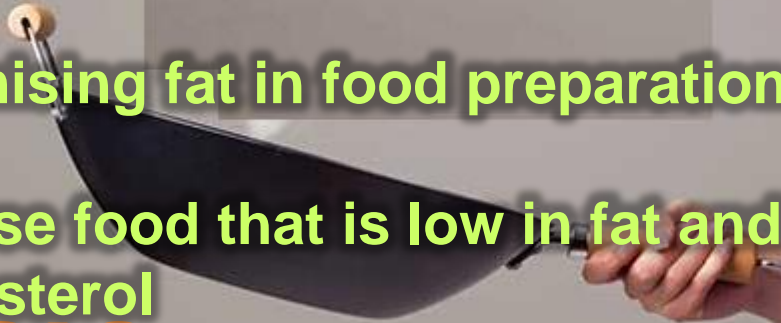


FAT

- RNI (19-59 years):
 - M - 54-82g/day
 - F - 46-70g/day
- Diet of high saturated fats; risk for atherosclerosis CHD, obesity, cancer
- Choose lean meat, poultry without skin, fish, low fat or non fat dairy products
- Minimising fat in food preparation
- Choose food that is low in fat and cholesterol


BASIC


NUTRIENTS NEED



Key:
 Saturated

 Monounsaturated

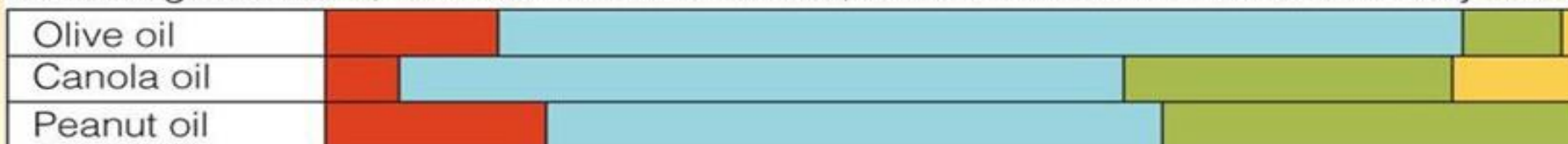
 Polyunsaturated, omega-6

 Polyunsaturated, omega-3


Animal fats and the tropical oils of coconut and palm are mostly **saturated** fatty acids.



Some vegetable oils, such as olive and canola, are rich in **monounsaturated** fatty acids.



Many vegetable oils are rich in **polyunsaturated** fatty acids.



MINERALS

- Calcium: peak skeletal bone mass (age 35) and prevents osteoporosis
- Iron: prevents iron deficiency due to menstrual blood loss.
- Reduce sodium chloride intake

**BASIC
NUTRIENTS NEED**



Vitamins

- **Vitamin D, B6, Folate, B12**

- **Variety in diet can supply all the vitamins**

**BASIC
NUTRIENTS NEED**



Malaysian Food Pyramid





One serving=
1 glass of milk
1 cup yoghurt
1 slice cheese



One serving equals =
1 medium sized chicken
drumstick
1 medium sized ikan
kembung
2 match box sized lean meat

One serving equals =
½ medium sized guava
1 small to medium whole orange,
pear, apple
1 medium sized banana
1 slice papaya/pineapple/watermelon

One serving equals=
½ cup cooked dark green leafy
veges with edible stem
½ cup cooked fruit or root veges

Fruits and
vegetables
at least
3-5 SERVINGS



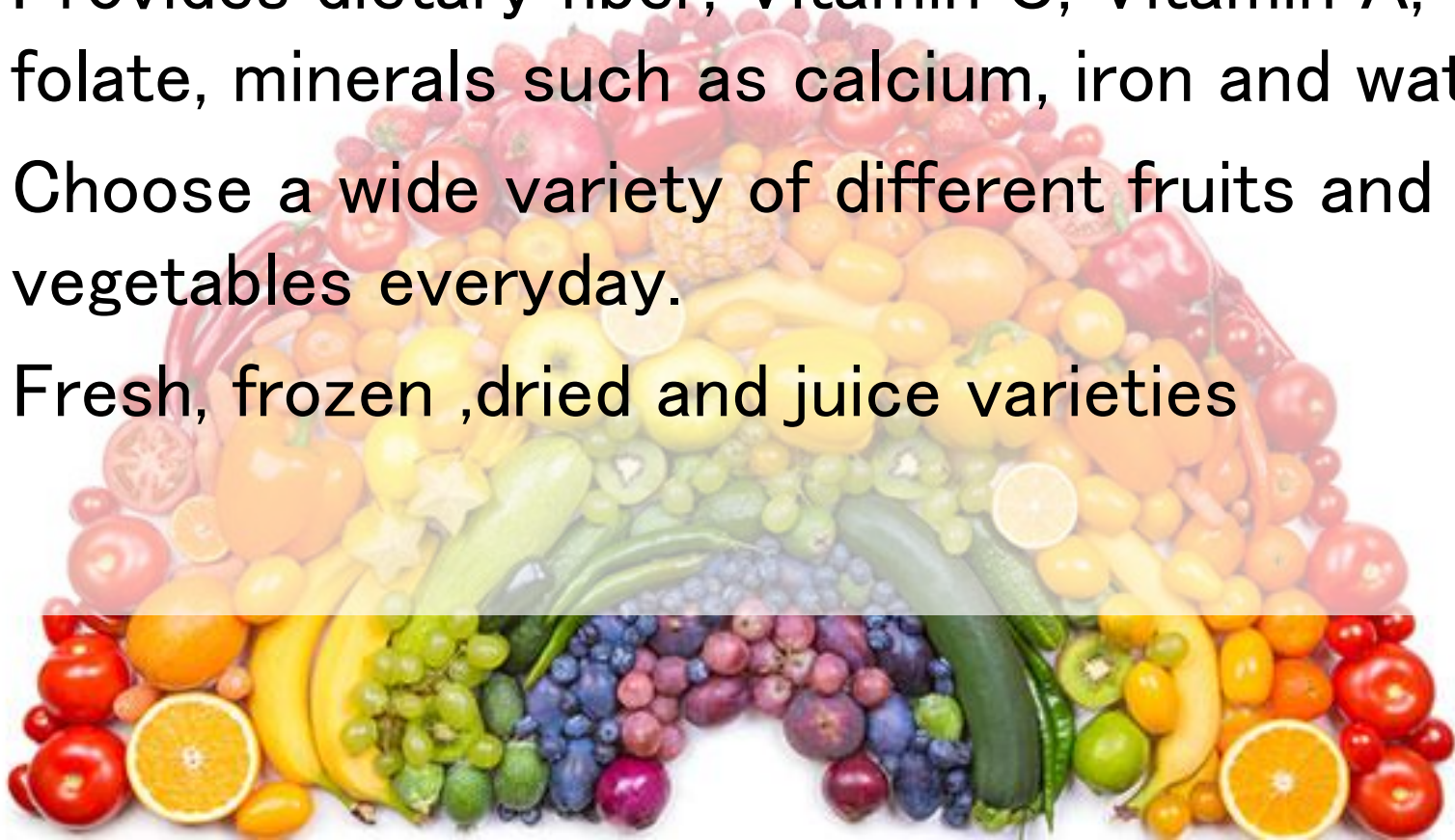
One serving equals =
1 slice of wholemeal bread
½ cup cooked rice
½ cup soaked bihun, mee or
pasta
1 cup plain rice porridge
1 medium sized potato
3 plain biscuits

CARBOHYDRATES

- Bread, potatoes, rice, pasta, cereals, cous cous, yam, quinoa, pearl barley and cassava should make up a good part of our diet.
- Provides fiber, B vitamins, iron, and calcium
- Example – wholegrain or whole meal such as wholegrain breakfast cereal, whole meal bread, brown rice and potatoes high in fiber

FRUITS AND VEGETABLES

- Should make up a large proportion of the diet
- Eat plenty of them
- Provides dietary fiber, Vitamin C, Vitamin A, folate, minerals such as calcium, iron and water.
- Choose a wide variety of different fruits and vegetables everyday.
- Fresh, frozen ,dried and juice varieties



MILK AND DAIRY PRODUCTS

- A moderate amount of these foods is needed in the diet and should be consumed daily
- Cheese, milk, yogurt and others
- Provides protein, B vitamins, Vitamin A and minerals such as calcium, zinc.



MEAT, FISH, EGGS AND PULSES

- Meat, fish, eggs and pulses should be consumed in moderate amounts
- Best to choose lean cuts of meat and remove any visible fat
- Provides protein, B vitamins, Vitamin A and D, minerals such as calcium, iron, zinc



Food and drinks high in fat, sugar & salt



Food and drinks high in fat, sugar & salt

Should be eaten in limited amounts

These foods should be used sparingly if eaten everyday (such as butter, spreads and oil) or not eaten too often (sweets, cakes, biscuits and some savory snacks)

Foods high in saturated fat should be eaten in small amounts

Use reduced amount of salt in cooking

GUIDES IN REDUCING FAT, SUGAR AND SALT IN DIET

A circular icon with a blue outer ring and a blue-to-black gradient inner circle. The text 'LOW Salt' is centered in the circle.

LOW
Salt

A circular icon with a yellow outer ring and a yellow-to-black gradient inner circle. The text 'LOW Carb' is centered in the circle.

LOW
Carb

A circular icon with a pink outer ring and a pink-to-black gradient inner circle. The text 'LOW GI' is centered in the circle.

LOW
GI

A circular icon with a green outer ring and a green-to-black gradient inner circle. The text 'LOW Sugar' is centered in the circle.

LOW
Sugar

A circular icon with a red outer ring and a red-to-black gradient inner circle. The text 'LOW FAT' is centered in the circle.

LOW
FAT

A circular icon with a black outer ring and a black-to-black gradient inner circle. The text 'LOW GI' is centered in the circle.

LOW
GI

GUIDES IN REDUCING FAT, SUGAR AND SALT IN DIET

- Use fat in cooking sparingly
- Choose healthier fats for cooking, eg. vegetable oil
- Limit products high in sugar to meal times only
- Compare food labels and select options that are lower in fat, saturated fat, sugar and salt

GUIDES IN REDUCING FAT, SUGAR AND SALT IN DIET

- Remove skin from poultry, trim excess fat off meat before cooking
- Using different methods of cooking rather than frying will reduce the fat content.
- Instead choose methods such as roasting, grilling, steaming and baking.

A circular icon with a blue arrow pointing clockwise. The top half is light blue and contains the word "LOW" in grey. The bottom half is grey and contains the word "Salt" in white.

LOW
Salt

A circular icon with a yellow arrow pointing clockwise. The top half is light yellow and contains the word "LOW" in grey. The bottom half is grey and contains the word "Carb" in white.

LOW
Carb

A circular icon with a pink arrow pointing clockwise. The top half is light pink and contains the word "LOW" in grey. The bottom half is grey and contains the word "GI" in white.

LOW
GI

A circular icon with a green arrow pointing clockwise. The top half is light green and contains the word "LOW" in grey. The bottom half is grey and contains the word "Sugar" in white.

LOW
Sugar

A circular icon with a red arrow pointing clockwise. The top half is light red and contains the word "LOW" in grey. The bottom half is grey and contains the word "FAT" in white.

LOW
FAT

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LOW
GI

NUTRITIONAL REQUIREMENTS



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Requirements for adults do not change much between the ages of 19-50 years except during pregnancy and lactation among women.



NUTRITIONAL REQUIREMENTS

A poor diet can lead to diseases such as obesity, cardiovascular diseases, cancer and diabetes.



BENEFITS OF PHYSICAL ACTIVITY



BENEFITS OF PHYSICAL ACTIVITY

- **Controls weight**
- **Reduces cardiovascular diseases, cancer, diabetes type II, metabolic syndrome**
- **Strengthens muscles and bones**
- **Improves mental health and mood**
- **Improves ability to do daily activities**
- **Increases your chances of living longer**

Take Home Messages

1

**Eat plenty of
fruits
and vegetables**



Take Home Messages

2

**Eat starchy/
carbohydrate
food according
to the
requirements**



Take Home Messages

3

Have a moderate intake of foods of animal origin including meat, poultry, eggs, fish, dairy foods



Take Home Messages

4

Choose
more
FISH



Take Home Messages

5

Less fatty
meat and
meat products



Take Home Messages

6

Choose healthy
oils and fats



Take Home Messages

7

Limit intake of foods that are high in fat, sugar and salt.



Take Home Messages

8

Get enough
dietary fiber



Take Home Messages

9

Keep well
hydrated



Take Home Messages

10

Stay active

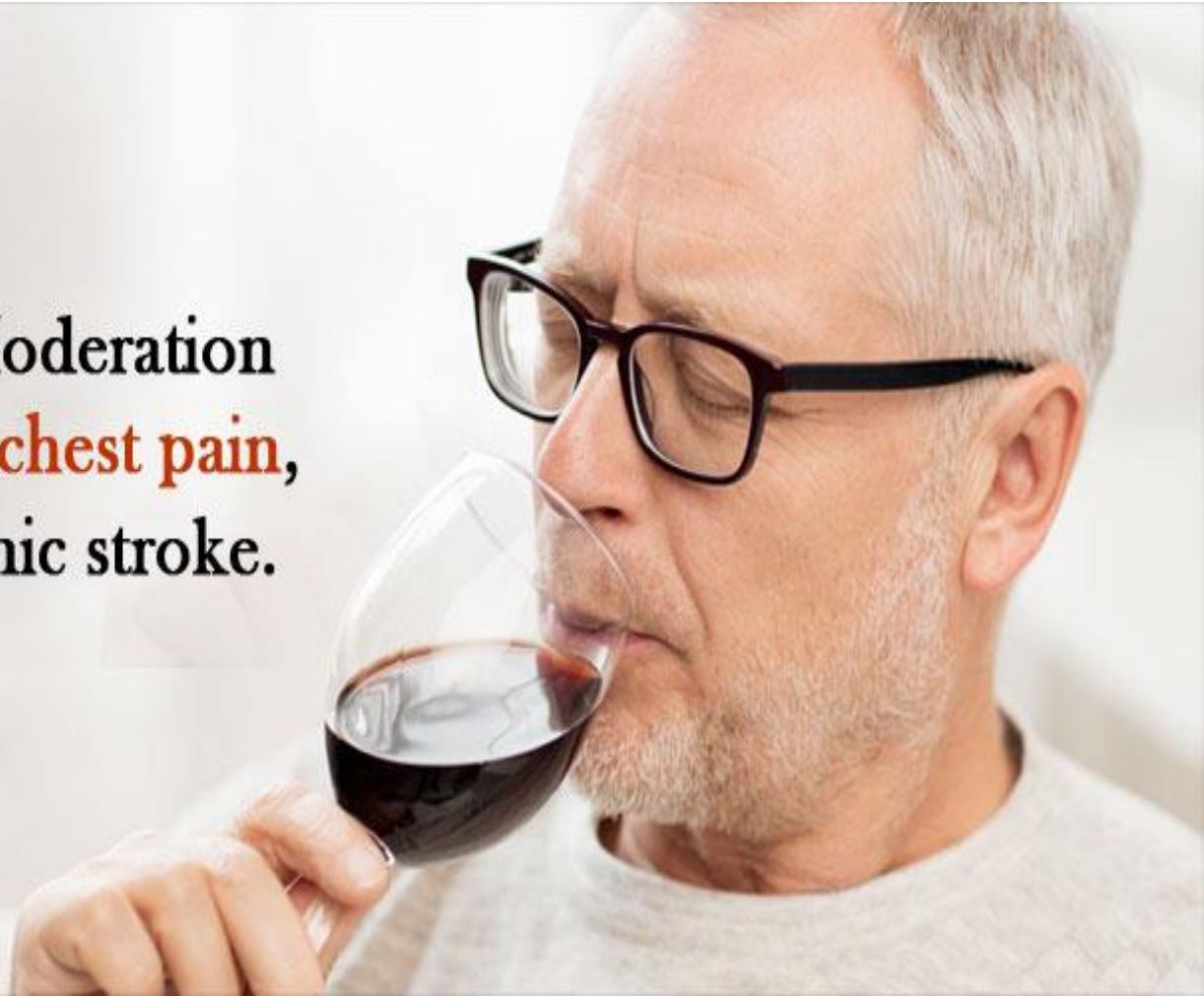
(exercise at least
3 times a week,
30 minutes each time)



Take Home Messages

11

Alcohol Intake in Moderation can lower the risk of **chest pain**, **heart failure**, ischemic stroke.



Take Home Messages

12

QUIT SMOKING





**“Every time you
eat or drink,
you are either
feeding disease
or
fighting it.”**

~ Heather Morgan, MS, NLC

