



IN THE HOME OR OUTSIDE

• Instead of having four dishes out of which only one is a vegetable dish, have two vegetable dishes, one dish from plant protein (taufu, tempe, fern shoots) and one from animal protein



• Rojak, kerabu or vegetable soup can be a balanced and complete meal
• Malaysia is rich in various types of ulam and herbs such as pegaga, ulam raja, basil leaves, which are not only rich in vitamins, minerals and cereals but have health benefits as well

- Add more vegetables in mee, meehon or burger
- Eat fruit as desserts
- Eat fruits between meals if you are hungry

EAT MORE FRUITS AND VEGETABLES

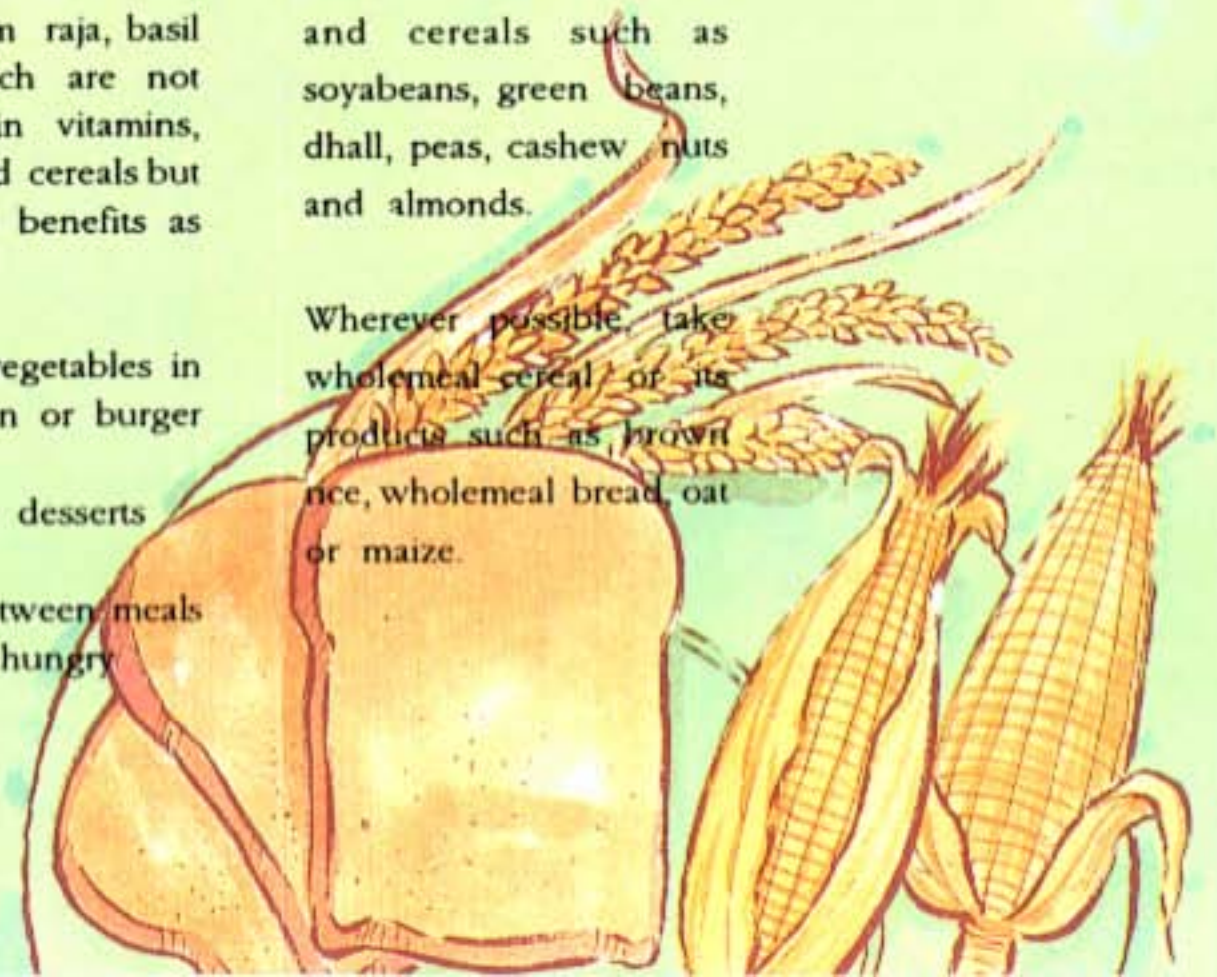
They are :

- Easy to prepare.
- Natural fast food.
- Appetising and delicious.
- Good for health.
- Can be obtained from your own garden.

Apart from fruits and vegetables, the main source of fibre is wholemeal cereals and beans.

Eat more beans, grains and cereals such as soyabeans, green beans, dhall, peas, cashew nuts and almonds.

Wherever possible, take wholemeal cereal or its products such as brown rice, wholemeal bread, oat or maize.



Wholemeal cereal are rich in Vitamin B and Vitamin E besides being rich in complex carbohydrates. It is also a good source of invaluable fibre.

Taking more fibre in our daily diet can help reduce fat intake and is a good way of reducing calories



Fibre comes mainly from plant cell walls. Fibre passes through our digestive system without being absorbed and is an important food in our daily diet.

Insoluble fibre soaks up moisture in the stomach and swells up. This makes us feel full and help us not to overeat. Insoluble fibre are found mainly in beans and wholemeal cereals.

Soluble fibre, found in vegetables and fruits, helps to lower the level of blood cholesterol.

Eat more vegetables, fruits, beans and wholemeal cereals to increase fibre intake.

VEGETABLES AND FRUITS

All types of fruits and vegetables are good for you. Make sure you eat a variety of them. We need 3 or 4 serves of fruits and vegetables daily, where one serve is as follows :

- 1 small slice papaya
- 1 small slice guava
- 2 oranges (limau manis)
- 2 slices pineapple
- 1 cup green vegetables (raw)
- 2 tomatoes

There are many reasons for choosing fruits and vegetables. Fruits and vegetables are :

- refreshing and delicious
- low in fat and calories
- free from cholesterol
- rich in Vitamin A, Vitamin C, Folic acid and minerals
- Many types of vegetable and practically all fruits can be eaten fresh at any time
- They are natural, delicious and healthy snacks

At the work place, school or during a journey :

- bring along a banana, orange or apple, they are healthy snacks.
- or buy a papaya, pineapple, honey dew, guava, tumip, watermelon, all of which are delightful choices.



- Bring a tomato, grated carrots and lettuce for a wholemeal vegetarian sandwich with cheese.
- Dates and prunes are healthy snacks anytime, being high in fibre and fat free.

GUIDLINE TO INCREASE OUR INTAKE OF FRUITS AND VEGETABLES

