

EATING ACCORDING TO YOUR NEEDS



Choose Health



Healthy Eating Recipe for Good Health

- WHAT DO YOU NEED? -

You need to eat a variety of foods in the right amount daily to ensure that you meet all the nutrients required by your body.

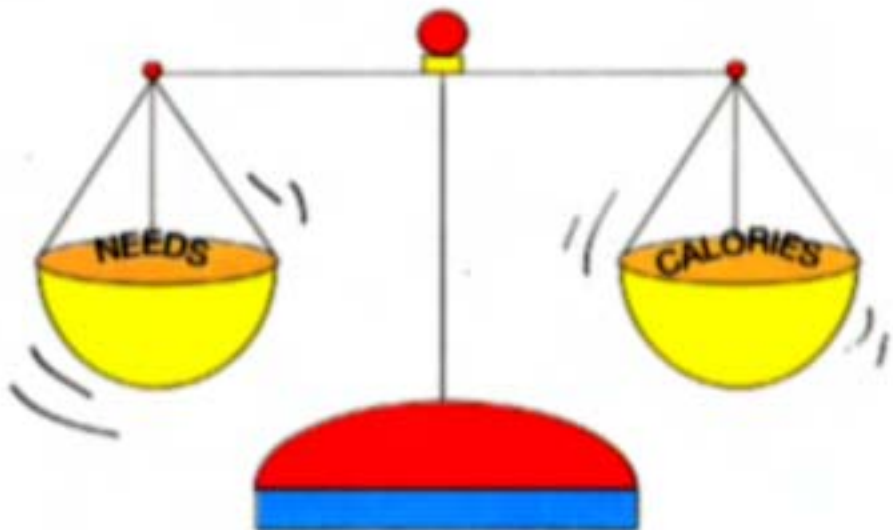
A person who does not eat enough may not get sufficient essential nutrients and may lose weight, feel tired and sickly. But eating more than we need, especially energy-giving foods may result in weight gain and a tendency to be less active.

Some people gain weight more easily than others.

Eat right according to your age, body weight and activity.

- BALANCE YOUR CALORIES -

A balanced diet is essential for good health. There are recommendations for nutrients, including calories according to age, gender and special physiological needs as in pregnancy and lactation. Calorie need also changes with physical activity.



_ RECOMMENDED DAILY DIETARY _ ALLOWANCE FOR CALORIES

	Age (Years)	Weight (Kg)	Energy (Cal)
Infants	<1		112/kg
Children	1-3		1,360
	4-6		1,830
	7-9		2,190
Boys	10-19		2,600 to 2,450
Girls	10-19		2,350 to 2,100
Adult men (moderately active)	20-39	55	2,530
	40-49	55	2,400
	50-59	55	2,280
	> 60	55	2,020
Adult women (moderately active)	20-39	50	2,000
	40-49	50	1,900
	50-59	50	1,800
	> 60	50	1,600
Pregnancy	1st trimester		+150
	2 nd , 3 rd trimester		+350
Lactation (for 6 months)			+550

– HOW DO YOU KNOW YOU ARE THERE? –

- Weigh yourself at least twice a month, wearing light clothing
- Calculate your Body Mass Index (BMI)

$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$$

The desirable range is 18.5 - less than 25

If your BMI is :	You are :
less than 18.5	Underweight
18.5-less than 25	Normal weight
25-less than 30	Overweight
30 or more	Obese

- The above guide is only meant for adults aged 18 years and above.



– CALORIES OF SOME COMMON FOOD –

Type of Food **Calories**

Fried mee (1 plate)	660
Fried rice (1 plate)	630
Vegetarian fried mee hoon (1 plate)	550
Nasi lemak sambal (1 cup)	400
Mee soup (1 bowl)	380
Chicken rice (1 plate)	300
Roti canai, plain (1 piece)	190
Capati (1 plate)	180

Bingka ubi kayu (1 piece)	220
Cekodok pisang (1 piece)	180
Vadai (1 piece)	170
Kuih lapis (1 piece)	130
Curry puff (1 piece)	120
Spring roll (popia) fried (1 piece)	90
Plain cake (1 piece)	85
Spring roll, fresh (1 piece)	65

Chicken burger (1 serve)	420
Cheese pizza (1 piece)	240
Chicken satay	35

Ice cream (2 scoops)	205
Cheddar cheese (1 piece)	80
Butter (2 teaspoons)	75
Full cream milk powder (1 dessertspoon)	35
Non-fat milk (1 dessertspoon)	25

Soft drink (1 can)	120
Packet drink (1 packet)	105

Banana, "emas", (2 med)	100
Guava (1/2 med)	60
Orange (1 med)	50
Watermelon (1 slice)	40
Papaya (1 slice)	40

– TO BURN UP 100 CALORIES –

Games/Exercises	Time Period (mins.)	
	50 kg [†] Woman	80 kg [†] Man
Gardening	38	23
Ping Pong	36	22
Golf	34	21
Dancing	32	21
Aerobic Dancing	23	15
Swimming (18m/min)	29	18
Bicycling (8.8km/hour)	27	17
Badminton	26	15
Walking (6.4km/hour)	22	14
Bowling	20	13
Tennis	20	13
Squash	15	10
Jogging (8.8km/hour)	13	8
Running (11.2km/hour)	10	6

[†] Minutes of activity that has to be carried out by a person weighing 50kg and 80kg respectively

