

Piramid Makanan



Serving size of each food groups , refer to table below ;

Table of Serving Size

	Items	Each of The following is ONE serving
1.	Bread, cereal, rice, noodles and tubers	<ul style="list-style-type: none"> • 1/2 cup of rice/ mee/ meehun/ kuay teow • 1 slice wholemeal bread • 1/2 piece of chapatti • 1 cup of porridge • 1/2 cup of breakfast cereal
2.	Vegetables	<ul style="list-style-type: none"> • 1/2 cup cooked green leafy vegetables • 1/2 cup cooked starchy or fruit vegetables • 1 cup raw vegetables e.g salad or ulam.
3.	Fruits	<ul style="list-style-type: none"> • 1/2 fruit of guava • 1 slice of papaya/ watermelon/ pineapple • 1 medium banana/ orange/ apple/ lai • 1/2 cup dried fruit

		<ul style="list-style-type: none"> • 1/2 cup fruit juice
4.	Milk and milk product	<ul style="list-style-type: none"> • 1 glass of milk • 1 cup of yoghurt • 1 slice of cheese
5.	Egg, meat, chicken, fish and legumes	<ul style="list-style-type: none"> • 1 drumstick medium size chicken • 1 medium size fish • 2 match box sizes of lean meat • 5 dessert spoon of cleaned anchovies • 1 cup of legumes (cooked) • 2 pieces of tauhu • 2 pieces of Tempe • 2 eggs