

HEALTHY EATING BEGINS AT HOME



Adopt a healthy lifestyle towards a harmonious
and healthy family

The whole family should eat healthily based on the guide to healthy eating

- Eat a variety of food.
- Eat more cereals, legumes, fruits and vegetables.
- Balance food intake with physical activities.
- Choose foods that are low in fat, cholesterol, salt and sugar

- Drink at least 6 - 8 glasses of water a day.



- Prepare, serve and eat clean and safe food.

FOOD PYRAMID



Use the **FOOD PYRAMID** as a guide.

Plan your family meals together

Spend some time to plan meals for the whole family taking into consideration the different kinds of food and methods of cooking.

- Take into consideration the needs of all family members, especially babies, pregnant mothers, the elderly and those with special nutritional needs.
- Serve hot meals and in an attractive way (with combination of colours) to make it appealing to the family members.
- Always keep dry food that are easily prepared (bread, mee, eggs and anchovies) if you have limited time.
- Involve all family members in the preparation and serving of meals.



Inculcate healthy eating habits at home

Adopt these practices in your family:

- Start your family's day with a good breakfast.
- Do not skip meals. Take your meals on a regular basis.
- Have your meals at a dining table or at allocated places only.



Eating together enhances family ties

Help your children to eat healthily:

- Give them milk, fruit juices or plain water instead of sweet flavoured drinks.

- Train them to eat healthy food which are normally disliked by children such as vegetables and fruits.
- Serve them fresh fruits as desserts or snacks.
- Consume fast food only occasionally.



A Family That Eats Together Always Stays Together



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