

# HEALTHY LIFESTYLE PROGRAMME

Ministry of Education Malaysia

In collaboration with

Nestlé Products Sdn. Bhd. & Universiti Putra Malaysia



## TOPIC 3: Healthy Eating

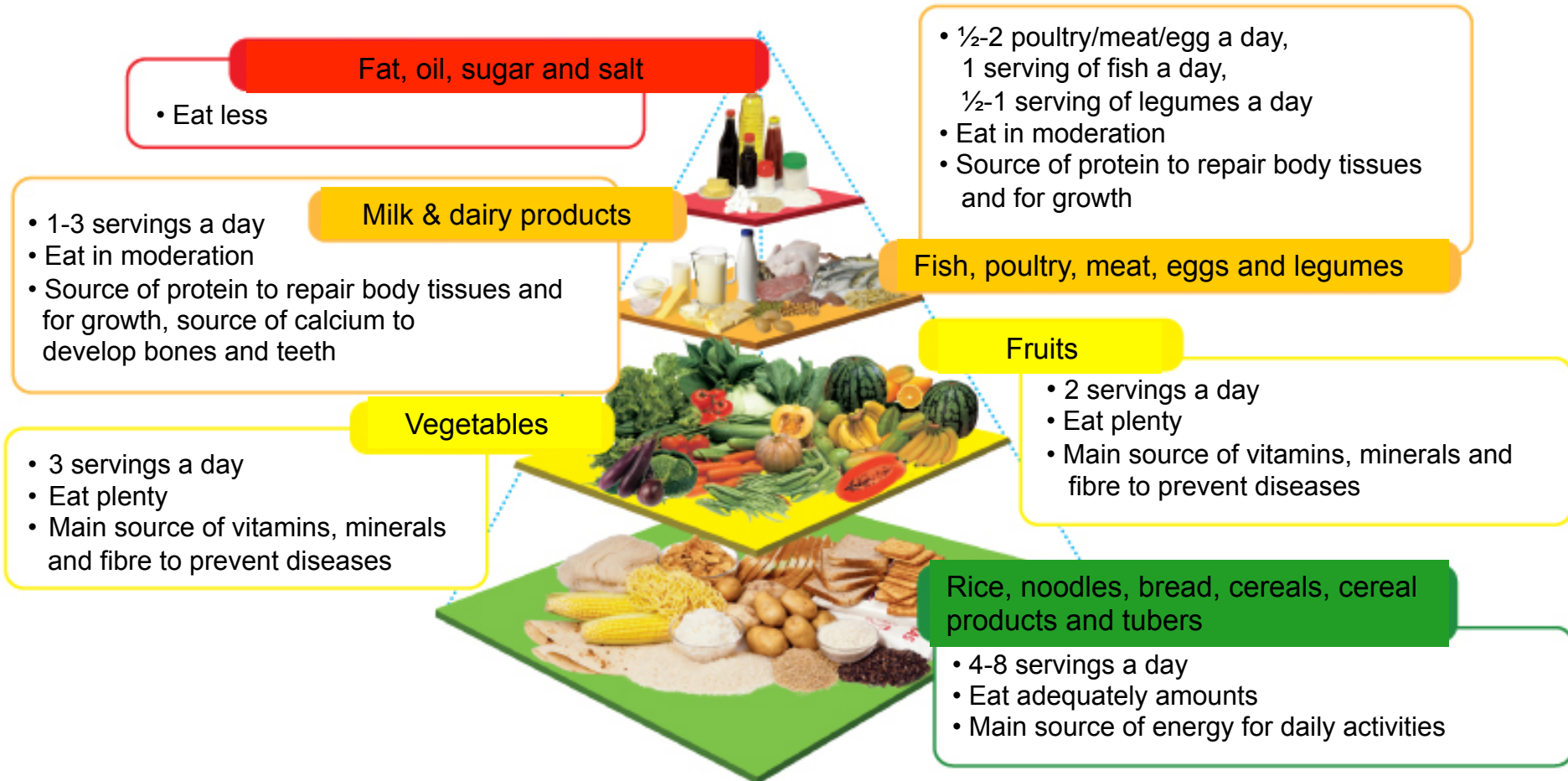
### Objective 1:

To determine healthy eating based on the Malaysian Food Pyramid

### Objective 2:

To determine the importance of water intake and ways to reduce intake of sweetened beverages

# Malaysian Food Pyramid



Source: Malaysian Dietary Guidelines, 2010

# BMV Concept (Balanced, Moderation, Variety)

## Balanced

Practice a balanced diet to include a combination of all food groups in your meal.


## Moderation

Enjoy your food in the right quantity or portion

## Variety

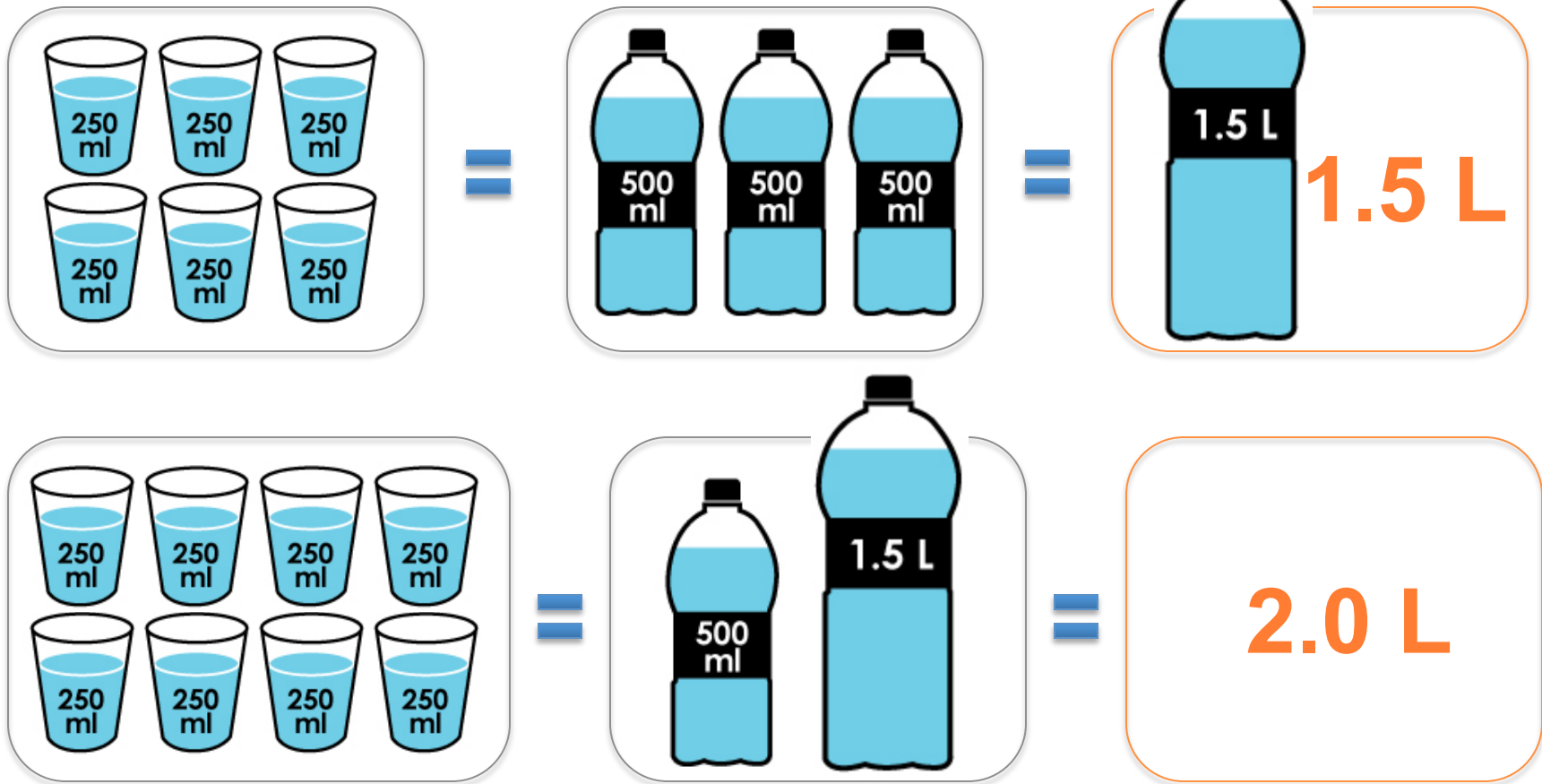
Consume a variety of foods in each food group.

# What is the function of water ?

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- Maintain body functions
  - Maintain skin moisture
  - Maintain ion balance
  - Eliminate waste
  - Facilitate digestive system
  - Transport of nutrients throughout the body
  - Regulate body temperature

# Quantity of Plain Water Intake

Recommended intake is **6-8 glasses (250ml/ glass)**  
which is equivalent to **1.5-2.0 litres** a day.



# Risks from Excessive Consumption of Sweetened Beverages



Sweetened beverages contain excessive sugar.

## The risks associated with excessive sugar intake:

- obesity
- tooth decay (dental caries)
- increase in health problems (diabetes, heart disease)



# Estimate of Sugar Content in Beverages



Milk tea

3 tablespoons of condensed milk



Tea

2 teaspoons of sugar



Coffee

2 teaspoons of sugar



Orange Juice

2 teaspoons of sugar



Malt drink

2 tablespoons of condensed milk



Carbonated drink

2 tablespoons of sugar



Syrup Cordial

2 tablespoons of sugar

## Ways to reduce sugar:

1. Choose plain water and reduce sweetened beverages intake
2. Limit to 1 teaspoon of sweetened condensed milk/sugar/honey/creamer for each drink
3. Replace sweetened condensed milk with milk powder or low fat milk
4. Avoid taking sweetened beverages in between main meals or before sleep

# Conclusion

- Practice healthy eating based on the Malaysian Food Pyramid and the BMV concept (Balanced, Moderation, Variety).
- Drink 6-8 glasses of plain water daily.
- Remember to reduce the consumption of sweetened beverages which can increase the risks of obesity and other health problems.