



## Book Review 'Malaysia Diet Guide Pocket Notebook 2020' (Malay Version)

Uqbah Iqbal

1. Pitas Agriculture, Kampung Mempakad Darat, 89100 Pitas, Sabah, Malaysia

### INTRODUCTION

Malaysia Diet Guide 2020 is a food intake recommendation healthy that needs to be practiced to ensure that each individual reaches the level optimal health. Along with that, it is also hoped to help prevent diseases-non-communicable diseases that are getting worse in the society community. The publication of this pocket notebook is expected to help educational sessions nutrition by health professionals and all providers of nutrition education directly or indirectly to society. This Pocket Notebook is a summary of Malaysia Diet Guide 2020. It is an ingredient a reference that is easy to understand and practical as possible used by all walks of life. It is quick, simple and easy access to information can be used as a guide on practice healthy eating during nutrition education sessions to society.

The Malaysian Food Pyramid (PMM) is a visual tool used to provide guidance on healthy daily food intake based on recommendations Malaysian Diet Guide. Information related to this pyramid is included in the main message which is to eat a variety type of food according to the serving recommendations in the Malaysian Diet Guide 2020. The Malaysian Food Pyramid 2020 provides information on the types and quantities of food needed eaten every day in a combination that can provide food in a balanced way. The Malaysian Food Pyramid 2020 consists of 4 levels which are divided into 5 main food groups. Group 1 is vegetables. Group 2 are fruits. Group 3 is rice, other cereals, food products based on whole grains and yam tubers. Group 4 is fish/chicken/eggs/meat and legumes. Group 5 is milk and dairy products. Foods at the top of the pyramid are not considered main food groups. It is just a flavor enhancer and flavor enhancer added in food or cooking. It is only needed in very small and necessary quantities intake is limited. Malaysia Diet Guide 2020 is a recommendation of a healthy diet comprehensive. It is a reference at the national level for long term use. The Malaysian Diet Guide will be revised and packaged now every 10 years. This 2020 Malaysian Diet Guide target age group are 18-59 years old. However, the Pyramids Malaysian Food (2020) which has been modified can used for 7 years above. For the adult population and seniors, intake range calories are as much as 1600 - 2000 kcal, while for children and teenagers (7 - < 18 years old) are 1500 - 2300 kcal. There are 14 Key Messages in the Malaysian Diet Guide 2020. It includes 52 Key Recommendations and 249 How to Achieve Main Message and The Key Recommendations. List of 14 Key Messages of the Malaysian Diet Guide 2020 is to eat a variety of foods according to meal recommendations, achieve and maintain a healthy body weight, be physically active every day, cook nutritious food more often at home and choose healthy food when eating out, eating lots of vegetables and fruits every day, eating enough rice, other grains, food products based on whole grains and tubers yams, eat fish, meat, chicken, eggs and legumes in moderate amounts, take enough milk and dairy products, reduce the intake of high food fat and limit saturated fat intake, choose and prepare foods with less salt, sauces and flavor enhancers, limit the intake of sugar in food and drinks, drink plenty of water every day, take safe food and drinks and clean, use the nutritional information on the label accordingly effective.

If overweight or obese, aim to lose weight gradually safe and regular. The way to achieve is to set a realistic goal and monitor the weight loss which is 0.5 up to 1 kg per week, reduce calorie intake from 500 calories to 1000 calories a day by reducing the number of servings, use small plates and eat slowly, limit the intake of ultra-processed foods (ultra-processed foods) in your daily diet, avoid "fad diets" that promote weight loss suddenly in a short period of time, increase physical exercise gradually until reaching 60 minutes a day (example: brisk walking, swimming and cycling) with using the physical activity pyramid as a guide, seek the advice of a health professional if you have chronic disease. If underweight, aim for gradual weight gain in steps. The way to achieve this is to eat three main meals (breakfast, lunch and dinner) including healthy snacks between main meals each day, eating nutrient-dense foods that contain high calories and limit the intake of ultra-processed foods (ultra-processed foods), do physical exercise for 30 minutes a day (example: fast walking, swimming and running slowly) by using a pyramid physical activity as a guide. Do muscle strength exercises to increase muscle mass, set realistic goals and monitor weight gain of 0.5 up to 1 kg per week. Latest technology such as fitness tracker watches or counters steps can be used as a tool to encourage physical activity and reduce sedentary behavior. Fitness phone app or exercise can also be used to track physical activity and step counter.

### REFERENCE

Jawatankuasa Penyelaras Kebangsaan untuk Makanan dan Pemakanan (NCCFN). Buku Nota Poket Panduan Diet Malaysia 2020. Putrajaya: Kementerian Kesihatan Malaysia. 2022.