

# Healthy Diet Pyramid



**Nuts/Seeds:**  
5%

**Legumes:**  
10%

**Fruits^:**  
15%

**Vegetables\*:**  
30%

**Whole Grains:**  
40%

\*: Ensure vegetables comprise of 5 colours and 6 plant parts every day.

-- 6 plant parts refer to:

**Root** > sweet potato, carrot, tapioca, sengkung, white radish, yam, ginger etc

**Stem** > lotus root, lily bulb, onion, garlic, asparagus, celery etc

**Leaf** > cabbage, bayam, spinach, lettuce, Dai-Wong-Miu, Sweet Potato Leaves etc

**Flower** > Broccoli, Cauliflower, Banana flower, Lily flower, Ba-Wang-Hua, Ginger flower etc

**Fruit** > Brinjal, Pumpkin, Bitterguard, Cucumber, Tomato, Wintermelon etc

**Seed** > Lady finger, long bean, winged bean, petai, French bean, snow pea etc

^: Prefer local fruits, e.g. banana, guava, papaya, durian, mangosteen, langsung, rambutan, sour sop etc

# For healthy vegan cooking tips, please visit

<http://tinyurl.com/KYRecipes> and <http://tinyurl.com/SimpleVegetarian>

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# 健康饮食指南



坚果/种子：  
5%

豆科类：  
10%

水果<sup>^</sup>：  
15%

蔬菜\*：  
30%

全谷：  
40%

\*: 每天的蔬菜必须概括 5 种颜色、6 个植物部位。

—— 6 个植物部位指的是：

根 > 番薯、红萝卜、木薯、沙葛、白萝卜、芋头、姜等

茎 > 莲藕、百合、葱头、蒜头、芦笋、西芹等

叶 > 包菜、苋菜、生菜、蒂皇苗、番薯苗等

花 > 西兰花、包菜花、香蕉花、霸王花、姜花等

果 > 茄子、南瓜、苦瓜、黄瓜、番茄、冬瓜等

种子 > 羊角豆、长豆、四角豆、臭豆、四季豆、甜豆等

<sup>^</sup>: 建议多吃本地水果，例如：香蕉、番石榴、木瓜、榴莲、山竹、冷萨、红毛丹

# 更多健康烹饪点子，请浏览

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