

60 DAYS SCALE DOWN CHALLENGE

*Open for Micare members only

Organizers :



Sponsors :



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Get Better • Stay Better



HIGH FIBER DIET

Fiber is a type of carbohydrate that the body can't digest.



National Health and Morbidity Survey 2019

95%

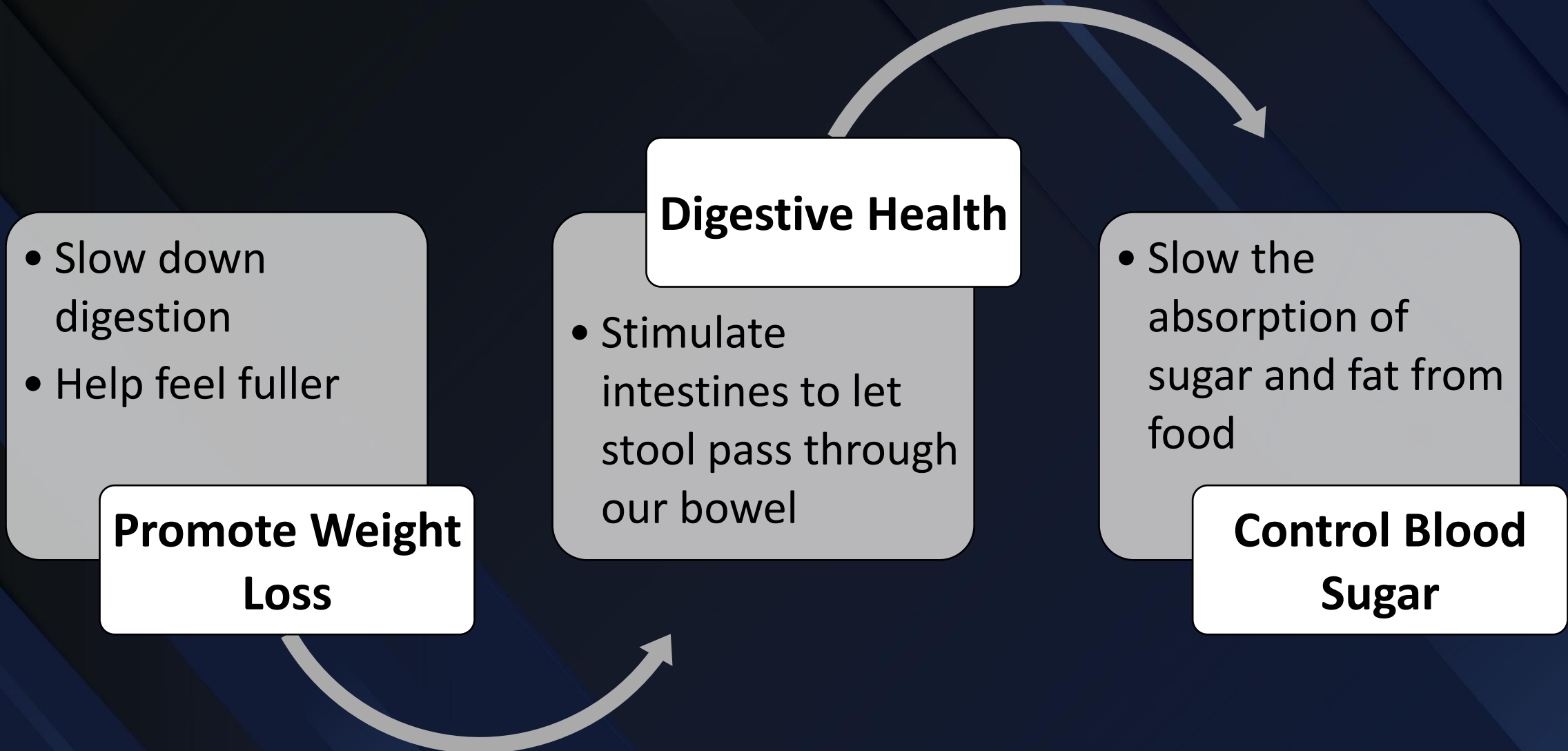


of Malaysian adults **do not** eat the recommended daily amount of both fruits and vegetables.

Percentage of those who were not eating enough fruits and vegetables varied slightly by state:



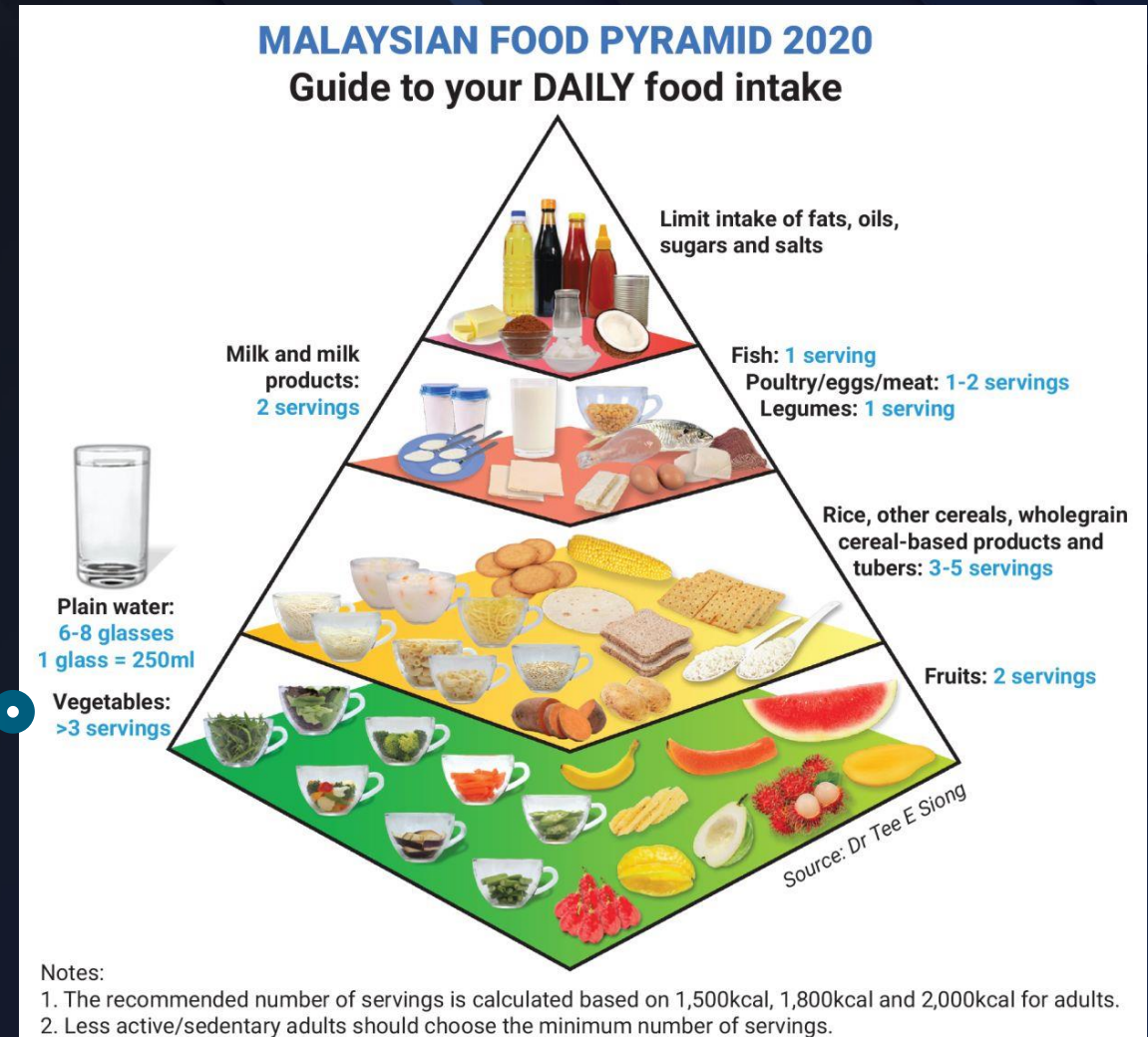
Benefit of Fiber



How much fiber do we need ?



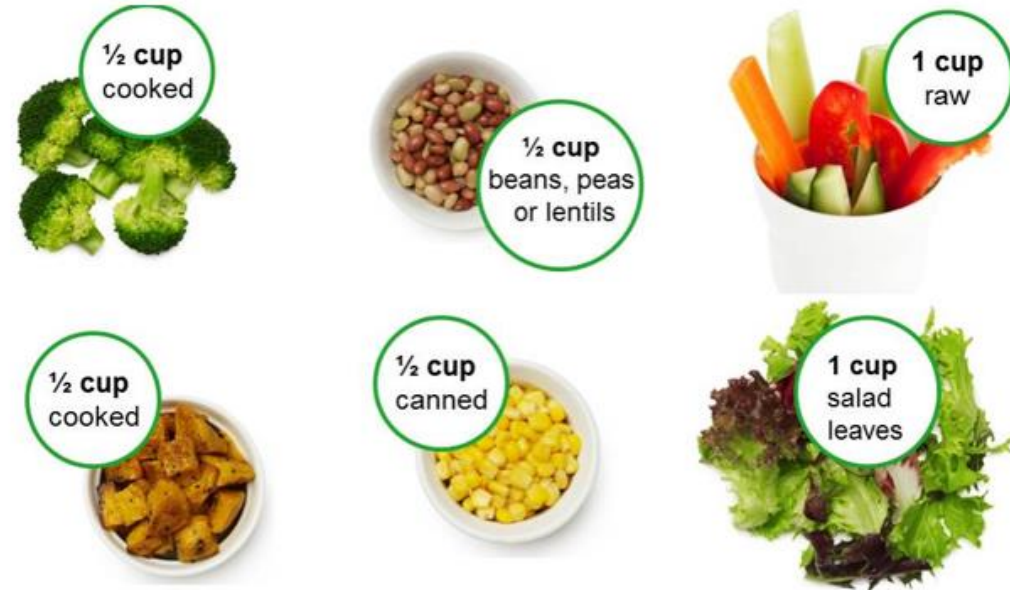
2 serving of fruit
3 serving of vegetables
wholegrain



Example of 1 serving of fruit



Example of 1 serving of vegetable



Vegetables

2-3 servings per day



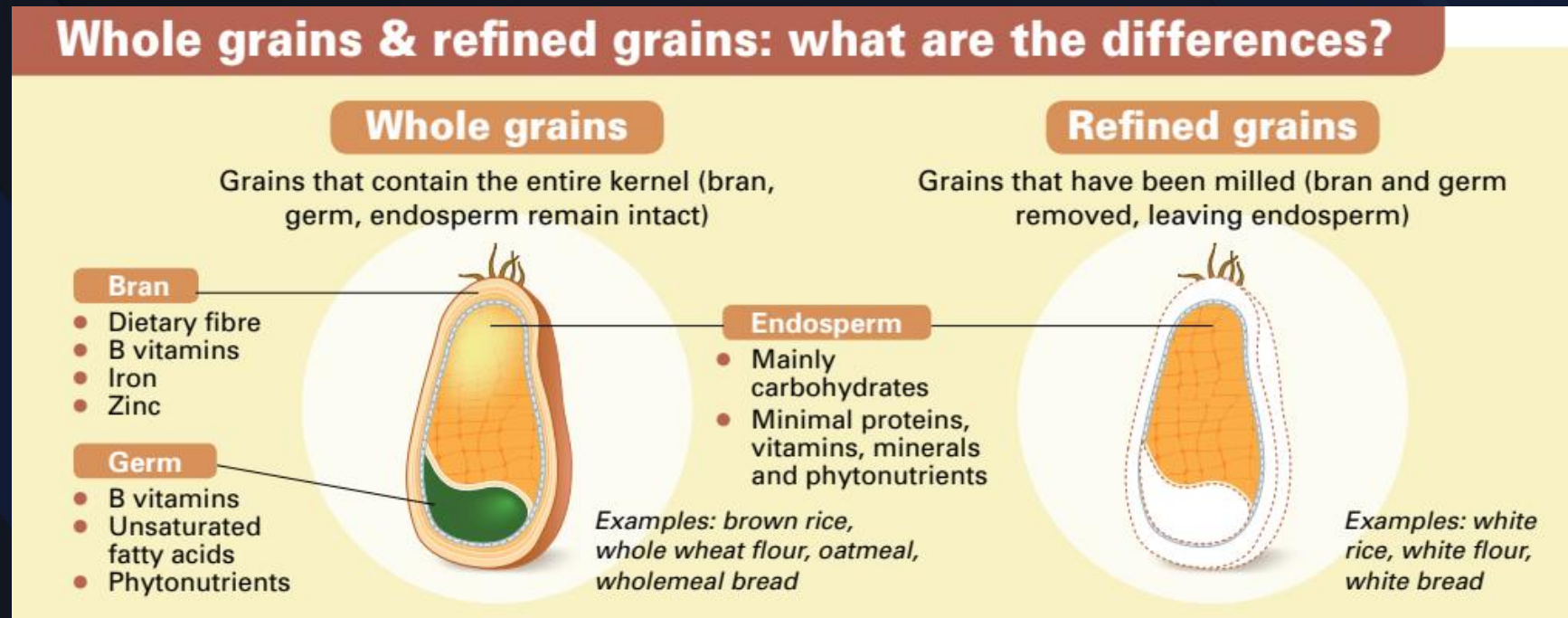
2 Handful Size



Vegetables

Wholegrain in Diet

Nutrition Month Malaysia HEAL book 2020, all grains not created equal. Rice, noodles and bread are type of grain. Grains are naturally high in fiber, helping you feel full and satisfied.



How to incorporate whole grains in diet?

Here are some suggestions to gradually increase your whole grains intake:

Breakfast



1 cup wholegrain cereals with milk



Make porridge using oats



1 slice of wholemeal bread toast with eggs

Lunch/Dinner



Make sandwiches using wholemeal bread



Mix brown rice with white rice for your *chap fan* rice



Try whole wheat pasta or brown rice mee hoon, replacing the usual pasta and noodles

Baking/Cooking own meals



Use whole grain flour for baking



Add oats to thicken gravy and stews

Half of grains you take daily should be whole grains

Remember to look for food products labelled with whole grains. Starting with baby steps will go a long way towards healthy eating!

You are what you eat. Make changes and see the differences