



The Hot Knowledge of Nutrients

You Are What You Eat

“Balanced Nutrition”:
The core standards of dietary guidelines in each country.

Dietary guidelines around the world



Balance



Variety



Moderation

Diversity: Consuming 5 food groups each day



Grains



Fruits and vegetables



Fish, poultry, meat, egg, beans, legumes and soy products



Milk



Nuts

The “Malaysian Healthy Plate” (Pinggan Sihat Malaysia)

1/4
rice, noodles, bread, grains, or tubers



1/4
fish, poultry, meat, egg, beans, legumes and soy products

1/2
vegetables and fruits

Suku-Suku Separuh

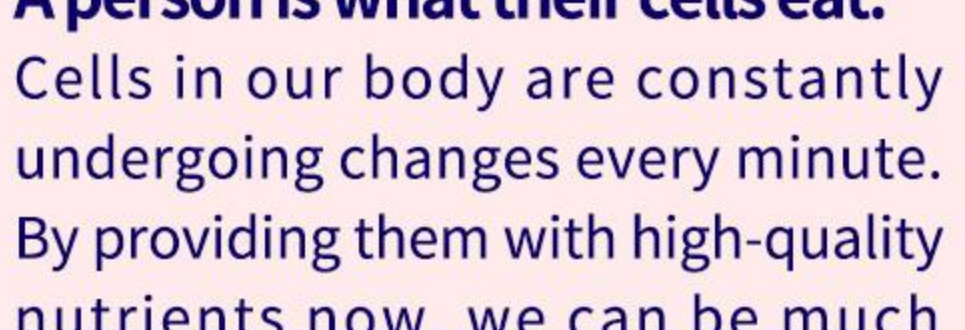
Did you know? You are what you eat.



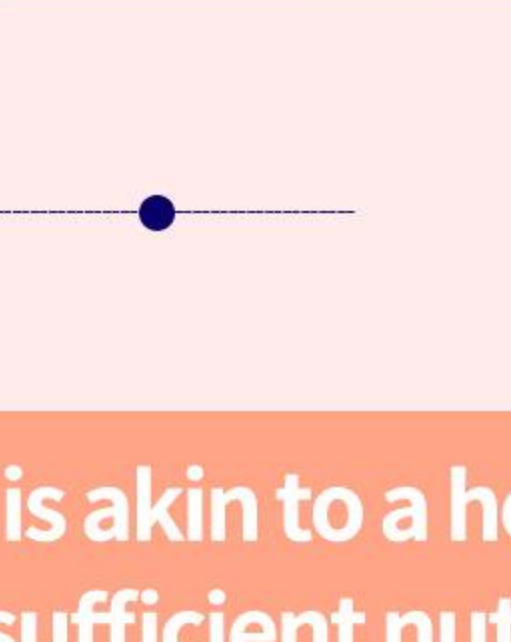
A deficiency in nutrients can impact your mood and brain health.



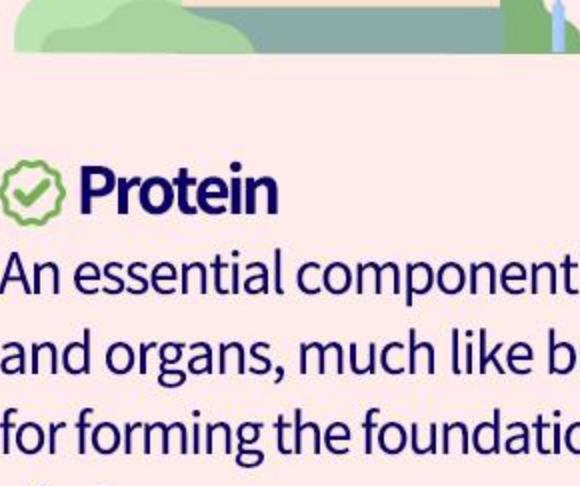
The nutrients you consume influence both your current and future health.



A person is what their cells eat:
Cells in our body are constantly undergoing changes every minute. By providing them with high-quality nutrients now, we can be much healthier in about a year.



The body is akin to a house; only with sufficient nutrition can you build it well.



Our body is akin to a house.

✔ Protein

An essential component of cells, tissues, and organs, much like bricks are crucial for forming the foundation and structure of a house.



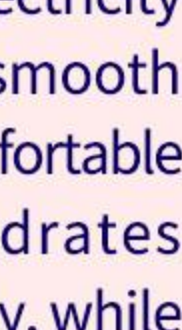
✔ Vitamins + Minerals

Much like the cement that binds bricks, are essential for supporting various physiological functions and sustaining life. Meanwhile, phytonutrients help maintain the integrity of both the bricks and the cement.



✔ Fats

Good fats containing omega-3 act like a storage room in a house, responsible for storing energy, promoting body circulation, and maintaining the health of blood vessels and the nervous system.



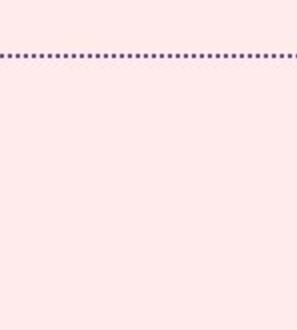
✔ Carbohydrates and Water

Much like the water and electricity pipes in a house, ensure smooth operation and create a comfortable environment. Carbohydrates provide energy for the body, while water helps transport nutrients throughout the body, supporting overall functionality.



✔ Probiotics

Are like good tenants, taking good care of your house.



✔ Prebiotics and Dietary fibre

Are essential food for the tenants, helping them thrive and grow strong.

Balanced nutrition is essential for building a healthy and vibrant body, ensuring that each meal supports your overall well-being.



“Optimal Health with 7 Key Nutrients”