



Dietary Guidelines 國民健康飲食指南(英文)

1. Balance the six categories of food base on the dietary guideline:

such diet is classified according to dietary guidelines followed by recommended amount. Consume plenty of vegetables, fruits, whole grains, legumes, nuts, and lot fat dairy products.

2. Curb calorie intake and ensure healthy weight:

Excessive fat could accumulate once you consume more calories than calories burned; and it yields high chronic diseases risks. Be familiar with your own ideal healthy weight and needed calorie in order to maintain your weight within normal range: (body mass index 18.5-23.9). Healthy weight target = [height (cm) / 100] × [height (cm) / 100] × 22.

3. Work-out at least 30 minutes a day to sustain your health:

Engage in dynamic active exercise at least 30 minutes a day to maintain an active living habit.

4. Breast feed your baby at least 6 month because it possesses high nutritional value:

Breast milk is essential irreplaceable nutrients during infants' growth stages, it is highly recommended that mothers breast-feed their infants entirely for at least six months before they utilize other foodstuffs to provide required nutrients.

5. Have grains of rice as the staple food for meals to upgrade nutritional value:

Prepare three meals with cereal -based food, or at least 1/3 of whole grains: as in brown rice, whole wheat, whole buckwheat, or grains. Whole grains are rich in vitamins, minerals, and dietary fiber; and it offers a wide

range of phytochemicals ingredients which are protective for human health.

6. Consume less salty and pickled foods, stay away from fried fatty sauced foods:

curb your daily sodium intake under 2400 mg; light taste with moderate sauce is better for our health. Always read the nutrition labeling of sodium when you shop. Consume less greasy and high fat high sugary foods. Foods with high calorie density like fried and high fat high sugary food; compared to other foods, the same amount of intake often generates greater amount of calorie.

7. Avoid sugary drinks and more water drinking yields better health:

water is the most economical and healthiest source of drink. Preserve good water drinking habit and avoid market beverage for it contains high sugar content which is not ideal for weight and blood fat control. Lots of modern children are drawn to drinking those sugary drinks which often induce high calorie and keep children away from nutritional foods.

8. Less meat, more vegetable, less exquisite foods, more fresh and original food:

Consuming plant-based foods as your primary choice is better for your health and it meets the principles of environmental energy saving and carbon reduction. Such diet helps delay global warming, prevent climatic change, and conserve and sustain environment development of the earth. Choose non-exquisite and unprocessed plant foods to help you intake micro-nutrients, and consume fiber and phytochemicals.

9. Order moderately to meet our needs and to prevent wasteful conduct:

when your order is enlarged, it is easy for you to intake excessive calorie or to waste food.

10. Choose local seasonal foods and diversify your choice to preserve health:

seasonal food grown under its adapted weather preserves high nutrient value; it's also cheaper with better quality. Locally grown fresh plants also cut down on energy consumption of long-distance transport.

11. Always pay attention to the source marked and the safety of the food:

When you cook, watch out for the cleanness, healthiness, and storage of the food. When you buy food, watch out for the source of food, food labeling, and valid dates.

12. Don't over drink alcohol or drink during pregnancies:

Females should not drink more than 1 cup of alcohol, equals to 10 grams of alcohol a day; and males should not have more than 2 cups..

Extracted from the Department of Health, Executive Yuan, R.O.C (TAIWAN)

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