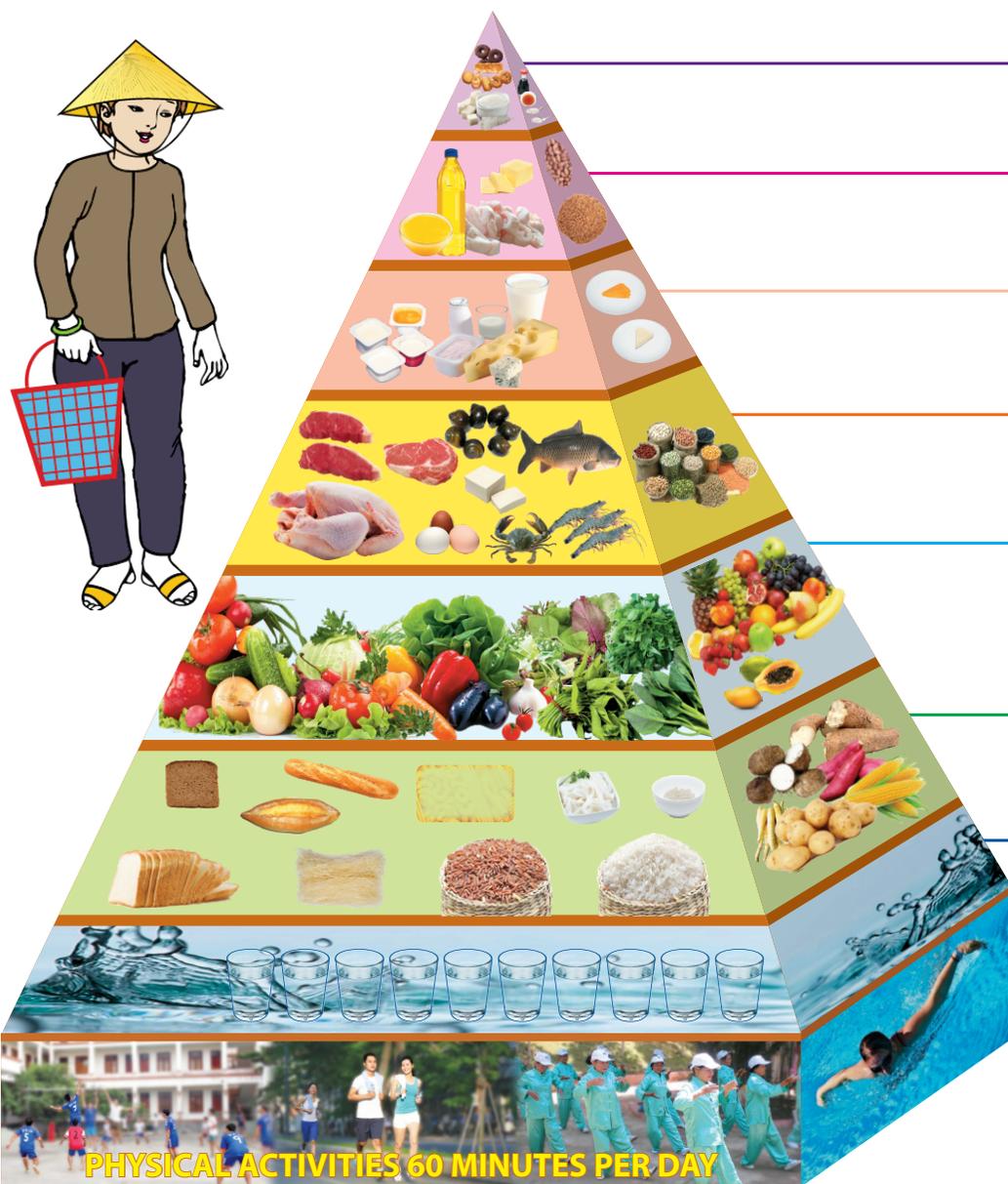


THÁP DINH DƯỠNG DÀNH CHO NGƯỜI TRƯỞNG THÀNH (FOOD PYRAMID FOR ADULT)

Khuyến cáo mức tiêu thụ thực phẩm trung bình cho 1 người/1 ngày (Recommendation an average food consumption per head/day)



SUGAR: < 5 servings SALT : < 5 grams	1 serving = Sugar 5g = Peanut candy 8g = Honey 6g 5g = Table salt 5g = Broth soup powder 8g = Seasoning 11g = Fish sauce 25g = Soy sauce 35g
OILS & FATS: 5 - 6 servings	1 serving = Oils 5g = Fats 5g = Butter 6g
MILK AND MILK PRODUCTS: 3 - 4 servings	1 serving = Milk 100ml = Yogurt 100g = Cheese 15g = Cheese 15g
MEAT/POULTRY/FISH /SEAFOOD/EGGS /BEAN/NUTS: 5 - 6 servings	1 serving = Pork 31g = Chicken 42g = Egg 47g = Fish 35g = Shrimp 30g = Tofu 58g
VEGETABLES: 3 - 4 servings FRUITS: 3 servings	1 serving 80g = [Vegetable icons] 1 serving 80g = [Fruit icons]
CEREALS AND GRAINS: 12 - 15 servings	1 serving = Steam rice 55g = Bread 37g = Potato 95g = Sweet potato 84g 2 servings = Steam rice 110g = Rice noodle 120g = Corn 120g = Bread 74g
Water: 8 - 12 servings	1 serving = 200ml [Water glass icon]



THÁP DINH DƯỠNG DÀNH CHO PHỤ NỮ CÓ THAI VÀ BÀ MẸ ĐANG CHO CON BÚ (FOOD PYRAMID FOR PREGNANT AND LACTATING WOMEN)

Khuyến cáo mức tiêu thụ thực phẩm trung bình cho 1 người/1 ngày (Recommendation an average food consumption per head/day)



	Pregnant women			Lactating women
	First trimester	Second trimester	Third trimester	
SUGAR: <5 servings SALT :<5 grams	+0 servings	+0 servings	+0 servings	1 serving = Sugar 5g, Peanut Candy 8g, Honey 6g 5g = Table salt 5g, Broth soup powder 8g, Seasoning 11g, Fish sauce 25g, Soy sauce 35g
OILS & FATS: 5 servings	+0 serving	+1 serving	+2 servings	1 serving = Oil 5g, Fat 5g, Butter 6g
MILK AND MILK PRODUCTS: 3 servings	+2 servings	+3 servings	+3.5 servings	1 serving = Milk 100ml, Yogurt 100g, Cheese 15g, Cheese 15g
MEAT/POULTRY/FISH/SEAFOOD/EGGS/BEAN/NUTS: 2 servings	+1 serving	+3 servings	+2 servings	1 serving = Pork 31g, Chicken 42g, Egg 47g, Fish 35g, Shrimp 30g, Tofu 58g
VEGETABLES: 3 servings FRUITS: 3 servings	+1 serving	+1 serving	+1 serving	1 serving = 80g (various veg/fruit) 1 serving = 80g (various veg/fruit)
CEREALS AND GRAINS: 12 servings	+1 serving	+1.5 servings	+2.5 servings	1 serving = Steam rice 55g, Bread 37g, Potato 95g, Sweet potato 84g 2 servings = Steam rice 110g, Rice noodle 120g, Corn 120g, Bread 74g
Water: 8 servings	+1 serving	+2 servings	+3 servings	1 serving = 200ml



THÁP DINH DƯỠNG DÀNH CHO TRẺ TỪ 3-5 TUỔI (FOOD PYRAMID FOR CHILDREN 3-5 YEARS OLD)

Khuyến cáo mức tiêu thụ thực phẩm trung bình cho 1 người/1 ngày (Recommendation an average food consumption per head/day)

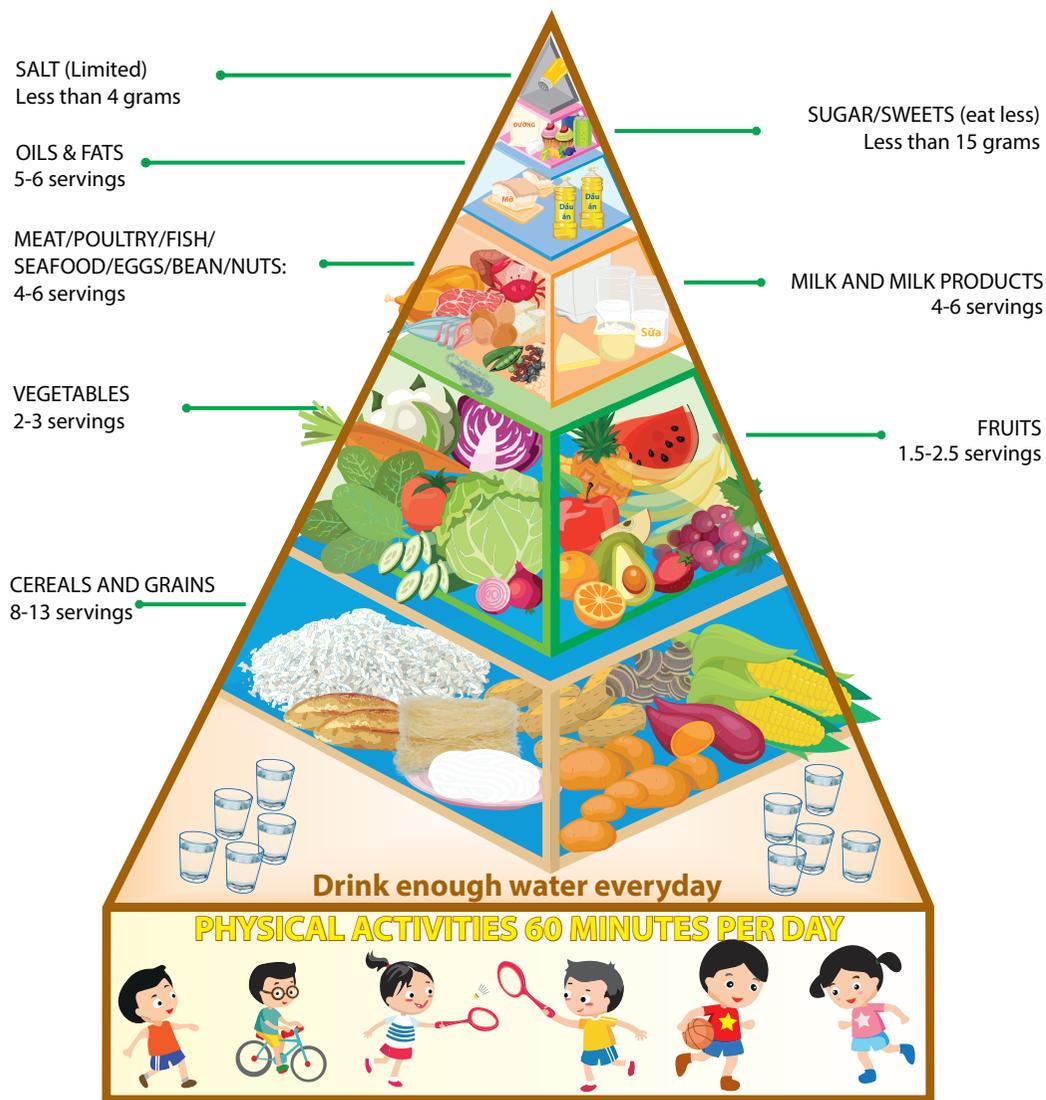


SUGAR: < 3 servings SALT : < 3 grams	1 serving = Sugar 3g = Peanut candy 6g = Honey 6g 3g = Table salt 3g = Broth soup powder 5g = Seasoning 6g = Fish sauce 25g = Soy sauce 35g
OILS & FATS: 5 servings	1 serving = Oil 5g = Fats 5g = Butter 6g
MILK AND MILK PRODUCTS: 4 servings	1 serving = Milk 100ml = Yogurt 100g = Cheese 15g = Cheese 15g
MEAT/POULTRY/FISH/SEAFOOD/EGGS/BEAN/NUTS: 3.5 servings	1 serving = Pork 31g = Chicken 42g = Egg 47g = Fish 35g = Shrimp 30g = Tofu 58g
VEGETABLES: 2 servings FRUITS: 2 servings	1 serving = 80g (various vegetables) 1 serving = 80g (various fruits)
CEREALS AND GRAINS: 5 - 6 servings	1 serving = Steam rice 55g = Bread 37g = Potato 95g = Sweet potato 84g 2 servings = Steam rice 110g = Rice noodle 120g = Corn 120g = Bread 74g
Water: 1,3 liter (6 Glasses)	1 serving = 200ml (glass of water)



THÁP DINH DƯỠNG DÀNH CHO TRẺ TỪ 6-11 TUỔI (FOOD PYRAMID FOR CHILDREN 6-11 YEARS OLD)

Khuyến cáo mức tiêu thụ thực phẩm trung bình cho 1 người/1 ngày (Recommendation an average food consumption per head/day)



SALT, SUGAR, OIL & FATS	<p>Table salt 1g Broth soup powder 1.5g Fish sauce 5ml Sugar 5g Oils 5g Fats 5g</p>
MILK AND MILK PRODUCTS 1 serving = 100 milligrams of Calcium	<p>Cheese 15g (1 piece) Milk 100ml (Half a cup) Yogurt 100g (A carton of milk)</p>
MEAT/POULTRY/FISH/SEAFOOD/EGGS/BEAN/NUTS 1 serving = 7 grams of protein	<p>Lean pork 38g (4 pieces) Beef 34g (8 pieces) Chicken with bones (1 piece)</p> <p>Tofu 65g (A block of tofu) Fresh sea shrimp 87g (3 medium shrimps)</p> <p>Boneless fish 44g (2 full spoons) Sesame, peanut 30g (5 full spoons) Egg 55g</p>
VEGETABLES 1 serving = 100 grams	<p>Cooked leafy vegetables (Two - thirds of a bowl) Cooked vegetables (Two - thirds of a bowl) Cucumber (A half) Tomato (1 medium size)</p>
FRUITS 1 serving = 100 grams	<p>Watermelon (1 piece) Guava (1 small fruit) Custard apple (1 medium fruit) Tangerine (1 medium fruit) Grapefruit (3 segments) Banana (1 medium fruit)</p> <p>Sweet grapes (10 fruits) Ripe mango (1 mango cheek) Ripe papaya (A quarter of small fruit) Dragon fruit (one - fourth small fruit) Chopped fruit (1 bowl)</p>
CEREALS AND GRAINS 1 serving = 20 grams of Glucid	<p>Steam rice 55g (A half of a bowl) Pho noodles 60g (A half of a bowl) Rice noodles 80g (A half of a bowl) Cooked vermicelli 71g (A half of a bowl)</p> <p>Bread 38g (A half of a medium bread) Boiled glutinous corn 122g (1 small corn) Taro 90g (1 medium Taro) Sweet potato 84g (1 small) Potato 109g (1 small)</p>

THÁP DINH DƯỠNG DÀNH CHO TRẺ TỪ 12-14 TUỔI (FOOD PYRAMID FOR ADOLESCENT 12-14 YEARS OLD)

Khuyến cáo mức tiêu thụ thực phẩm trung bình cho 1 người/1 ngày (Recommendation an average food consumption per head/day)



SUGAR: < 5 servings
SALT : < 5 grams

1 serving = Sugar 5g = Honey 6g

5g = Table salt 5g = Broth soup powder 8g = Fish sauce 25g

OILS & FATS:
5 - 6 servings

1 serving = Oils 5g = Fats 5g = Butter 6g

MILK AND MILK PRODUCTS:
6 servings
1 serving = 100 milligrams of Calcium

1 serving = Milk 100ml = Yogurt 100g = Cheese 15g

MEAT/POULTRY/FISH /SEAFOOD/EGGS /BEAN/NUTS:
5 - 6 servings
1 serving = 7 grams of protein

1 serving = Lean pork 38g = Chicken with bones 71g = Egg 55g = Boneless fish 44g = Fresh sea shrimp 87g = Tofu 65g = Sesame, peanut 30g

VEGETABLES : 3-4 servings
FRUITS : 3 servings
1 serving = 80 grams

1 serving = Cooked leafy vegetables (1/2 bowl) = Cooked vegetables (1/2 bowl) = Boiled zucchini (10 pieces) = Tomato (1/2 big tomato)

1 serving = Apple (1 small fruit) = Banana (2 small fruits) = Grapefruit (1 big segment) = Sapodilla (1 small) = Sweet grapes (8 fruits) = Pineapple (1/4 fruit)

CEREALS AND GRAINS:
12-16 servings
1 serving = 20 grams of Glucid

1 serving = Steam rice 55g (A half of a bowl) = Pho noodles 60g (A half of a bowl) = Rice noodles 80g (A half of a bowl) = Cooked vermicelli 71g (A half of a bowl)

Bread 38g (A half of a medium bread) = Boiled glutinous corn 122g (1 small corn) = Taro 90g (1 medium Taro) = Sweet potato 84g (1 small) = Potato 109g (1 small)

Water: 8 - 10 servings

1 serving = 200ml



THÁP DINH DƯỠNG DÀNH CHO TRẺ TỪ 15-19 TUỔI (FOOD PYRAMID FOR ADOLESCENT 15-19 YEARS OLD)

Khuyến cáo mức tiêu thụ thực phẩm trung bình cho 1 người/1 ngày (Recommendation an average food consumption per head/day)



SUGAR: < 5 servings
SALT : < 5 grams

1 serving = Sugar 5g = Honey 6g
 5g = Table salt 5g = Broth soup powder 8g = Fish sauce 25g

OILS & FATS: 5 - 6 servings

1 serving = Oils 5g = Fats 5g = Butter 6g

MILK AND MILK PRODUCTS: 6 servings
 1 serving = 100 miligrams of Calcium

1 serving = Milk 100ml = Yogurt 100g = Cheese 15g

MEAT/POULTRY/FISH/SEAFOOD/EGGS/BEAN/NUTS: 6 - 8 servings
 1 servings = 7 grams of protein

1 serving = Lean pork 38g = Chicken with bones 71g = Egg 55g = Boneless fish 44g = Fresh sea shrimp 87g = Tofu 65g = Sesame, peanut 30g

VEGETABLES : 3-4 servings
FRUITS : 3 servings
 1 serving = 80 grams

1 serving = Cooked leafy vegetables (1/2 bowl) = Cooked vegetables (1/2 bowl) = Boiled zucchini (10 pieces) = Tomato (1/2 big tomato)
 1 serving = Apple (1 small fruit) = Banana (2 small fruits) = Grapefruit (1 big segment) = Sapodilla (1 small) = Sweet grapes (8 fruits) = Pineapple (1/4 fruit)

CEREALS AND GRAINS: 14-17 servings
 1 serving = 20 grams of Glucid

1 serving = Steam rice 55g (A half of a bowl) = Pho noodles 60g (A half of a bowl) = Rice noodles 80g (A half of a bowl) = Cooked vermicelli 71g (A half of a bowl) = Bread 38g (A half of a medium bread) = Boiled glutinous corn 122g (1 small corn) = Taro 90g (1 medium Taro) = Sweet potato 84g (1 small) = Potato 109g (1 small)

Water: 8 - 12 servings

1 serving = 200ml

Drink enough water everyday
PHYSICAL ACTIVITIES 60 MINUTES PER DAY