

THÁP DINH DƯỠNG HỢP LÝ

Cho người trưởng thành (giai đoạn 2016-2020) - Mức tiêu thụ trung bình cho một người trong một ngày



DINH DƯỠNG HỢP LÝ LÀ NỀN TẢNG CHO SỨC KHỎE, TÂM VÓC VÀ TRÍ TUỆ

Figure S1. Visualization of the 2016-2020 Vietnamese food-based dietary guidelines for adults

Table S1. Interpretation of the 2016-2020 Vietnamese food-based dietary guidelines for adults*

Food groups	Main food items	Definition of <u>one serving</u>	Examples of <u>servings</u> in the 2016-2020 FBDGs Pyramid	Recommended servings daily
Grains	Rice, bread, noodles, potato, corn, casava	Provides 20g carbohydrate	1 serving: 55g cooked rice, 27g sliced bread, 95g potato, 84g sweet potato 2 servings: 110g cooked rice, 120g cooked rice noodles, 120g cooked corn, 35g bread	12 – 15
Protein foods	Fish, meat, seafood, tofu and soybean products, egg	Provides 7g protein	1 serving: 31g cooked pork, 42g cooked chicken, 47g cooked egg, 35g cooked fish, 30g cooked shrimp, 58g cooked tofu	5 – 6
Fats and oils	Animal fats, oil, butter, nuts, and seeds	Provides 5g total fat	1 serving: 5g oils, 5g animal fats, 6g butter, 8g peanuts, 8g sesame seeds	5 – 6
Dairy	Milk, yogurt, cheese	Provides 100mg calcium	1 serving: 100ml milk, 100g yogurt, 15g cheese	3 – 4
Vegetables	All type of vegetables, mushroom	80g of edible vegetables (raw, cooked)	1 serving: 80g of water spinach, mustard green, Chinese cabbage, pumpkin, gourd	3 – 4
Fruits	All type of fruits	80g of edible fruits	1 serving: 80g of mango, lychee, grapefruits, longan, grape, watermelon	3
Sugar and sweets	Sugar, sweets, honey	Provides 5g free sugar	1 serving: 5g sugar, 8g peanut candy, 6g honey	< 5
Salt and sauces	Salt, seasoning, sauce	Provides 5g salt	1 serving: 5g salt, 8g seasoning powder, 25g fish sauce, 35g soy sauce	< 1
Water	Water	200ml plain water		8 – 12
Physical activity	At least 30 minutes of moderate physical activity every day.			

* The information in this table is the translation of the 2016-2020 food-based dietary guidelines pyramid with additional information derived from the 2016-2020 food-based dietary guidelines background document.