

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 =		=		=		=		=		=	
1 serving 80g =		=		=		=		=		=	

**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	=		=		=		=	
-------------	-------	---	--	---	--	---	--	---	--



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)



	Non-pregnant women	Pregnant women			Lactating women
		First trimester	Second trimester	Third trimester	
SUGAR: < 5 servings		+ 0 servings	+ 0 servings	+ 0 servings	1 serving = Sugar 5g = Peanut candy 8g = Honey 6g
SALT : < 5 grams		+ 0 serving	+ 0 serving	+ 0 serving	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 = Oils 5g = Fats 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: 3 servings		+ 1 serving	+ 3 servings	+ 2 servings	1 serving = Pork 31g = Chicken 42g = Egg 47g = Fish 35g = Shrimp 30g = Tofu 58g
VEGETABLES: 3 servings		+ 1 serving	+ 1 serving	+ 1 serving	1 serving 80g = Broccoli 80g = Spinach 80g = Cucumber 80g = Carrot 80g = Pumpkin 80g
FRUITS: 3 servings		+ 1 serving	+ 1 serving	+ 1 serving	1 serving 80g = Apple 80g = Banana 80g = Orange 80g = Grape 80g = Watermelon 80g
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
Water: 8 servings		+ 1 serving	+ 2 servings	+ 3 servings	2 servings = Steam rice 110g = Rice noodle 120g = Corn 120g = Bread 74g
					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 8g	=	Honey 6g	=	Fish sauce 25g	=	Soy sauce 35g
3g =	Table salt 3g	=	Broth soup powder 5g	=	Seasoning 6g	=		=	

OILS & FATS: 5 servings

1 serving =	Oils 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	=		=		=		=		=	
1 serving =	80g	=		=		=		=		=	

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	=	

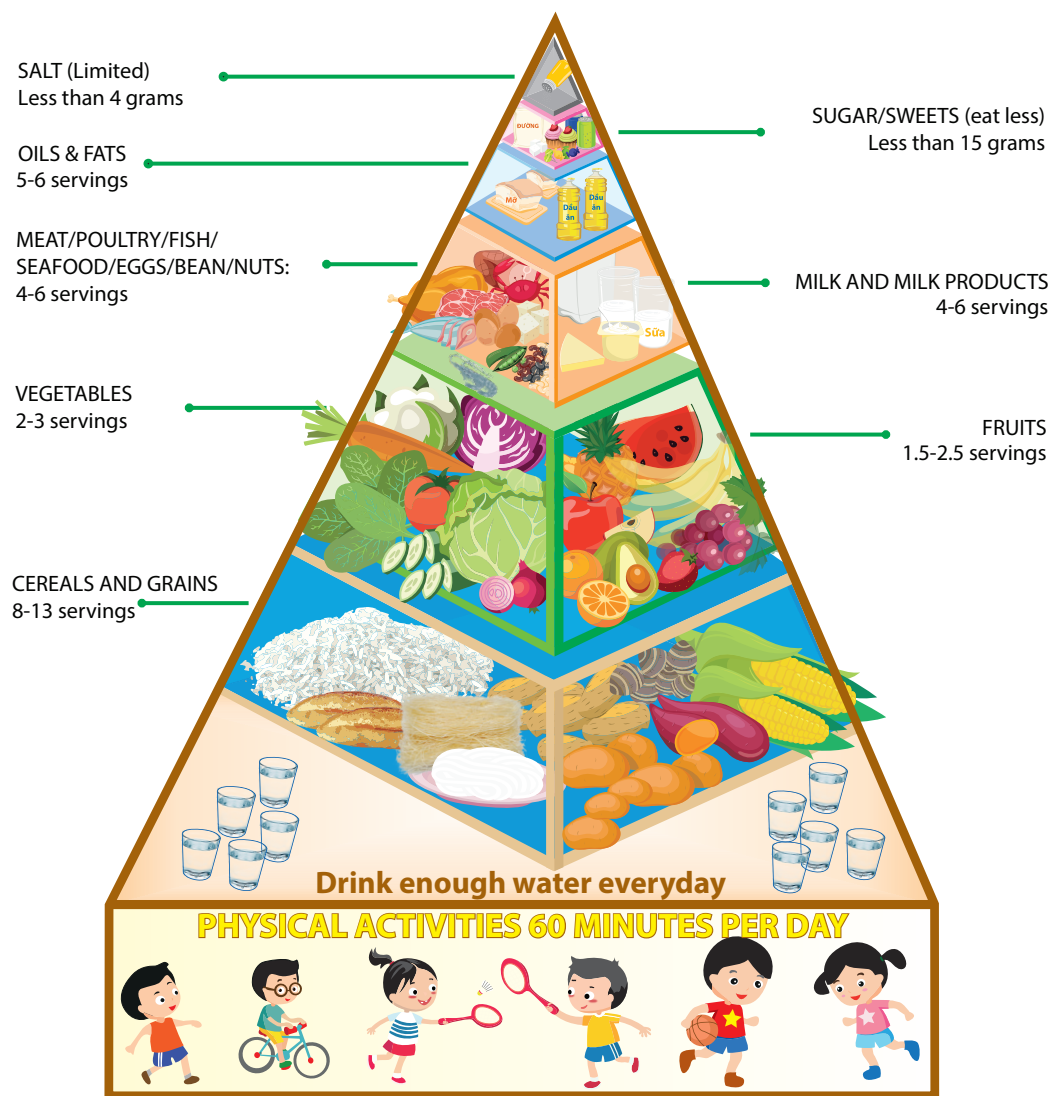
Water: 1,3 liter (6 Glasses)

1 serving =	200ml	=		=		=		=	
-------------	-------	---	--	---	--	---	--	---	--



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), Tofu 65g (A block of tofu), Fresh sea shrimp 87g (3 medium shrimps), 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), 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), 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

1 serving =



Sugar 5g



Honey 6g

SALT : < 5 grams

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

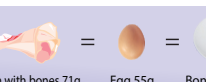
**MEAT/POULTRY/FISH
/SEAFOOD/EGGS
/BEAN/NUTS:
5 - 6 servings**

1 serving = 7 grams of protein

1 serving =



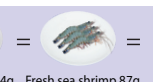
Lean pork 38g



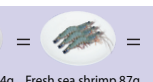
Chicken with bones 71g



Egg 55g



Boneless fish 44g



Fresh sea shrimp 87g



Tofu 65g



Sesame, peanut 30g

VEGETABLES : 3-4 servings

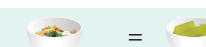
FRUITS : 3 servings

1 serving = 80 grams

1 serving =



Cooked leafy vegetables (1/2 bowl)



Cooked vegetables (1/2 bowl)



Boiled zucchini (10 pieces)

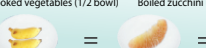


Tomato (1/2 big tomato)

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)

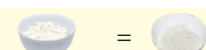
**CEREALS AND GRAINS:
12-16 servings**

1 serving = 20 grams of Glucid

1 serving =



Steam rice 55g (A half of a bowl)



Pho noodles 60g (A half of a bowl)



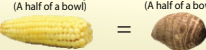
Rice noodles 80g (A half of a bowl)



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



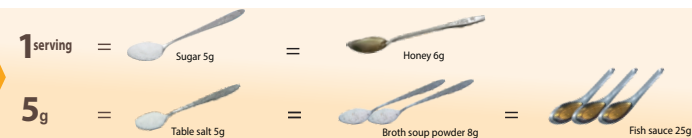
THÁP DINH DƯỠNG DÀNH CHO TRẺ TỪ 15-19 TUỔI (FOOD PYRAMID FOR ADOLESCENT 15-19 YEARS OLD)

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

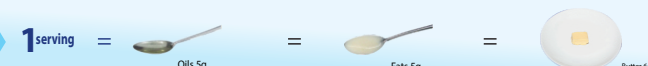


SUGAR: < 5 servings

SALT : < 5 grams



**OILS & FATS:
5 - 6 servings**



**MILK AND MILK PRODUCTS:
6 servings**

1 serving = 100 milligrams of Calcium



**MEAT/POULTRY/FISH
/SEAFOOD/EGGS
/BEAN/NUTS:
6 - 8 servings**

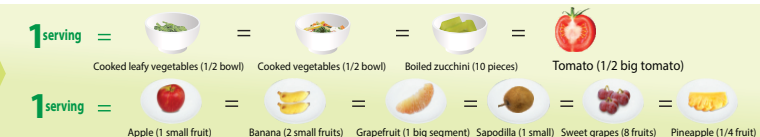
1 servings = 7 grams of protein



VEGETABLES : 3-4 servings

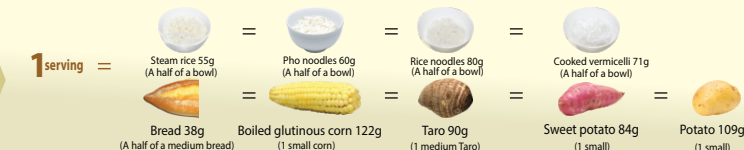
FRUITS : 3 servings

1 serving = 80 grams



**CEREALS AND GRAINS:
14-17 servings**

1 serving = 20 grams of Glucid



Water: 8 - 12 servings

