

Chart of Daily Food Group Servings for Breastfeeding Mothers

Food Group	Serving per day	Serving size
Rice Noodle Bread Cereals Tubers	8	<ul style="list-style-type: none"> Rice: 1 cup (2 scoops) Rice porridge: 2 cups Bread: 2 slices Breakfast cereal: 1 cup Bihun/laksa, soaked: 1 ½ cups Mi Kuey teow, wet: 1 cup Potato: 2 whole Sweet potato/yam/tapioca: 1 cup
Vegetables	3	<ul style="list-style-type: none"> Green leafy veggies: 1 cup (raw) Root veggies (carrot): ½ cup Fruit veggies (tomato): 2 medium sized/ ½ cup (cooked)
Fruit	2	<ul style="list-style-type: none"> Apple/Chinese pear/mango/ciku: 1 whole Banana, berangan: 1 whole Durian: 3 ulas Guava/pear: ½ whole Watermelon/papaya/pineapple: 1 slice Orange: 1 medium-sized Grapes: 8 small
Fish Poultry Eggs	4	<ul style="list-style-type: none"> Chicken: 1 piece of medium-sized drumstick Beef, lean: 2 slices (matchbox-sized) Eggs: 2 eggs Anchovies (head removed): 2/3 cup Ikan selar/kembung: 1 medium Squid: 2 medium
Legumes	1	<ul style="list-style-type: none"> Chickpea/dhal: 1 cup Green/mung bean/canned baked bean: 1 ½ cups Tempe/Taukua/Tauhu: 2 pieces Unsweetened soya bean milk: 1 ½ glasses
Milk and milk products	3	<ul style="list-style-type: none"> Milk: 1 glass Yoghurt: 1 cup Cheese: 1 slice

Adapted from <http://www.myhealth.gov.my/index.php/my/pemakanan/penyusuan-susu-ibu/diet-during-lactation-breastfeeding> & MDG

Sample Meal Plan for Breastfeeding Mother

Breakfast	<ul style="list-style-type: none"> Fried rice (1 ½ cups) cooked with carrot (1/4 cup) and French beans (1/4 cup) + Soya bean curd (1/2 piece) + chicken (1 drumstick) + fried egg (1 whole) Low fat milk (1 cup)
Morning Tea	<ul style="list-style-type: none"> Bread (2 slices) + Cheese (1 slice) Pisang Emas (2 whole) Tea (1 cup) with low fat milk (¼ cup)
Lunch	<ul style="list-style-type: none"> Bihun sup (1 ½ cup) cooked with small prawn (10 pieces) + beef (2 slices) + sawi + tomato + baby corn (1 cup) Iced lemon tea (with 1 teaspoon sugar)(1 glass)
Afternoon Tea	<ul style="list-style-type: none"> Rojak pasembor (1 ½ cup) consists of soyabean curd (1/2 piece) + bean sprout + potato + cucumber + turnip + kuah kacang (1/4 cup) Low fat chocolate drink (1 glass)
Dinner	<ul style="list-style-type: none"> White rice (2 cups) Sayur campur (½ cup) Ikan kembung goreng berlada (1 medium) Guava (1/2 whole) Plain water (1 glass)

Standard measurements used

1 cup = 200ml
 1 glass = 250ml
 1 tablespoon = 15ml
 1 dessert spoon = 10ml
 1 teaspoon = 5ml

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