

	Nutrient	Normal	Pregnant	Breastfeeding
<input type="checkbox"/>	Energy (Kcal)	2000	2350	2550
<input type="checkbox"/>	Protein (g)	41	54	65
<input type="checkbox"/>	Calcium (mg)	450	1200	1200
<input type="checkbox"/>	Iron (mg)	28	28	28
<input type="checkbox"/>	Vit. A (mcg)	750	750	1200
<input type="checkbox"/>	Vit. D (mcg)	2.5	10.0	10.0
<input type="checkbox"/>	Folic acid(mcg)	200	400	300
<input type="checkbox"/>	Vit. C (mcg)	30	50	50
<input type="checkbox"/>	Vit. B6 (mcg)	13	15.3	16.6

Food Group Suggested serving per day			
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Cereal, rice, pasta, root (potato, sweet potato, carrot) Example of per serving: Cereal/rice = ½ cup Pasta/mee, meehun = ½ cup Potato/sweet potato = 1 average size Bread = 1 piece Capati (small size) = ½ piece Plain porridge = 1 cup Plain biscuit = 3 pieces	11	11	12
Fat, oil, (butter, cream)	10 tea spoon	10 tea spoon	10 tea spoon
Poultry, fish, beans, egg, nut <input type="checkbox"/> <input type="checkbox"/> Example of per serving: Chicken breast = 1 piece Kembong fish = 1 Red meat = 2 pieces (1 piece = matches box) Anchovies (ikan bilis) = 5 table spoons Tau-fu (tau-gua) = 2 pieces Eggs = 2 Nut = 1 cup Tempe (fermented soy bean cake) = 2pieces	3	4	5
Milk, yogurt, cheese <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Example of per serving: Fresh milk = 1 glass Yogurt = 1 tub Cheese = 1 piece	1-2	2-3	2-3
Vegetables <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Example of per serving: Green leafy vegetable = ½ cup Tomato/carrot= ½ cup	2	3	3-4
Fruits <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Example of per serving: Banana = 1 Apple/orange = 1 Water melon/papaya = 1 cut	3	3	3-4

