



## Balanced Diet 均衡飲食(英文)

### Purpose

Balanced diet provides calories and various nutrients inquired by a healthy adult in order to maintain physiology function operating normally.

### General principles

1. Balance your nutrients from a variety of foods to supply needs required by your body; foster a good eating habit of eating all kinds of food.
2. Assess calorie upon individual height, body weight, and actual activity.
3. Daily protein intake should be 12% of your total calories, within permitted range of 10~14%.
4. Daily fat intake should be 25% of the total weight, within permitted range of 20~30%.
5. Daily carbohydrate intake should be 63% of the total weight, within permitted range of 58~68%; reduce exquisite sugary food intake down to 10% of the total intake.
6. To prevent cardiovascular diseases from occurring, daily cholesterol intake should be under 300 mg.
7. Maintain light diet of daily sodium intake less than 8~10 grams (including table salt, sauce, monosodium, glutamate, and pickled and salinity processed foods).

### Six major types of basic food

Category	Items	Main function
Low-fat dairy products	fresh milk, milk powder, cream cheese slice	Foods containing abundant protein and

		calcium quality can prevent fragile bone.
Cereals	Rice, bread, plain wheat roll, sweet potato, corn, taro etc.	Providing calories, carbohydrate, and some proteins needed by our body.
Soybean, fish, meat, egg	egg, fish, bean and the bean ware, pig, sheep, cattle, chicken, duck, and goose meat etc.	Containing abundant protein to develop muscle growth.
Vegetables	Melon, leaf's vegetables, carrot, great tomato etc.	Providing vitamin and mineral and cellulose.
Oils and nuts	Salad oil, peanut oil, olive oil, cashew nut, almond fruit, walnut etc.	Containing calories, essential fatty acids to promote lipid-soluble vitamin absorption.
Fruits	Guava, orange, apple, watermelon, banana etc.	Providing abundant vitamin C and parts of cellulose.

Picture source: Department of Health

### Suggested food guide for daily intake

Group	Low-fat dairy products	Soybean, fish, meat, egg	Cereals	Oils and Nuts	Vegetables	Fruit
The food takes						

quantity						
Normal period	1.5~2 cup	3~8 serving	1.5~4 Bowl	Oil 3~7teaspoon Nuts 1 serving	3 Disc	2 serving
*The pregnancy expects	3 cup	7 serving	3-6 Bowl	3-4 Soup	3-4 Disc	3-4 serving
*The breast feed expects	3 cup	7-8 serving	3-7 Bowl	3-4 Soup	3-4 Disc	3-5 serving

\*the diet suggestion depend on individual status

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若有任何疑問，請不吝與我們聯絡  
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