GUIDE TO Balanced Nutrition

FOR PARENTS AND CAREGIVERS
Building a healthy family for a bright future.

Our nation’s future starts from my family.
BALANCED NUTRITION GUIDE
FILL MY PLATE (ISI PIRINGKU)

Vegetables

Protein

Staple Foods

Water
6-8 glasses per day

Fruit

Eat nutritious food

Exercise regularly

Wash hands with soap and running water
The importance of a variety of safe, nutritionally balanced foods for the family

Eating a variety of safe and nutritionally balanced foods is essential for all family members because it will strengthen the immune system and reduce the risk of disease.

Moreover, a diverse diet also encourages the family to try new dishes rather than eating the same food again and again!

Don’t forget to eat vegetables and fruit along with animal and plant-based protein at every meal.
A balanced diet should include all of the necessary nutrients for our body in the right proportions. The more diversified and balanced the food we consume, the greater the chance for our body to meet our daily nutritional needs.

**Functions of Food**

**Energy**
To provide energy to fuel our activities such as working, thinking and performing other physical activities

**Growth**
To repair and build our bodies’ tissues, necessary for the formation of bones, teeth, muscles, skin and blood

**Regulation**
To regulate various activities of our bodies to function well
HOW TO SELECT GOOD FOOD SOURCES AND PREPARE A NUTRITIOUS MEAL

A healthy and balanced diet takes account of different nutritional needs in our bodies. As a standard measurement, we can use what we call Recommended Dietary Allowances (RDA) to measure general daily nutritional needs for people in general.

RDA for children aged 7-8 years old ranges from 1,600 to 2,000 kilocalories (kcal).
Let’s keep an eye on our daily sugar, salt and fat (SSF) intake

It is important to watch out for sugar, salt and fat in our daily food. They are essential to our diet but their daily intake should meet the following maximum servings:

- **Sugar (S4):** 4 tablespoons or 50 g/person/day
- **Salt (S1):** 1 teaspoon or 5 g/person/day
- **Fat/Oil (F5):** 5 tablespoons or 67 g/person/day
LET'S LIMIT OUR CONSUMPTION OF FOOD HIGH IN SUGAR, SALT AND FAT (SSF), WHICH WE EAT EVERY DAY

Do you know why we should cook our meals every day?
Because we can be sure of what is in our food.
So many of the food shown below are easily found sold in various places and they contain sugar, salt, and fat exceeding our daily needs.
Drink enough clean and boiled water

Eat nutritionally balanced and diverse meals

Consume high-protein foods

Limit consumption of sugar, salt and fat

Do regular physical activities and monitor healthy body weight

Wash hands with soap and running water for 60 seconds

Make healthy breakfast a daily habit

Nutrition Facts

Read food label

Eat more fruit and vegetables

Be grateful for the food we eat

Limit consumption of sugar, salt and fat

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Nutrition Facts

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Eat more fruit and vegetables

Be grateful for the food we eat
Be physically active regularly

Doing regular physical activities can help boost our immune systems and improve metabolism. Doing physical activities regularly improves blood flow, reduces stress and makes us energetic and in a better mood.

Do physical activities for 30-60 minutes every day.

- Doing house cleaning
- Be creative at home
- Light exercise
- Gardening
- Regular walking and cycling
- Grocery shopping
MAKE SURE TO EAT ENOUGH
FRUIT AND VEGETABLES

Fruit and vegetables are the best sources of vitamins and minerals. In addition to that, fruit and vegetables are also the main sources of fiber, which is important in our diet.

Another important fact is that vitamins and minerals in fruit and vegetables are also good sources of antioxidants. Antioxidants are thought to have a protective effect against free radicals in our body and help improve our immune systems, therefore lowering our risk of catching various chronic diseases.
**LET'S ENJOY THE RAINBOW OF VEGETABLES**

**EXAMPLES OF VITAMINS AND MINERALS IN VEGETABLES**

<table>
<thead>
<tr>
<th>NAME</th>
<th>MINERALS</th>
<th>VITAMINS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli</td>
<td>Calcium, Phosphorus, Magnesium, Iron</td>
<td>A, B, C, E, K</td>
</tr>
<tr>
<td>Carrot</td>
<td>Potassium, Phosphorus, Calcium</td>
<td>A, B6, B8, B9, K1</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Calcium, Iron, Sodium</td>
<td>C, K</td>
</tr>
<tr>
<td>Chili</td>
<td>Calcium, Potassium</td>
<td>A, C, B1, B2</td>
</tr>
<tr>
<td>Eggplant</td>
<td>Calcium, Potassium, Manganese, Phosphorus</td>
<td>B9, K</td>
</tr>
<tr>
<td>Garlic</td>
<td>Manganese, Calcium, Iron, Zinc, Phosphorus</td>
<td>B6, C</td>
</tr>
<tr>
<td>Moringa</td>
<td>Iron, Calcium, Potassium, Magnesium, Zinc</td>
<td>A, B1, B2, B3, B6, B9, C</td>
</tr>
<tr>
<td>Pumpkin</td>
<td>Potassium, Iron, Magnesium</td>
<td>A, C</td>
</tr>
<tr>
<td>Red Bell Pepper</td>
<td>Potassium</td>
<td>B6, C</td>
</tr>
<tr>
<td>Spinach</td>
<td>Iron, Calcium, Magnesium</td>
<td>A, B, B6, B9, C, E, K1</td>
</tr>
<tr>
<td>Yellow Tomato</td>
<td>Potassium</td>
<td>B9, C</td>
</tr>
</tbody>
</table>
# Let's Enjoy the Rainbow of Fruit

## Examples of Vitamins and Minerals in Fruit

<table>
<thead>
<tr>
<th>Name</th>
<th>Minerals</th>
<th>Vitamins</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
<td>Calcium, Magnesium</td>
<td>A, C</td>
</tr>
<tr>
<td>Avocado</td>
<td>Calcium, Magnesium</td>
<td>A, C</td>
</tr>
<tr>
<td>Banana</td>
<td>Magnesium, Potassium</td>
<td>B6, C</td>
</tr>
<tr>
<td>Citrus</td>
<td>Potassium</td>
<td>A, B1, B9, C</td>
</tr>
<tr>
<td>Coconut</td>
<td>Potassium, Magnesium</td>
<td>A, B9, C, D, E, K</td>
</tr>
<tr>
<td>Dragonfruit</td>
<td>Magnesium, Calcium, Iron</td>
<td>C, B2, B3</td>
</tr>
<tr>
<td>Grapes</td>
<td>Calcium, Magnesium</td>
<td>A, B1, B2, C</td>
</tr>
<tr>
<td>Guava</td>
<td>Calcium, Potassium, Phosphorus, Magnesium</td>
<td>A, B. Complex, C, E, K</td>
</tr>
<tr>
<td>Mango</td>
<td>Calcium, Magnesium</td>
<td>A, C</td>
</tr>
<tr>
<td>Papaya</td>
<td>Calcium, Potassium</td>
<td>A, B1, B9, C, K</td>
</tr>
<tr>
<td>Starfruit</td>
<td>Potassium, Magnesium</td>
<td>A, B9, C</td>
</tr>
<tr>
<td>Watermelon</td>
<td>Calcium, Magnesium</td>
<td>A, C</td>
</tr>
</tbody>
</table>
Always start the day with a healthy and nutritionally balanced breakfast. Breakfast is essential in providing the energy for our body to do our daily activities. Our body needs sufficient energy to carry out all of our activities in the morning and that energy comes from breakfast. It keeps our body fit and energized.
EXAMPLES OF A HEALTHY BREAKFAST

Chicken porridge  or  Egg sandwich  or  Beef and carrot rice cake

Getting the family to be involved in preparing a variety of breakfasts will build the spirit of creativity and support activities for the whole family.
The importance of breakfast

The energy requirement for children aged 7-12 years old is 1,600-2,000 kcal/day. The recommended breakfast contains 15-30 percent of RDA to allow children to have sufficient energy to do their daily activities.

Various children’s activities are supported by adequate calories daily. As the first meal of the day, breakfast is essential for boys and girls, although in different amount, depending on their body weight and their daily activities.

Preparing healthy meals at home can support your children immune systems and provide for their energy requirement each day. Involve your children in choosing a healthy menu they like, to understand the importance of consuming healthy home-cooked meals.

<table>
<thead>
<tr>
<th>ENERGY REQUIREMENT FOR CHILDREN 7-12 YEARS OLD</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BOYS</strong></td>
</tr>
<tr>
<td>ENERGY</td>
</tr>
<tr>
<td>PROTEIN</td>
</tr>
</tbody>
</table>
FOOD SAFETY AND HYGIENE PRACTICES IN FOOD PREPARATION

As much as we need a healthy and balanced diet for good health, we also need to remember the principles of food hygiene and safety practices. It is essential that we keep these in mind when we prepare food:

- Make sure the kitchen tools and food materials are clean.
- Make sure that your place is clean from garbage and free from pests like rats, house lizards and bugs.
- Refrain from using frying oil for more than twice, as it is always better to use new oil.
- Replace the use of artificial flavoring and MSG with the combination of salt, sugar, pepper and other cooking spices.
<table>
<thead>
<tr>
<th>Step</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Wash hands with soap and running water. Wash produce before processing.</td>
</tr>
<tr>
<td>2</td>
<td>Keep kitchen tools, raw food materials and cooked food in separate storage/containers.</td>
</tr>
<tr>
<td>3</td>
<td>Make sure food is cooked properly and thoroughly, especially animal food products.</td>
</tr>
<tr>
<td>4</td>
<td>Use clean water and clean, safe raw food materials.</td>
</tr>
<tr>
<td>5</td>
<td>Store cooked food in an accurate and safe temperature.</td>
</tr>
</tbody>
</table>
Clean and Healthy Life Practices Are Essential in the Kitchen

Many activities inside and outside of our homes expose us to dirt and germs from various places. We need to pay attention in the kitchen and stay away from trash, smoke and pests like rats. Always practice these clean and healthy habits while preparing food in the kitchen.

1. **Always Use Apron**: Wash apron regularly to keep it clean when you cook.

2. **Wear Hair Restraints While Cooking**: Always wear hair restraints to avoid cross-contamination with food.

3. **Wash Hands with Soap**: Wash hands with running water for 60 seconds before and after cooking to avoid germs and bacteria from food.
LET'S COOK DELICIOUS AND HEALTHY MEALS
1. Grind these: garlic, shallots, coriander seeds, candlenuts, turmeric and galangal. Saute ground spices with lemongrass, 3 bay leaves, lime leaves and ginger, then put aside.

2. Boil chicken for stock. Divide chicken stock into two: half for the soup, and the other half to cook the porridge.

3. For the porridge, cook the rice with chicken stock, add salt and 3 bay leaves. Keep stirring until it becomes porridge, then throw in carrots and green beans. Stir for one minute, then turn off the heat so the vegetables will not be overcooked.

4. For the soup, cook the remaining stock with sauteed ground spices, add salt, pepper and chopped green onions.

5. For serving, add the quail eggs (boiled and peeled) and garnish with a tablespoon of shredded chicken and fried shallots on top. Add sweet soy sauce as you please.

Nutrient content per serving:
Energy 486 kcal and Protein 16.9 gr
INGREDIENTS

Fried vermicelli:
- 400 gr corn vermicelli
- 250 gr mustard greens
- 250 gr white cabbage
- 10 gr dried shrimp (dried ebi)
- 5 cloves shallot
- 3 cloves garlic
- 1 teaspoon salt
- 1 teaspoon pepper
- 250 gr carrot
- 50 ml sweet soy sauce
- 3 stalks green onion

Fried chicken:
- 800 gr chicken
- 1 whole lime, juiced
- 1 teaspoon salt
- 7 cloves shallot
- 5 cloves garlic
- 2 cm ginger
- 2 cm turmeric
- 10 gr coriander seeds
- 5 candlenuts
- 1 teaspoon pepper
- 3 bay leaves
- 50 gr galangal
- 3 stalks lemongrass

Fruit:
- 1.1 kg oranges
  (10 pcs of orange)

PREPARATION:

For fried vermicelli
1. Soak corn vermicelli with boiled water then drain.
2. Peel and cut carrot into matchsticks or long slices.
3. Chop mustard greens and cabbage into a long and thin slices, then thinly slice green onions.
4. Saute dried shrimps until cooked through and dry.
5. Grind shallots, garlic, salt, pepper and dried shrimp.
6. Saute until cooked and fragrant.
7. Add carrot in and stir until a little soft but not fully cooked.
8. Add mustard greens and cabbage along with sweet soy sauce and green onions to taste.
9. Add in corn vermicelli and stir until all ingredients are evenly mixed on medium heat.

For fried chicken
1. Marinate chicken cuts with lime juice and salt for 5 minutes, then rinse clean.
2. Grind shallots, garlic, ginger, turmeric, coriander seeds, candlenut and pepper.
3. Cover chicken cuts with ground spices then add in bay leaves, galangal and bashed lemongrass stalks.
4. Fry the marinated chicken with enough oil to cover it until golden.
SAVOURY RICE + YELLOW SAUCE TUNA

Nutrient content per serving:
Energy 499 kcal and Protein 21.3 gr

INGREDIENTS

**Savoury rice:**
- 750 gr white rice
- 200 gr red beans
- 5 cloves shallot
- 3 cloves garlic
- 1 teaspoon salt
- 3 bay leaves
- 3 pandan leaves
- 3 lime leaves
- 3 stalks lemongrass
- 20 ml frying oil

**Yellow sauce tuna:**
- 800 gr tuna fillet
- 4 pcs of lime, juiced
- 1 teaspoon salt
- 5 cloves shallot
- 3 cloves garlic
- 4 candlenuts
- 2 cm turmeric
- 2 cm ginger
- 50 gr red chili
- 200 gr tomato
- 1 tablespoon oil
- 100 gr carrot
- 200 gr cabbage
- 200 gr chayote
- 1 teaspoon sugar

**Fruit:**
- 1.1 kg oranges
  (10 pcs of orange)

PREPARATION:

**For savoury rice**
1. Wash rice until the water becomes clear then pour it into the rice pot to cook.
2. Add in red beans that were washed, soaked and boiled previously.
3. Grind the spices (shallots, garlic and salt).
4. Add the ground spices to the pot along with bay leaves, pandan leaves, lime leaves and lemongrass with a tablespoon of oil. Saute until fragrant.
5. Add rice to the steamer and cook thoroughly.

**For yellow sauce tuna**
1. Coat tuna with lime juice and salt, let it sit, then rinse it off. Fry until half-cooked.
2. Grind shallots, garlic, candlenut, turmeric, ginger and salt.
3. Slice chilies and tomatoes.
4. Saute ground spices with a tablespoon of oil until fragrant, then pour in water until soupy.
5. Add fish and chopped carrots, cabbage and chayote to the soup.
6. Add salt and sugar to taste, cook until fish and vegetables are cooked.
VEGETABLE FRIED RICE + SUNNY SIDE UP EGG

Nutrient content per serving:
Energy 469 kcal and Protein 13.3 gr

INGREDIENTS

**Vegetable fried rice:**
- 250 gr corn
- 250 carrot
- 5 cloves shallot
- 3 cloves garlic
- 5 pcs big red chilies
- 1 teaspoon pepper
- 1 teaspoon dried shrimp (ebi kering)
- 1 teaspoon salt
- 3 tablespoons vegetable oil
- 1.5 kg cooked rice
- 3 stalks green onion
- 3 tablespoons sweet soy sauce
- 2 tablespoons fish sauce
- 1 tablespoon mushroom stock (optional)

**Sunny side up egg:**
- 10 eggs
- 3 tablespoons vegetable oil

**Garnish:**
- 5 tablespoons fried shallots
- 50 gr crackers

**Fruit:**
- 500 gr banana (10 pcs of banana)

PREPARATION:

**For vegetable fried rice**
1. Wash corn and then comb it off.
2. Wash carrot and cut in small dices.
3. Grind shallot, garlic, chilies, pepper, dried shrimp and salt.
4. Heat oil and saute ground spices.
5. Add all the sliced vegetables.
6. Pour in rice then add in salt and pepper, and green onions.
7. Add sweet soy sauce and fish sauce and mushroom stock to taste.
8. Stir rice until evenly covered.
9. Serve with sunny side up egg and cracker.

**For sunny side up egg**
1. Heat vegetable oil.
2. Crack eggs carefully, to avoid breaking the yolk.
3. Fried until cooked, then serve it on top of the fried rice.
KENAMBAY UMBAY PORRIDGE

Nutrient content per serving:
Energy 473 kcal and Protein 20.3 gr

PREPARATION:

1. Make a fish stock from fresh fish in a boiling water. Strain stock to eliminate small bones.
2. Separate fish meat from bones.
3. Make porridge by mixing fish stock with diced cassava, sweet potato and yam. Stir continuously until thickens.
4. Saute fish meat with chopped turmeric and ginger, then add lemongrass, bay leaves and salt.
5. Mix sauteed fish into the porridge, then add shelled corn. Put in chopped spinach and diced tomatoes.
6. Peel boiled eggs and cut in halves. Serve on top of porridge.

INGREDIENTS

Fruit:
1.8 kg watermelon
(10 slices of watermelon)

300 gr fish
500 gr cassava
400 gr sweet potato
300 gr yam
50 ml frying oil
2 cm turmeric
2 cm ginger

RECIPES FOR 10 SERVINGS

3 stalks lemongrass
3 bay leaves
1 teaspoon salt
300 gr corn
200 gr spinach
100 gr tomato
10 boiled eggs
Cooking together is a fun activity that can be done with the whole family. It brings everyone closer to each other.