Tumpeng Gizi Seimbang for Healthy Life

Limit sugar, salt and fat (SSF)

2-4 portions plant protein
2-4 portions animal protein
3-4 portions vegetables
2-3 portions fruit
3-4 portions staple foods

Maintain healthy body weight
Drink 6-8 glasses of water per day
Do physical activity regularly
Wash hands with soap and running water for 60 seconds