

# Dietary Guidelines for Indonesian



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Consume variety foods

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Consume foods to meet energy need

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Consume Carbohydrate source foods to meet a half of energy need

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Limit consumption of fat and oil to a quarter of energy need

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Use Iodized salt

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Consume Iron-rich foods

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Breastfed infant exclusively until 4 months of age and continue with the addition of

8

Have breakfast every day

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Drink clean and safe water at sufficient

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Do physical activity regularly

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Avoid alcoholic beverages

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Consume safe and healthy meals.

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Read labels when purchasing foods.