



Food and Agriculture
Organization of the
United Nations

MYANMAR FOOD ATLAS :

A user guide to aid food
portion size estimation

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Introduction

The Myanmar food atlas is a series of photos displaying a variety of foods in standard serving sizes. The photos represent a range of foods customarily consumed by Myanmar people. The food atlas serves as a visual aid with food items in specific quantities or servings for exchange that is useful for meal planning and for fulfilling energy and nutrient requirement as well as special dietary needs of the individuals.

Various food composition tables and databases have been referenced and the Myanmar dietary habits have been considered in standardizing the weight and/or volume of foods for developing this pictorial food guide to aid food portion size estimation. Food items are categorized into six food groups and each food group shares a similar nutrient value(s) of interest. A serving of food can be exchanged with another food serving from the same food group with an aim to promote dietary diversity and fulfill personal food preferences.

The Myanmar food atlas is easy to use. It is useful for consumers and health care professionals who have to devise diet plans and menu planning by interchanging foods within the same food group to allow more flexibility for people to follow healthy diets.

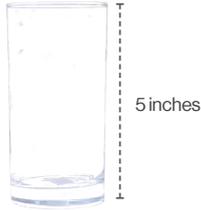
Features of the Myanmar food atlas

- ◆ Most commonly consumed foods from all regions of Myanmar are included.
- ◆ Serving sizes of foods are described by using commonly used household measures in Myanmar.
- ◆ Weighted foods are categorized into the standard six food groups.

Uses of the Myanmar food atlas

- ◆ An aid to educate and encourage consumers to choose or exchange food portions for improving dietary intakes and maintain healthy eating habits .
- ◆ An aid to design a meal plan that is individually tailored to meet specific energy and nutrient goals while considering personal preferences, ethnic, cultural and religious influences.
- ◆ An aid to estimate food and nutrient needs for the vulnerable population groups including children, pregnant and lactating women, elderly people, malnourished people, and people who are ill or immunocompromised and so on.
- ◆ An aid to estimate the quantity of food ingredients needed for any recipe and meal planning for healthy home and institutional catering, for example in nurseries, schools, hospitals and old age homes, and so on.
- ◆ An aid to offer flexibility in diet choices when following special diets, for example weight management, diabetes, cancer and cardiovascular diseases, and so on.
- ◆ An aid to improve the precision of estimating food intake in any dietary survey and food consumption survey in Myanmar.

Specification of household measures



Glass (Height)



Glass (diameter)



Bowl (Height)



Bowl (diameter)



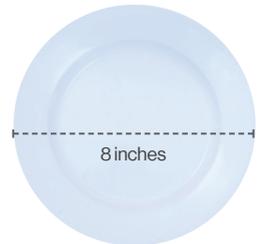
5 inches

Teaspoon



6 inches

Tablespoon



8 inches

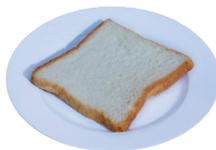
Plate (diameter)

Carbohydrate (grains and tubers)

1 carbohydrate serving is approximately equal to :



Bread, whole wheat
1 medium slice



Bread, white
1 medium slice



Corn kernel in bowl

1/2 bowl



1/2

Corn
on the cob



Fermented
thin rice noodle

1/2 bowl



Glutinous rice,
steamed

1/4 bowl/
2 tablespoons



Potato, boiled
2 medium-sized



Potato,
boiled (pieces)

1/2 bowl



Potato,
mashed

1/2 bowl



Rice berry,
steamed

1/2 bowl



Rice brown,
steamed

1/2 bowl



Rice white,
steamed

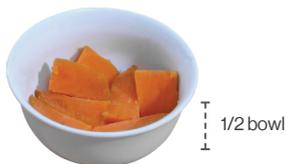
1/2 bowl

Carbohydrate (grains and tubers)

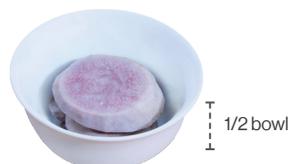
1 carbohydrate serving is approximately equal to :



Rice porridge



Sweet potato, steamed



Taro, steamed



Vermicelli, boiled



Wheat noodle

Fats and oils

1 fat serving is approximately equal to :



Butter



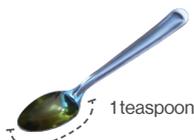
Coconut milk



Margarine



Mayonnaise



Oil (any variety)

Protein foods

Animal-based protein

1 animal-based protein serving is approximately equal to:



¼ piece

Tilapia, medium-sized



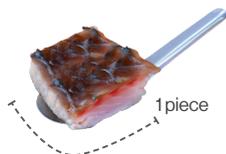
1 tablespoon

Anchovy



1 piece

Chicken thigh



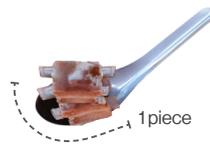
1 piece

Common silver
barb fish



2 eggs

Egg whites



1 piece

Pork rib



2 pieces

Lean mutton



1 egg

Hen egg



1 egg

Duck egg



2 pieces

Chicken feet



2 pieces

Prawns



2 pieces

Lean beef

Animal-based protein

1 animal-based protein serving is approximately equal to :



2 pieces

Pork loin



4 pieces

Chicken liver



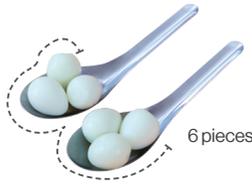
4 pieces

Shrimps



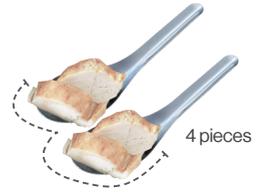
6 pieces

Knifefish



6 pieces

Quail eggs



4 pieces

Chicken breast

Dairy and non-dairy products

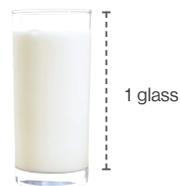
1 dairy or non-dairy product serving is approximately equal to :



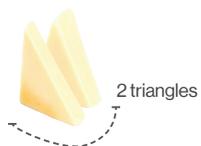
Yoghurt



Milk



Soy milk,
high calcium



Cheese



Milk powder

Plant-based protein

1 plant-based protein serving is approximately equal to :



1/2 bowl

Chickpea, boiled



1/2 bowl

Cowpea, boiled



1/2 bowl

Hyacinth bean, boiled



1/2 bowl

Lentil, boiled



1/2 bowl

Mung bean, boiled



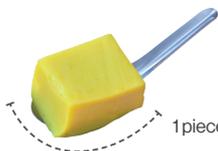
1/2 bowl

Pigeon pea, boiled



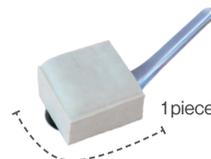
1/2 bowl

Kidney bean, boiled



1 piece

Tofu, chickpea based,
medium-sized



1 piece

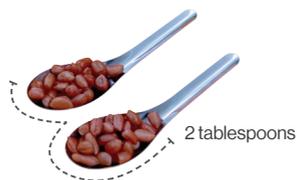
Soybean curd,
medium-sized

Nuts and seeds

1 nuts and seeds serving is approximately equal to :



Cashew nut,
roasted



Peanut,
boiled



Peanut,
roasted



Sesame seeds (black),
roasted



Sesame seeds (white),
roasted



Sunflower seeds,
roasted



Walnut roasted



Pumpkin seeds,
roasted

Fruits

1 fruit serving is approximately equal to :



½ fruit

Banana, medium
(Thimwe)



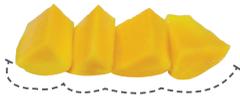
½ fruit (3 pieces)

Pear, large



½ fruit(4 pieces)

Dragon fruit,
medium



½ fruit (4 pieces)

Mango, medium



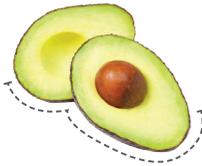
12-15 pieces

Papaya



1 bowl

Avocado, mashed



1 fruit of
medium size

Avocado, medium



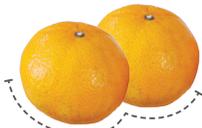
1 fruit of small size

Banana, small



1fruit

Mangosteen, medium



2 fruits

Mandarin, small



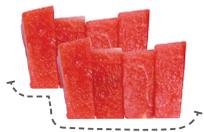
3 slices

Pomelo



6-8 pieces

Pineapple



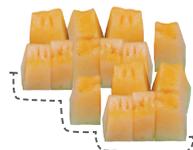
6-8 pieces

Watermelon



12-15 pieces

Grapes, green



12-15 pieces

Melon, cantaloupe

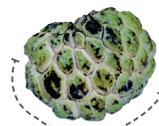
 $\frac{1}{2}$ fruit

Guava, medium



1 fruit

Apple, small



1 fruit

Sugar apple, small



6-8 pieces

Grapes,
red (seedless)

Cooked vegetables

1 serving is approximately equal to 1 bowl of cooked vegetables.



1 bowl

Asparagus



1 bowl

Baby corn



1 bowl

Bamboo shoot



1 bowl

Bitter melon



1 bowl

Bok choy



1 bowl

Bottle gourd



1 bowl

Cabbage



1 bowl

Broccoli



1 bowl

Cauliflower



1 bowl

Chayote leaves



1 bowl

Chinese cabbage



1 bowl

Climbing wattle



1bowl

Drumstick



1bowl

Eggplant



1bowl

Kale



1bowl

Chayote



1bowl

Pumpkin



1bowl

Radish



1bowl

Snake gourd



1bowl

Snap beans



1bowl

Soybean sprout



1bowl

Sponge gourd



1bowl

Spinach



1bowl

Water spinach



1 bowl

Winter melon



1 bowl

Yardlong bean



1 bowl

Winged bean

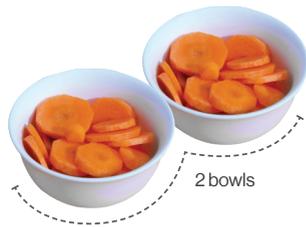


1 bowl

Roselle

Raw vegetables

1 serving is approximately equal to 2 bowls of raw vegetables.



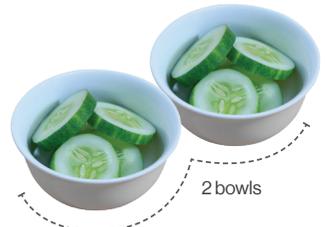
2 bowls

Raw carrot



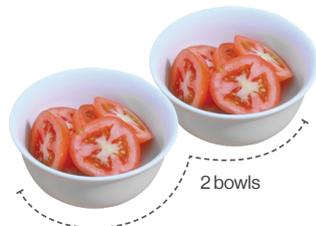
2 bowls

Raw lettuce



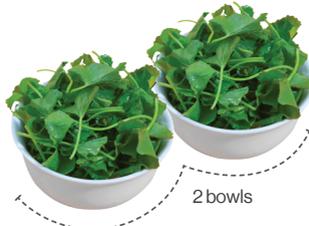
2 bowls

Raw cucumber



2 bowls

Raw tomato



2 bowls

Raw Indian pennywort

How to make the savory foods tasty with less added salt?

Use herbs and spices to enhance the flavor of foods in place of salt, seasonings and sodium containing condiments for food preparation.



Turmeric



Pepper



Basil



Cilantro



Clove



Cumin



Spring onion



Lemon



Lime



Coriander



Garlic



Shallots



Chili



Ground peppercorns



Ginger

! Start to reduce lots of salt and sugar added to your foods and drinks



Salt

According to the World Health Organization, the recommended salt intake is approximately only one teaspoon per day. If other sodium containing condiments and seasonings are preferred, added salt should be further reduced to less than one teaspoon. Iodized salt is recommended to use to meet daily iodine requirements.

Sugar

The recommended maximum intake of added sugars should be between 5 to 10 teaspoon per day (approximately 9 teaspoons for men and 6 teaspoons for women).

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