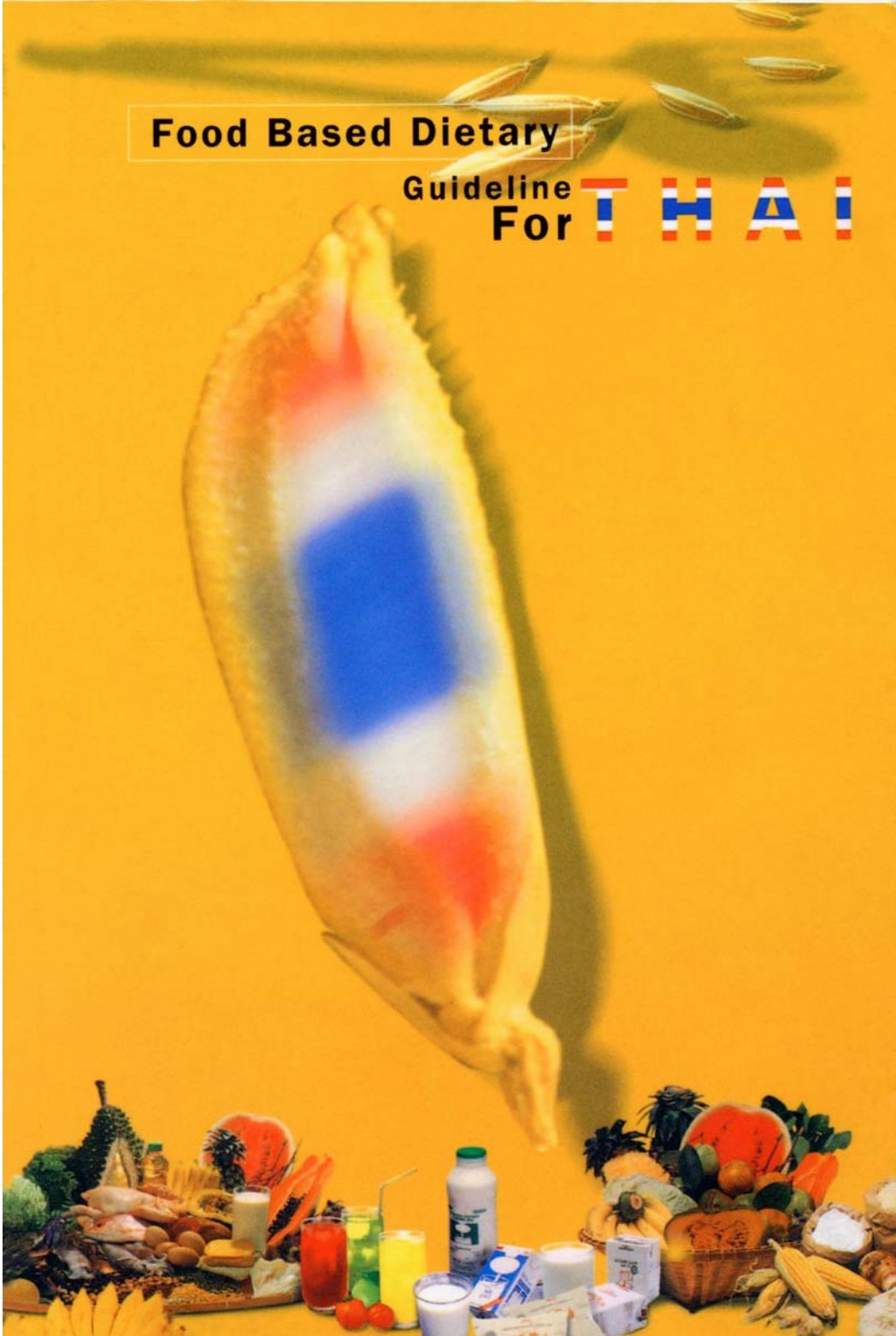


**Food Based Dietary**

Guideline For **T H A I**





## CONTENT

Rule No. <b>1</b>	Eat a variety of foods from each of the 5 food groups and maintain proper weight	5
Rule No. <b>2</b>	Eat adequate amount of rice or alternative carbohydrate sources	9
Rule No. <b>3</b>	Eat plenty of vegetables and fruits regularly	11
Rule No. <b>4</b>	Eat fish, lean meats, eggs, legumes and pulses regularly	15
Rule No. <b>5</b>	Drink milk in appropriate quality and quantity for one's age	19
Rule No. <b>6</b>	Eat a diet containing appropriate amounts of fat	23
Rule No. <b>7</b>	Avoid sweet and salty foods	27
Rule No. <b>8</b>	Eat clean and safe food	31
Rule No. <b>9</b>	Avoid or reduce the consumption of alcoholic beverages	35
Self-evaluation of Thai Food Based Dietary Guidelines		37