MYANMAR FOOD ATLAS:
A user guide to aid food portion size estimation
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Contents

◆ Disclaimer ........................................... i
◆ Acknowledgements ................................. iv
◆ Introduction ........................................ 1
◆ Features of the Myanmar food atlas .......... 2
◆ Uses of the Myanmar food atlas ............. 3
◆ Specification of household measures .......... 4
◆ Grains and tubers ................................... 5
◆ Fats and oils ......................................... 6
◆ Protein foods ....................................... 7-10
  Animal-based protein ......................... 7-8
  Dairy and non-dairy products ............... 9
  Plant-based protein ............................... 10
◆ Nuts and seeds ..................................... 11
◆ Fruits ............................................... 12-13
◆ Vegetables ......................................... 14-16
◆ How to make the savory foods ............... 17
  tasty with less added salt?
◆ Start to reduce lots of salt and sugar .......... 18
  added to your foods and drinks
◆ References ......................................... 19
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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.
Specifications of household utensils

Specification of household measures

**Glass (Height)**
- Height: 5 inches

**Glass (diameter)**
- Diameter: 2.25 inches

**Bowl (Height)**
- Height: 2 inches

**Bowl (diameter)**
- Diameter: 4.5 inches

**Teaspoon**
- Length: 5 inches

**Tablespoon**
- Length: 6 inches

**Plate (diameter)**
- Diameter: 8 inches

Photos©WFP
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

- Corn on the cob
  1/2

- 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

Photos © WFP
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)

Photos©WFP
Protein foods

Animal-based protein

1 animal-based protein serving is approximately equal to:

- Tilapia, medium-sized: ¼ piece
- Anchovy: 1 tablespoon
- Chicken thigh: 1 piece
- Common silver barb fish: 1 piece
- Egg whites: 2 eggs
- Pork rib: 1 piece
- Lean mutton: 2 pieces
- Hen egg: 1 egg
- Duck egg: 1 egg
- Chicken feet: 2 pieces
- Prawns: 2 pieces
- Lean beef: 2 pieces

Photos © WFP
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

Photos©WFP
Dairy and non-dairy products

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

- Yoghurt: ½ of glass
- Milk: ¾ of glass
- Soymilk, high calcium: 1 glass
- Cheese: 2 triangles
- Milk powder: 3 tablespoons
Plant-based protein

1 plant-based protein serving is approximately equal to:

- 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 (1/2 bowl)
- Tofu, chickpea based, medium-sized (1 piece)
- Soybean curd, medium-sized (1 piece)

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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

Photos©WFP
1 fruit serving is approximately equal to:

- Banana, medium (Thimwe)
  - ½ fruit

- Mango, medium
  - ½ fruit (4 pieces)

- Pear, large
  - ½ fruit (3 pieces)

- Dragon fruit, medium
  - ½ fruit (4 pieces)

- Avocado, medium
  - 1 fruit of medium size

- Avocado, mashed
  - 12-15 pieces

- Papaya
  - 1 bowl

- Banana, small
  - 1 fruit of small size

- Mangosteen, medium
  - 1 fruit

- Mandarin, small
  - 2 fruits

- Pomelo
  - 3 slices

- Pineapple
  - 6-8 pieces

Photos©WFP
Fruits

- Watermelon: 6-8 pieces
- Grapes, green: 12-15 pieces
- Melon, cantaloupe: 12-15 pieces
- Guava, medium: ½ fruit
- Apple, small: 1 fruit
- Sugar apple, small: 1 fruit
- Grapes, red (seedless): 6-8 pieces

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Cooked vegetables

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

Asparagus
Baby corn
Bamboo shoot
Bitter gourd
Bok choy
Bottle gourd
Cabbage
Broccoli
Cauliflower
Chayote leaves
Chinese cabbage
Climbing wattle

Photos©WFP
Cooked vegetables

- Drumstick
- Eggplant
- Kale
- Chayote
- Pumpkin
- Radish
- Snake gourd
- Snap beans
- Soybean sprout
- Sponge gourd
- Spinach
- Water spinach

Photos©WFP
Raw vegetables

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

Photos©WFP
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 peppers
- Ginger

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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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