



Food and Agriculture  
Organization of the  
United Nations

# MYANMAR FOOD ATLAS:

## A user guide to aid food portion size estimation



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# Disclaimer

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# Acknowledgements

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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)



Teaspoon



Tablespoon

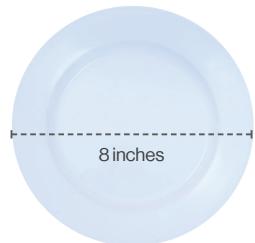
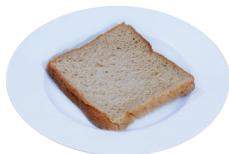


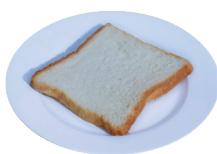
Plate (diameter)

# Carbohydrate (grains and tubers)

1 carbohydrate serving is approximately equal to :



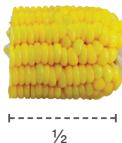
Bread, whole wheat  
1 medium slice



Bread, white  
1 medium slice



Corn kernel in bowl



Corn  
on the cob  
1/2



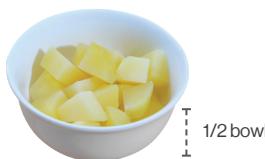
Fermented  
thin rice noodle



Glutinous rice,  
steamed



Potato, boiled  
2 medium-sized



Potato,  
boiled (pieces)



Potato,  
mashed



Rice berry,  
steamed



Rice brown,  
steamed



Rice white,  
steamed

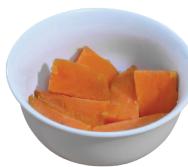
Photos©WFP

# Carbohydrate (grains and tubers)

1 carbohydrate serving is approximately equal to :



Rice porridge



Sweet potato, steamed



Taro, steamed



Vermicelli, boiled



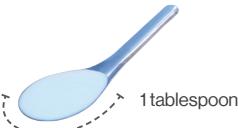
Wheat noodle

# Fats and oils

1 fat serving is approximately equal to :



Butter



Coconut milk



Margarine



Mayonnaise



Oil (any variety)

# Protein foods

## Animal-based protein

1 animal-based protein serving is approximately equal to :



Tilapia, medium-sized



Anchovy



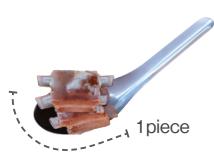
Chicken thigh



Common silver  
barb fish



Egg whites



Pork rib



Lean mutton



Hen egg



Duck egg



Chicken feet



Prawns



Lean beef

## Animal-based protein

1 animal-based protein serving is approximately equal to :



2 pieces

Pork loin



4 pieces

Chicken liver



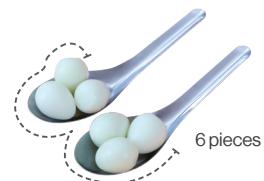
4 pieces

Shrimps



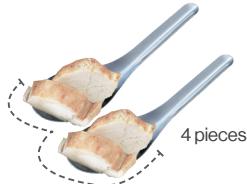
6 pieces

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



Soymilk,  
high calcium



Cheese



Milk powder

# Plant-based protein

1 plant-based protein serving is approximately equal to :



Chickpea, boiled



Cowpea, boiled



Hyacinth bean, boiled



Lentil, boiled



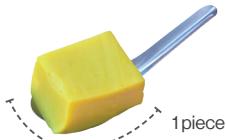
Mung bean, boiled



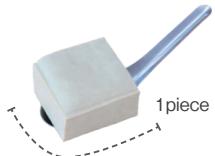
Pigeon pea, boiled



Kidney bean, boiled



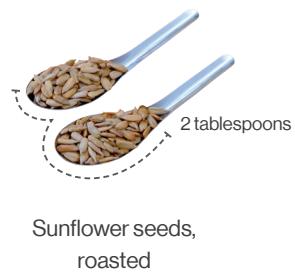
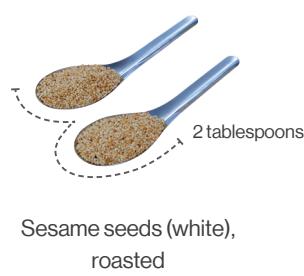
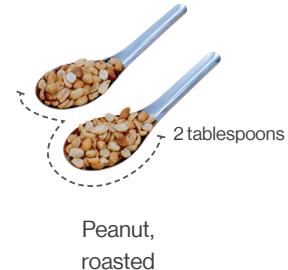
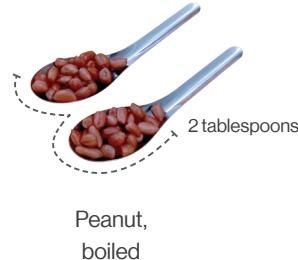
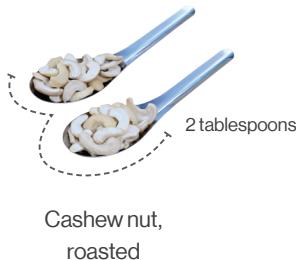
Tofu, chickpea based,  
medium-sized



Soybean curd,  
medium-sized

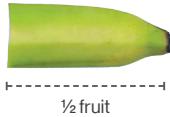
# Nuts and seeds

1 nuts and seeds serving is approximately equal to :



# Fruits

1 fruit serving is approximately equal to :



$\frac{1}{2}$  fruit

Banana, medium  
(Thimwe)



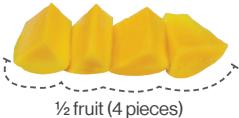
$\frac{1}{2}$  fruit (3 pieces)

Pear, large



$\frac{1}{2}$  fruit (4 pieces)

Dragon fruit,  
medium



$\frac{1}{2}$  fruit (4 pieces)

Mango, medium



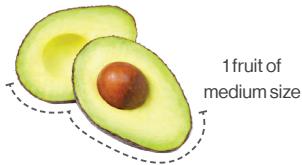
12-15 pieces

Papaya



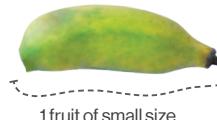
1 bowl

Avocado, mashed



1 fruit of  
medium size

Avocado, medium



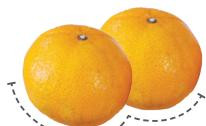
1 fruit of small size

Banana, small



1 fruit

Mangosteen, medium



2 fruits

Mandarin, small



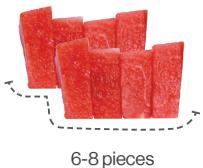
3 slices

Pomelo

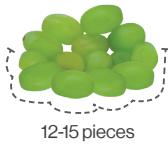


6-8 pieces

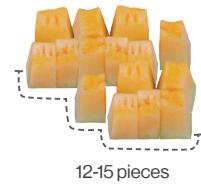
Pineapple



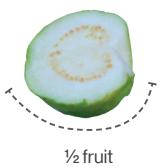
Watermelon



Grapes, green

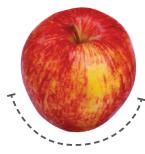


Melon, cantaloupe



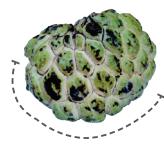
½ fruit

Guava, medium



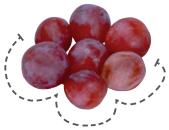
1 fruit

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.



Asparagus



Baby corn



Bamboo shoot



Bitter gourd



Bok choy



Bottle gourd



Cabbage



Broccoli



Cauliflower



Chayote leaves



Chinese cabbage



Climbing wattle



Drumstick



Eggplant



Kale



Chayote



Pumpkin



Radish



Snake gourd



Snap beans



Soybean sprout



Sponge gourd



Spinach



Water spinach



Winter melon



Yardlong bean



Winged bean



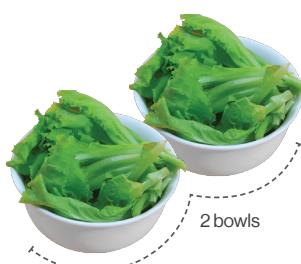
Roselle

## Raw vegetables

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



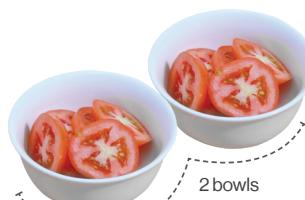
Raw carrot



Raw lettuce



Raw cucumber



Raw tomato



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 peppers



Ginger

Photos©WFP

# ⚠ 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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