

RNI

Recommended Nutrient Intakes for Malaysia

**A Report of the Technical Working Group on
Nutritional Guidelines**



*National Coordinating Committee on Food and Nutrition
Ministry of Health Malaysia
Putrajaya
2005*

RNI

Recommended Nutrient Intakes for Malaysia

A Report of the Technical Working Group on Nutritional Guidelines



**National Coordinating Committee on Food and Nutrition
Ministry of Health Malaysia
Putrajaya**

2005

ISBN 983-42438-0-4

© 2005

*National Coordinating Committee on Food and Nutrition (NCCFN)
Ministry of Health Malaysia*

All rights reserved. Reproduction and dissemination of material in this book for educational or other non-commercial purposes are authorized without any prior written permission from the copyright holders provided the source is fully acknowledged. Reproduction of material in this information product for resale or other commercial purposes is prohibited without written permission of the copyright holders. Applications for such permission should be addressed to the Chairman, National Coordinating Committee on Food and Nutrition (NCCFN).

Secretariat:

*Technical Working Group on Nutritional Guidelines
c/o Department of Nutrition & Dietetics
Faculty of Allied Health Sciences
Universiti Kebangsaan Malaysia
50300 Kuala Lumpur
Tel: 03-4040 5111
Email: mismail@medic.ukm.my*

Designed by: Digibook Sdn Bhd, Petaling Jaya

Printed by: YKL Print, Shah Alam

Contents

Chapter		Page
	Foreword	i
	Preface	iii
	Technical Working Group on Nutritional Guidelines	v
	Technical Sub-Committees on Recommended Nutrient Intakes for Malaysia	vi
	Editors and Contributors to Chapters	vii
1	Introduction	1
2	Energy	10
3	Fats	32
4	Carbohydrates	42
5	Protein	52
6	Thiamin (Vitamin B ₁)	66
7	Riboflavin (Vitamin B ₂)	74
8	Niacin (Vitamin B ₃)	81
9	Folate	90
10	Ascorbic acid (Vitamin C)	101
11	Vitamin A	111
12	Vitamin D	121
13	Vitamin E	130
14	Calcium	140
15	Iron	154
16	Iodine	167
17	Zinc	177
18	Selenium	192
	Acknowledgements	203
	Participants of Consensus Workshop	204
	Recommended Nutrient Intakes for Malaysia 2005 Summary Table	205