



PENGIRAAN SODIUM (GARAM)

SMART- Na^+

#SedapTakSemestinyaMasin



KANDUNGAN



- 1 Pengenalan Pengiraan Sodium
- 2 Sodium dalam Makanan Semulajadi
- 3 Sodium dalam Makanan yang perlu diambil kira
- 3 Sampel menu berdasarkan sistem poin



Evidence-based



Source	Component	Impact
Bibbins-Domingo K. et al. <i>New England Journal of Medicine</i> . 2010 (United States)	Reduction of 400mg sodium intake per day	Save 28,000 lives dan \$7 billion healthcare cost per year
Smith-Spangler CM. et al. <i>Annal of Internal Medicine</i> . 2010 (United States)	Reduction of 9% sodium intake daily	Reduce 513885 stroke and 480358 heart attack, Save USD 32.1 billion per year
Joffres MR et al. <i>Canadian Journal of Cardiology</i> . 2007 (Canada)	Reduction of 1840mg sodium intake per day	Reduction incidence of hypertension by 30%, save \$430 million and 23% of healthcare cost per year

#SedapTakSemestinyaMasin



PENGENALAN



PENGIRAAN SODIUM/ *SODIUM COUNTING*

Kaedah mengenalpasti kandungan sodium dalam makanan melalui **Sistem Point Sodium**.

Kuantiti sodium dalam makanan adalah merujuk kepada sumber :

- 1) Jadual Komposisi Makanan Malaysia (1997-2015)
- 2) Energy & Nutrient Composition of Food, Singapore Health Promotion Board (2011)

Diberi nama : SMART-Na⁺

SMART-Na⁺

KONSEP

SMART-Na⁺ menggunakan “**Sistem Point Sodium**” untuk mengenalpasti kandungan sodium dalam makanan di mana **1-point sodium bersamaan 200 miligram sodium** dan menggunakan pendekatan **S.M.A.R.T.** untuk implementasi.

200 MILIGRAM SODIUM = 1-POINT SODIUM

Saranan

2000 MILIGRAM SODIUM/hari = 10-POINT SODIUM/hari

5 g sehari = 2000mg sodium = 1 paras sudu teh sehari

#SedapTakSemestinyaMasin



PENGENALAN



PENGIRAAN SODIUM

Kaedah mengenalpasti kandungan sodium dalam makanan melalui sistem point.

Kuantiti sodium dalam makanan adalah berdasarkan:

- 1) Jadual Komposisi Makanan Malaysia (1997-2015)
- 2) Energy & Nutrient Composition of Food, Singapore Healthy Promotion Board (2011)

BOOKLET SODIUM COUNTING

PANDUAN PENGIRAAN SODIUM (GARAM)

#SedapTakSemestinyaMasin

PENGESAHAN

Pengambilan garam atau garam natrium sodium chloride, yang berlebihan, akan meningkatkan risiko penyakit tekanan darah tinggi, stroke dan jantung.

AMBIL GARAM 5g SEHARI = 1 PARAS BUDU TEH = 2000mg sodium

2000mg sodium = 10 Point

UKURAN BUKAN TANGGA

• Penambahan sodium sewaktu penyediaan makanan atau sewaktu makan

• Penambahan makanan sewaktu di luar

1 POINT = 200mg sodium

MAKANAN SODIUM 100g = 2 POINT (KEMAS)

MAKANAN SODIUM 100g = 1 POINT (SALAM/BUKUKAN)

MAKANAN SODIUM 100g = 0.5 POINT (SALAM/BUKUKAN)

MAKANAN SODIUM 100g = 0.25 POINT (SALAM/BUKUKAN)

Muka Surat 1/8

PENGIRAAN SODIUM SODIUM DALAM MAKANAN SEMULAJADI

NO.	HAJI / MI / KAHU
1	Kayu rebus, rebus
2	Bihun, rebus
3	Nasi perang
4	Nasi putih
5	Tang hoon, rebus
6	Pasta, rebus
7	Spaghetti, rebus
8	Laksa, mi ayam, rebus

NO.	PROTEIN
1	Daging lembu, tanpa lemak, mentah
2	Sapi, dadih, tanpa kulit dan tulang, mentah
3	Telur rebus
4	Ikan, air tawar, mentah
5	Ikan, air masin, mentah
6	Sotong, mentah
7	Udang, sedarhana, mentah

NO.	SAYUR-SAYURAN
1	Sayuran berdaun hijau, mentah
2	Sayuran bukar berdaun hijau, mentah
3	Sayuran berbulu, mentah (contoh: ubi karimung, ubi keledek, ketutil)
4	Sayuran kacang, mentah (contoh: kacang panjang, kacang kapri)

NO.	KACANG & KACANGHANYU
1	Kacang (putih), mentah
2	Kacang (putih) mentah (contoh: kacang dhal, kacang kudu, soya, tefal)
3	Biji & bijan, mentah (contoh: biji chia biji, bunga matahari)

NO.	BUAH-BUKAAN
1	Buah-buahan segar
2	Buah-buahan, dalam tin

Sumber: Energy & Nutrient Composition of Food, Singapore Health Promotion Board, 2011
Malaysia Food Composition Database Programme, Universiti Kebangsaan Malaysia, Kuala Lumpur, 1992(2011)

Muka Surat 2/8

PENGIRAAN SODIUM SODIUM DALAM MAKANAN SEMULAJADI

NO.	MIRUKAN
1	Serbuk teh dan kopi
2	Sirap
3	Gula
4	Serbuk krimer
5	Susu segar
6	Susu rebus/lembak

NO.	PROTEIN
1	Mentega, unshahd
2	Margarin, reduced salt
3	Gula
4	Serbuk keri
5	Serbuk kunyit
6	Serbuk lada putih
7	Wempah ratus asli

Sumber: Energy & Nutrient Composition of Food, Singapore Health Promotion Board, 2011
Malaysia Food Composition Database Programme, Universiti Kebangsaan Malaysia, Kuala Lumpur, 1992(2011)

Muka Surat 3/8

PENGIRAAN SODIUM (1 POINT = 200mg SODIUM)

Sodium Dalam Makanan Yang Perlu Diambil Kira

NO.	HAJI / MI / KAHU	BERAT(g)	KUANTITI
1	Melur, rebus	40	3.00
2	Serbuk krimer	25	1.00
3	Wafel putih (1 biji)	30	1.00
4	Susu (100ml)	100	1.00
5	Capati	80	2.00
6	Mak hoon (100g)	100	1.00
7	Mak hoon (100g)	100	1.00

NO.	PROTEIN	BERAT(g)	KUANTITI
1	Margarin (unsaturated)	14	0.50
2	Margarin (unsaturated)	14	0.50
3	Margarin (unsaturated)	14	0.50
4	Margarin (unsaturated)	14	0.50
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97	Margarin (unsaturated)	14	0.50
98	Margarin (unsaturated)	14	0.50
99	Margarin (unsaturated)	14	0.50
100	Margarin (unsaturated)	14	0.50

Sumber: Energy & Nutrient Composition of Food, Singapore Health Promotion Board, 2011
Malaysia Food Composition Database Programme, Universiti Kebangsaan Malaysia, Kuala Lumpur, 1992(2011)

Muka Surat 4/8

PENGIRAAN SODIUM (1 POINT = 200mg SODIUM)

Sodium Dalam Makanan Yang Perlu Diambil Kira

NO.	MAKANAN SODIUM	BERAT(g)	KUANTITI
1	Angkak (100g)	100	1.00
2	Angkak (100g)	100	1.00
3	Angkak (100g)	100	1.00
4	Angkak (100g)	100	1.00
5	Angkak (100g)	100	1.00
6	Angkak (100g)	100	1.00
7	Angkak (100g)	100	1.00
8	Angkak (100g)	100	1.00
9	Angkak (100g)	100	1.00
10	Angkak (100g)	100	1.00
11	Angkak (100g)	100	1.00
12	Angkak (100g)	100	1.00
13	Angkak (100g)	100	1.00
14	Angkak (100g)	100	1.00
15	Angkak (100g)	100	1.00
16	Angkak (100g)	100	1.00
17	Angkak (100g)	100	1.00
18	Angkak (100g)	100	1.00
19	Angkak (100g)	100	1.00
20	Angkak (100g)	100	1.00
21	Angkak (100g)	100	1.00
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23	Angkak (100g)	100	1.00
24	Angkak (100g)	100	1.00
25	Angkak (100g)	100	1.00
26	Angkak (100g)	100	1.00
27	Angkak (100g)	100	1.00
28	Angkak (100g)	100	1.00
29	Angkak (100g)	100	1.00
30	Angkak (100g)	100	1.00
31	Angkak (100g)	100	1.00
32	Angkak (100g)	100	1.00
33	Angkak (100g)	100	1.00
34	Angkak (100g)	100	1.00
35	Angkak (100g)	100	1.00
36	Angkak (100g)	100	1.00
37	Angkak (100g)	100	1.00
38	Angkak (100g)	100	1.00
39	Angkak (100g)	100	1.00
40	Angkak (100g)	100	1.00
41	Angkak (100g)	100	1.00
42	Angkak (100g)	100	1.00
43	Angkak (100g)	100	1.00
44	Angkak (100g)	100	1.00
45	Angkak (100g)	100	1.00
46	Angkak (100g)	100	1.00
47	Angkak (100g)	100	1.00
48	Angkak (100g)	100	1.00
49	Angkak (100g)	100	1.00
50	Angkak (100g)	100	1.00
51	Angkak (100g)	100	1.00
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53	Angkak (100g)	100	1.00
54	Angkak (100g)	100	1.00
55	Angkak (100g)	100	1.00
56	Angkak (100g)	100	1.00
57	Angkak (100g)	100	1.00
58	Angkak (100g)	100	1.00
59	Angkak (100g)	100	1.00
60	Angkak (100g)	100	1.00
61	Angkak (100g)	100	1.00
62	Angkak (100g)	100	1.00
63	Angkak (100g)	100	1.00
64	Angkak (100g)	100	1.00
65	Angkak (100g)	100	1.00
66	Angkak (100g)	100	1.00
67	Angkak (100g)	100	1.00
68	Angkak (100g)	100	1.00
69	Angkak (100g)	100	1.00
70	Angkak (100g)	100	1.00
71	Angkak (100g)	100	1.00
72	Angkak (100g)	100	1.00
73	Angkak (100g)	100	1.00
74	Angkak (100g)	100	1.00
75	Angkak (100g)	100	1.00
76	Angkak (100g)	100	1.00
77	Angkak (100g)	100	1.00
78	Angkak (100g)	100	1.00
79	Angkak (100g)	100	1.00
80	Angkak (100g)	100	1.00
81	Angkak (100g)	100	1.00
82	Angkak (100g)	100	1.00
83	Angkak (100g)	100	1.00
84	Angkak (100g)	100	1.00
85	Angkak (100g)	100	1.00
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89	Angkak (100g)	100	1.00
90	Angkak (100g)	100	1.00
91	Angkak (100g)	100	1.00
92	Angkak (100g)	100	1.00
93	Angkak (100g)	100	1.00
94	Angkak (100g)	100	1.00
95	Angkak (100g)	100	1.00
96	Angkak (100g)	100	1.00
97	Angkak (100g)	100	1.00
98	Angkak (100g)	100	1.00
99	Angkak (100g)	100	1.00
100	Angkak (100g)	100	1.00

Sumber: Energy & Nutrient Composition of Food, Singapore Health Promotion Board, 2011
Malaysia Food Composition Database Programme, Universiti Kebangsaan Malaysia, Kuala Lumpur, 1992(2011)

Muka Surat 5/8

PENGIRAAN SODIUM (1 POINT = 200mg SODIUM)

Sodium Dalam Makanan Yang Perlu Diambil Kira

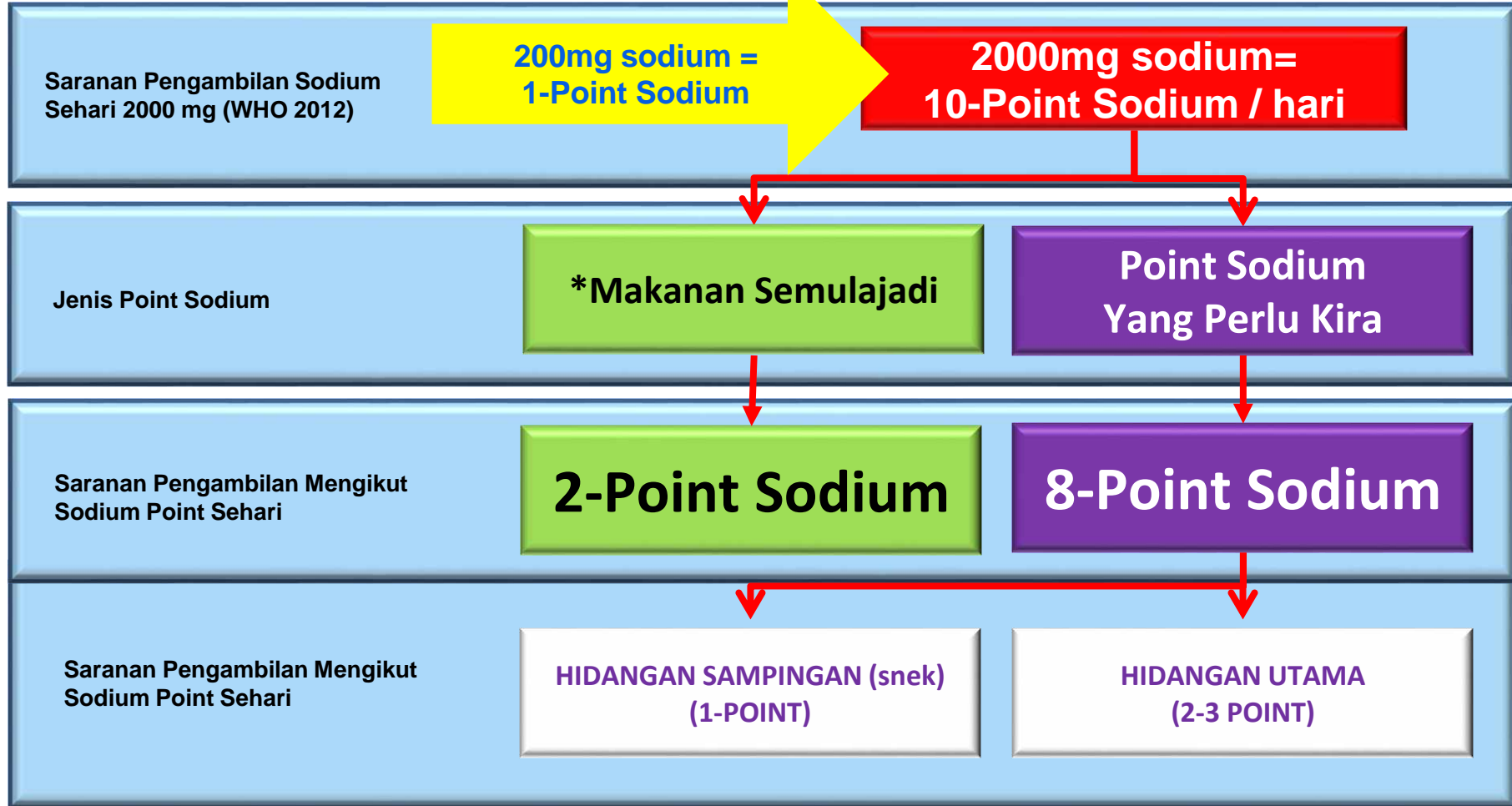
NO.	MAKANAN SODIUM	BERAT(g)	KUANTITI	POINT SODIUM
1	... (100g)	100	1.00	1
2	... (100g)	100	1.00	1
3	... (100g)	100	1.00	1
4	... (100g)	100	1.00	1
5	... (100g)	100	1.00	1
6	... (100g)	100	1.00	1
7	... (100g)	100	1.00	1
8	... (100g)	100	1.00	1
9	... (100g)	100	1.00	1
10	... (100g)	100	1.00	1
11	... (100g)	100	1.00	1
12	... (100g)	100	1.00	1
13	... (100g)	100	1.00	1
14	... (100g)	100	1.00	1
15	... (100g)	100	1.00	1
16	... (100g)	100	1.00	1
17	... (100g)	100	1.00	1
18	... (100g)	100	1.00	1
19	... (100g)	100	1.00	1
20	... (100g)	100	1.00	1
21	... (100g)	100	1.00	1
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23	... (100g)	100	1.00	1
24	... (100g)	100	1.00	1
25	... (100g)	100	1.00	1
26	... (100g)	100	1.00	1
27	... (100g)	100	1.00	1
28	... (100g)	100	1.00	1
29	... (100g)	100	1.00	1
30	... (100g)	100	1.00	1
31	... (100g)	100	1.00	1
32	... (100g)	100	1.00	1
33	... (100g)	100		



Sistem Point Sodium



SMART-Na⁺



* Tidak perlu kira point sodium dalam makanan semulajadi setiap kali makan, tambah 2-point sodium kepada jumlah sehari

#SedapTakSemestinyaMasin



KONSEP



PENGIRAAN SODIUM

POINT SEMULAJADI (2-POINT / HARI)

- Protein (Ayam, Daging, Telur, Ikan, Makanan Laut)
- Sayur-sayuran segar
- Karbohidrat (Nasi, Karbohidrat berasaskan beras, Buah-buahan segar)
- Minuman (Teh, Kopi, Sirap, Gula, Susu segar)

POINT KIRA (8-POINT / HARI)

- Karbohidrat berasaskan bijirin
- Kuah/Pes/Kondimen
- Makanan / minuman (terproses / 3in1 / tin / kotak)
- Makanan / minuman (siap masak / kuih)



Tips Pendidikan Sodium



1. Kenalpasti corak pemakanan individu (ringkas / mendalam)

BOOKLET SODIUM COUNTING

PANDUAN PENGIRAAN SODIUM (GARAM)

#SedapTakSemestinyaMasin

PENGESKHLAN

Pengambilan garam atau garam natrium sodium berlebihan, yang berlebihan, akan meningkatkan risiko penyakit tekanan darah tinggi, stroke dan jantung.

AMBIL GARAM 5g SEHARI = 1 PARAS BUDU TEH = 2000mg sodium

1 POINT = 200mg sodium

UKURAN BUKAN TANGGA

1 Point = 200mg sodium

1 PARAS BUDU TEH = 2000mg sodium

1 POINT = 200mg sodium

Muka Surat 1/8

PENGIRAAN SODIUM SODIUM DALAM MAKANAN SEMULAJADI

NO.	HAJI / MI / KAHU
1	Kayu manis, rebus
2	Bihun, rebus
3	Nasi perang
4	Nasi putih
5	Tang hain, rebus
6	Pasta, rebus
7	Spaghetti, rebus
8	Laksa, mi acahya, rebus

NO.	PROTEIN
1	Daging lembu, tanpa lemak, mentah
2	Sapi, dadih, tanpa kulit dan tulang, mentah
3	Telur rebus
4	Ikan, air tawar, mentah
5	Ikan, air masin, mentah
6	Sotong, mentah
7	Udang, sedarhana, mentah

NO.	SAYUR-SAYURAN
1	Sayuran berdaun hijau, mentah
2	Sayuran bukar berdaun hijau, mentah
3	Sayuran berbulu, mentah (contoh: ubi karimau, ubi kelekek, ketela)
4	Sayuran kacang, mentah (contoh: kacang panjang, kacang kapri)

NO.	KACANG & KACANGHANYA
1	Kacang (buah), mentah
2	Kacang (gabus) mentah (contoh: kacang dhal, kacang kudu, soya, tefal)
3	Biji & bijan, mentah (contoh: biji chia biji, bunga matahari)

NO.	BUAH-BUAHAN
1	Buah-buahan segar
2	Buah-buahan, dalam tin

Muka Surat 2/8

PENGIRAAN SODIUM SODIUM DALAM MAKANAN SEMULAJADI

NO.	MIRUKAN
1	Serbuk teh dan kopi
2	Sirap
3	Gula
4	Serbuk krimer
5	Susu segar
6	Susu rebus/ lemak

NO.	PROTEIN
1	Mentega, unshad
2	Margarin, reduced salt
3	Cuka
4	Serbuk kari
5	Serbuk kunyit
6	Serbuk lada putih
7	Wempah ratus asli

Muka Surat 3/8

PENGIRAAN SODIUM (1 POINT = 200mg SODIUM)

Sodium Dalam Makanan Yang Perlu Diambil Kira

NO.	HAJI / MI / KAHU	BERAT(g)	KUANTITI
1	Melur, rebus	45	3 sudu makan
2	Serbuk krimer	25	1 keping
3	Wafel putih / wafel coklat	30-40	2 keping
4	Susu (coklat) / susu (putih) / susu	100-150	1 keping
5	Cappi	80	2 keping
6	Mak hani (susu) / susu / susu (putih) / susu	100-150	1 keping / 1 keping
7	Mak hani, susu segar	100	1 keping

NO.	PROTEIN	BERAT(g)	KUANTITI
11	Margarin (unsaturated) / margarin	14	1/2 sudu teh
12	Margarin (saturated) / margarin	14	1/2 sudu teh
13	Margarin (trans) / margarin	14	1/2 sudu teh
14	Margarin (partially hydrogenated) / margarin	14	1/2 sudu teh
15	Margarin (fully hydrogenated) / margarin	14	1/2 sudu teh
16	Margarin (vegetable) / margarin	14	1/2 sudu teh
17	Margarin (olive) / margarin	14	1/2 sudu teh
18	Margarin (sunflower) / margarin	14	1/2 sudu teh
19	Margarin (rapeseed) / margarin	14	1/2 sudu teh
20	Margarin (corn) / margarin	14	1/2 sudu teh
21	Margarin (cottonseed) / margarin	14	1/2 sudu teh
22	Margarin (peanut) / margarin	14	1/2 sudu teh
23	Margarin (sesame) / margarin	14	1/2 sudu teh
24	Margarin (sunflower) / margarin	14	1/2 sudu teh
25	Margarin (rapeseed) / margarin	14	1/2 sudu teh
26	Margarin (corn) / margarin	14	1/2 sudu teh
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37	Margarin (rapeseed) / margarin	14	1/2 sudu teh
38	Margarin (corn) / margarin	14	1/2 sudu teh
39	Margarin (cottonseed) / margarin	14	1/2 sudu teh
40	Margarin (peanut) / margarin	14	1/2 sudu teh
41	Margarin (sesame) / margarin	14	1/2 sudu teh
42	Margarin (sunflower) / margarin	14	1/2 sudu teh
43	Margarin (rapeseed) / margarin	14	1/2 sudu teh
44	Margarin (corn) / margarin	14	1/2 sudu teh
45	Margarin (cottonseed) / margarin	14	1/2 sudu teh
46	Margarin (peanut) / margarin	14	1/2 sudu teh
47	Margarin (sesame) / margarin	14	1/2 sudu teh
48	Margarin (sunflower) / margarin	14	1/2 sudu teh
49	Margarin (rapeseed) / margarin	14	1/2 sudu teh
50	Margarin (corn) / margarin	14	1/2 sudu teh

Muka Surat 4/8

PENGIRAAN SODIUM (1 POINT = 200mg SODIUM)

Sodium Dalam Makanan Yang Perlu Diambil Kira

NO.	HAJI / MI / KAHU	BERAT(g)	KUANTITI
1	Melur, rebus	45	3 sudu makan
2	Serbuk krimer	25	1 keping
3	Wafel putih / wafel coklat	30-40	2 keping
4	Susu (coklat) / susu (putih) / susu	100-150	1 keping
5	Cappi	80	2 keping
6	Mak hani (susu) / susu / susu (putih) / susu	100-150	1 keping / 1 keping
7	Mak hani, susu segar	100	1 keping
8	Margarin (unsaturated) / margarin	14	1/2 sudu teh
9	Margarin (saturated) / margarin	14	1/2 sudu teh
10	Margarin (trans) / margarin	14	1/2 sudu teh
11	Margarin (partially hydrogenated) / margarin	14	1/2 sudu teh
12	Margarin (fully hydrogenated) / margarin	14	1/2 sudu teh
13	Margarin (vegetable) / margarin	14	1/2 sudu teh
14	Margarin (olive) / margarin	14	1/2 sudu teh
15	Margarin (sunflower) / margarin	14	1/2 sudu teh
16	Margarin (rapeseed) / margarin	14	1/2 sudu teh
17	Margarin (corn) / margarin	14	1/2 sudu teh
18	Margarin (cottonseed) / margarin	14	1/2 sudu teh
19	Margarin (peanut) / margarin	14	1/2 sudu teh
20	Margarin (sesame) / margarin	14	1/2 sudu teh
21	Margarin (sunflower) / margarin	14	1/2 sudu teh
22	Margarin (rapeseed) / margarin	14	1/2 sudu teh
23	Margarin (corn) / margarin	14	1/2 sudu teh
24	Margarin (cottonseed) / margarin	14	1/2 sudu teh
25	Margarin (peanut) / margarin	14	1/2 sudu teh
26	Margarin (sesame) / margarin	14	1/2 sudu teh
27	Margarin (sunflower) / margarin	14	1/2 sudu teh
28	Margarin (rapeseed) / margarin	14	1/2 sudu teh
29	Margarin (corn) / margarin	14	1/2 sudu teh
30	Margarin (cottonseed) / margarin	14	1/2 sudu teh
31	Margarin (peanut) / margarin	14	1/2 sudu teh
32	Margarin (sesame) / margarin	14	1/2 sudu teh
33	Margarin (sunflower) / margarin	14	1/2 sudu teh
34	Margarin (rapeseed) / margarin	14	1/2 sudu teh
35	Margarin (corn) / margarin	14	1/2 sudu teh
36	Margarin (cottonseed) / margarin	14	1/2 sudu teh
37	Margarin (peanut) / margarin	14	1/2 sudu teh
38	Margarin (sesame) / margarin	14	1/2 sudu teh
39	Margarin (sunflower) / margarin	14	1/2 sudu teh
40	Margarin (rapeseed) / margarin	14	1/2 sudu teh
41	Margarin (corn) / margarin	14	1/2 sudu teh
42	Margarin (cottonseed) / margarin	14	1/2 sudu teh
43	Margarin (peanut) / margarin	14	1/2 sudu teh
44	Margarin (sesame) / margarin	14	1/2 sudu teh
45	Margarin (sunflower) / margarin	14	1/2 sudu teh
46	Margarin (rapeseed) / margarin	14	1/2 sudu teh
47	Margarin (corn) / margarin	14	1/2 sudu teh
48	Margarin (cottonseed) / margarin	14	1/2 sudu teh
49	Margarin (peanut) / margarin	14	1/2 sudu teh
50	Margarin (sesame) / margarin	14	1/2 sudu teh

Muka Surat 5/8

PENGIRAAN SODIUM (1 POINT = 200mg SODIUM)

Sodium Dalam Makanan Yang Perlu Diambil Kira

NO.	HAJI / MI / KAHU	BERAT(g)	KUANTITI	POINT SODIUM
1	Melur, rebus	45	3 sudu makan	11
2	Serbuk krimer	25	1 keping	11
3	Wafel putih / wafel coklat	30-40	2 keping	11
4	Susu (coklat) / susu (putih) / susu	100-150	1 keping	11
5	Cappi	80	2 keping	11
6	Mak hani (susu) / susu / susu (putih) / susu	100-150	1 keping / 1 keping	11
7	Mak hani, susu segar	100	1 keping	11
8	Margarin (unsaturated) / margarin	14	1/2 sudu teh	11
9	Margarin (saturated) / margarin	14	1/2 sudu teh	11
10	Margarin (trans) / margarin	14	1/2 sudu teh	11
11	Margarin (partially hydrogenated) / margarin	14	1/2 sudu teh	11
12	Margarin (fully hydrogenated) / margarin	14	1/2 sudu teh	11
13	Margarin (vegetable) / margarin	14	1/2 sudu teh	11
14	Margarin (olive) / margarin	14	1/2 sudu teh	11
15	Margarin (sunflower) / margarin	14	1/2 sudu teh	11
16	Margarin (rapeseed) / margarin	14	1/2 sudu teh	11
17	Margarin (corn) / margarin	14	1/2 sudu teh	11
18	Margarin (cottonseed) / margarin	14	1/2 sudu teh	11
19	Margarin (peanut) / margarin	14	1/2 sudu teh	11
20	Margarin (sesame) / margarin	14	1/2 sudu teh	11
21	Margarin (sunflower) / margarin	14	1/2 sudu teh	11
22	Margarin (rapeseed) / margarin	14	1/2 sudu teh	11
23	Margarin (corn) / margarin	14	1/2 sudu teh	11
24	Margarin (cottonseed) / margarin	14	1/2 sudu teh	11
25	Margarin (peanut) / margarin	14	1/2 sudu teh	11
26	Margarin (sesame) / margarin	14	1/2 sudu teh	11
27	Margarin (sunflower) / margarin	14	1/2 sudu teh	11
28	Margarin (rapeseed) / margarin	14	1/2 sudu teh	11
29	Margarin (corn) / margarin	14	1/2 sudu teh	11
30	Margarin (cottonseed) / margarin	14	1/2 sudu teh	11
31	Margarin (peanut) / margarin	14	1/2 sudu teh	11
32	Margarin (sesame) / margarin	14	1/2 sudu teh	11
33	Margarin (sunflower) / margarin	14	1/2 sudu teh	11
34	Margarin (rapeseed) / margarin	14	1/2 sudu teh	11
35	Margarin (corn) / margarin	14	1/2 sudu teh	11
36	Margarin (cottonseed) / margarin	14	1/2 sudu teh	11
37	Margarin (peanut) / margarin	14	1/2 sudu teh	11
38	Margarin (sesame) / margarin	14	1/2 sudu teh	11
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40	Margarin (rapeseed) / margarin	14	1/2 sudu teh	11
41	Margarin (corn) / margarin	14	1/2 sudu teh	11
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43	Margarin (peanut) / margarin	14	1/2 sudu teh	11
44	Margarin (sesame) / margarin	14	1/2 sudu teh	11
45	Margarin (sunflower) / margarin	14	1/2 sudu teh	11
46	Margarin (rapeseed) / margarin	14	1/2 sudu teh	11
47	Margarin (corn) / margarin	14	1/2 sudu teh	11
48	Margarin (cottonseed) / margarin	14	1/2 sudu teh	11
49	Margarin (peanut) / margarin	14	1/2 sudu teh	11
50	Margarin (sesame) / margarin	14	1/2 sudu teh	11

Muka Surat 6/8

PENGIRAAN SODIUM (1 POINT = 200mg SODIUM)

Sodium Dalam Makanan Yang Perlu Diambil Kira

NO.	HAJI / MI / KAHU	BERAT(g)	KUANTITI	POINT SODIUM
1	Melur, rebus	45	3 sudu makan	11
2	Serbuk krimer	25	1 keping	11
3	Wafel putih / wafel coklat	30-40	2 keping	11
4	Susu (coklat) / susu (putih) / susu	100-150	1 keping	11
5	Cappi	80	2 keping	11
6	Mak hani (susu) / susu / susu (putih) / susu	100-150	1 keping / 1 keping	11
7	Mak hani, susu segar	100	1 keping	11
8	Margarin (unsaturated) / margarin	14	1/2 sudu teh	11
9	Margarin (saturated) / margarin	14	1/2 sudu teh	11
10	Margarin (trans) / margarin	14	1/2 sudu teh	11
11	Margarin (partially hydrogenated) / margarin	14	1/2 sudu teh	11
12	Margarin (fully hydrogenated) / margarin	14	1/2 sudu teh	11
13	Margarin (vegetable) / margarin	14	1/2 sudu teh	11
14	Margarin (olive) / margarin	14	1/2 sudu teh	11
15	Margarin (sunflower) / margarin	14	1/2 sudu teh	11
16	Margarin (rapeseed) / margarin	14	1/2 sudu teh	11
17	Margarin (corn) / margarin	14	1/2 sudu teh	11
18	Margarin (cottonseed) / margarin	14	1/2 sudu teh	11
19	Margarin (peanut) / margarin	14	1/2 sudu teh	11
20	Margarin (sesame) / margarin	14	1/2 sudu teh	11
21	Margarin (sunflower) / margarin	14	1/2 sudu teh	11
22	Margarin (rapeseed) / margarin	14	1/2 sudu teh	11
23	Margarin (corn) / margarin	14	1/2 sudu teh	11
24	Margarin (cottonseed) / margarin	14	1/2 sudu teh	11
25	Margarin (peanut) / margarin	14	1/2 sudu teh	11
26	Margarin (sesame) / margarin	14	1/2 sudu teh	11
27	Margarin (sunflower) / margarin	14	1/2 sudu teh	11
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31	Margarin (peanut) / margarin	14	1/2 sudu teh	11
32	Margarin (sesame) / margarin	14	1/2 sudu teh	11
33	Margarin (sunflower) / margarin	14	1/2 sudu teh	11
34	Margarin (rapeseed) / margarin	14	1/2 sudu teh	11
35	Margarin (corn) / margarin	14	1/2 sudu teh	11
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37	Margarin (peanut) / margarin	14	1/2 sudu teh	11
38	Margarin (sesame) / margarin	14	1/2 sudu teh	11
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40	Margarin (rapeseed) / margarin	14	1/2 sudu teh	11
41	Margarin (corn) / margarin	14	1/2 sudu teh	11
42	Margarin (cottonseed) / margarin	14	1/2 sudu teh	11
43	Margarin (peanut) / margarin	14	1/2 sudu teh	11
44	Margarin (sesame) / margarin	14	1/2 sudu teh	11
45	Margarin (sunflower) / margarin	14	1/2 sudu teh	11
46	Margarin (rapeseed) / margarin	14	1/2 sudu teh	11
47	Margarin (corn) / margarin	14	1/2 sudu teh	11
48	Margarin (cottonseed) / margarin	14	1/2 sudu teh	11
49	Margarin (peanut) / margarin	14	1/2 sudu teh	11
50	Margarin (sesame) / margarin	14	1/2 sudu teh	11

Muka Surat 7/8

PENGIRAAN SODIUM (1 POINT = 200mg SODIUM)

CONTOH MENU

Menu	Berat (g)	Kuantiti	Point Sodium
Melur, rebus	45	3 sudu makan	11
Serbuk krimer	25	1 keping	11
Wafel putih / wafel coklat	30-40	2 keping	11
Susu (coklat) / susu (putih) / susu	100-150	1 keping	11
Cappi	80	2 keping	11
Mak hani (susu) / susu / susu (putih) / susu	100-150	1 keping / 1 keping	11
Mak hani, susu segar	100		



Tips Pendidikan Sodium



1. Kenalpasti corak pemakanan individu (ringkas / mendalam)
1. Fokus kepada beberapa jenis makanan yang individu biasa ambil (Karbohidrat, Makanan Terproses, Kondimen, Makanan Siap Masak, Minuman)
1. Cadangkan perubahan corak pemakanan mengikut SMART
 - a) Specific – Pilih 1 jenis makanan
 - b) Measurable – Tentukan sukatan yang hendak dikurangkan
 - c) Attainable – Boleh dilaksanakan
 - d) Realistic – Sasaran boleh dilaksanakan (patient-centered care)
 - e) Time – Pilih 1 hidangan dalam sehari



POINT SODIUM - KIRA



KARBOHIDRAT

PILIHAN MAKANAN / MINUMAN MENGIKUT KEPERLUAN SODIUM (POINT KIRA)

NO.	MAKANAN / MINUMAN	BERAT (G)	KUANTITI 1-POINT (200mg)
1	Mee kuning, rebus	30	3sudu makan
2	Biskut tawar	30	3keping
3	Roti putih / Roti bijirin penuh	50-60	2keping
4	Thosai / Roti Prata, kosong	40	1keping
5	Capati, kosong**	80	2keping
6	Roti canai, kosong	45	1/2keping
7	Nasi lemak / Nasi briyani / Nasi dagang, nasi sahaja	80-120	2senduk rata
8	Nasi ayam, nasi sahaja	60	1senduk rata
9	Bijirin, sarapan pagi	30-40	1cawan

**Hati-hati dengan pengambilan karbohidrat yang berlebihan

#SedapTakSemestinyaMasin



A) TUKAR JENIS KANJI

Mee

Mee Hoon

6-Point Sodium

Mee Goreng
3 senduk

Sodium Point:
6-point



3-Point Sodium

Meehoon Goreng
3 senduk

Sodium Point:
3-point



TUKAR

Kurang
3-Point Sodium



POINT SODIUM - KIRA



KARBOHIDRAT

PILIHAN MAKANAN / MINUMAN YANG RENDAH SODIUM (POINT SEGAR)

NO.	MAKANAN / MINUMAN			
1	Kuey teow, rebus			
2	Mee hoon, rebus			
3	Nasi perang			
4	Nasi putih			
5	Tang hoon, rebus			
6	Pasta, rebus			
7	Spageti, rebus			
8	Laksa, mi sahaja, rebus			

#SedapTakSemestinyaMasin



POINT SODIUM - KIRA



PENGIRAAN SODIUM SODIUM DALAM MAKANAN SEMULAJADI

NO.	NASI / MI / KANJI
1	Kuay teow, rebus
2	Bihun, rebus
3	Nasi perang
4	Nasi putih
5	Tang hoan, rebus
6	Pasta, rebus
7	Spageti, rebus
8	Laksa, mi sahaja, rebus

NO.	PROTEIN
1	Daging lembu, tanpa lemak, mentah
2	Ayam, dada, tanpa kulit dan tulang, mentah
3	Telur rebus
4	Ikan, air tawar, mentah
5	Ikan, air masin, mentah
6	Sotong, mentah
7	Udang, sederhana, mentah

NO.	SAYUR-SAYURAH
1	Sayuran berdaun hijau, mentah
2	Sayuran bukan berdaun hijau, mentah
3	Sayuran berkanji, mentah (contoh: ubi kentang, ubi keledek, keladi)
4	Sayuran kekacang, mentah (contoh: kacang panjang, kacang hijau)

NO.	KACANG & KEKACANG
1	Kacang (ruah), mentah
2	Kacang (putih) mentah (contoh: kacang dhal, kacang kuda, soya, tahu)
3	Biji & bijian, mentah (contoh: biji chia biji, bunga matahari)

NO.	BUAH-BUAHAN
1	Buah-buahan segar
2	Buah-buahan, dalam tin

Sumber: Energy & Nutrient Composition of Food, Singapore Health Promotion Board, 2011
Malaysian Food Composition Database Programme, via Institute for Medical Research, Kuala Lumpur, 1997/2018

PENGIRAAN SODIUM SODIUM DALAM MAKANAN SEMULAJADI

NO.	MINUMAN
1	Serbuk teh dan kopi
2	Sirap
3	Gula
4	Serbuk krim
5	Susu segar
6	Susu rendah lemak

NO.	PROTEIN
1	Mentega, unsalted
2	Margarine, reduced salt
3	Cuka
4	Serbuk kari
5	Serbuk kunyit
6	Serbuk lada putih
7	Rempah ratus asli

Sumber: Energy & Nutrient Composition of Food, Singapore Health Promotion Board, 2011
Malaysian Food Composition Database Programme, via Institute for Medical Research, Kuala Lumpur, 1997/2018





POINT SODIUM - KIRA



KONDIMEN

PILIHAN MAKANAN / MINUMAN MENGIKUT KEPERLUAN SODIUM (POINT KIRA)

NO.	MAKANAN / MINUMAN	BERAT (g)	1-POINT (200mg) KUANTITI URT
1	Monosodium glutamate (MSG)	1.5	1/3 sudu teh
2	Budu / Pes tom yam / Budu / Serbuk penaik	3-4	1/2 sudu teh
3	Sos (Tiram / Ikan / Kicap cair / Kicap pekat / Marmite) Asam boi	5-7	1 sudu teh
4	Pes (asam jawa / miso / rendang)	4-8	1 sudu teh
5	Kuah (karbonara)	5-6	1 sudu teh
6	Kicap manis / Taucu	7-11	2 sudu teh
7	Sambal / Sos (Cili / Tomato / Cili Thai) / Pes kari	12-15	3 sudu teh
8	Mentega / Marjerin, <i>salted</i> / Kuah (chee cheong fun)	33	2 sudu makan
9	Mentega kacang / Mayonis / Tempoyak / Kari dhal / Kuah pasembor	30-50	3 sudu makan
10	Chutney kelapa / Kuah (Asam Pedas / Masak lemak / Kari / Laksa)	40 -50	4 sudu makan
11	Topping karamel	60	6 sudu makan

#SedapTakSemestinyaMasin



APLIKASI SODIUM COUNTING



B) TAHU AMBIL KUAH MENGIKUT KUANTITI

1 mangkuk KECIL



½ mangkuk KECIL



SUKAT

Kurang
1-Point Sodium

* ROTI CANAI (1 KEPING) = 3-POINT SODIUM

#SedapTasSemestinyaMasin



C) TAHU SUKATAN PERISA / KONDIMEN TAMBAHAN

1 sudu teh Asam Boi

1-Point Sodium

Jambu Batu
1 keping
Asam Boi
1 sudu teh
Sodium Point:
1-point



Tanpa Asam Boi

0-Point Sodium

Jambu Batu
1 keping
Sodium Point:
0-point



TANPA

Kurang
1-Point Sodium

*Kebiasaannya, individu 'tuang' melebihi 1 sudu teh serbuk asam boi



POINT SODIUM - KIRA



MAKANAN SIAP MASAK

PILIHAN MAKANAN / MINUMAN MENGIKUT KEPERLUAN SODIUM (POINT KIRA)

NO.	MAKANAN / MINUMAN	BERAT (g)	1-POINT (200mg) KUANTITI URT
1	Yong Tau Foo, sayur, isi ikan	80	3keping
2	Karipap	110	3keping
3	Papadom	10	2keping
4	Pisang goreng	120	2keping
5	Kuih apam, gula hangus	100	2keping
6	Muruku	25	1keping
7	Idli	82	1keping
8	Chee cheong fun, udang	90	1keping
9	Putu mayam (23cm), kelapa	104	1keping
10	Sushi roll	30	1keping
11	Vadai, kacang dhal / Popiah basah / Kuih apam, kelapa	30-40	1keping
12	Pau ayam	70	1keping
13	Ikan / Ayam, vegetarian, goreng	30	1keping
14	Lor mai kai	50	3sudu makan
15	Lasagna daging	90	4sudu makan

#SedapTakSemestinyaMasin



POINT SODIUM - KIRA



MAKANAN SEGERA / TERPROSES

PILIHAN MAKANAN / MINUMAN MENGIKUT KEPERLUAN SODIUM (POINT KIRA)

NO.	MAKANAN / MINUMAN	BERAT (g)	1-POINT (200mg) KUANTITI URT
1	Hotdog	15	1keping
2	Cookies, Oatmeal, Raisin, fast food	53	1keping
3	Kentang putar, kuah, fast food	60	1cawan
4	Kentang, hash brown, fast food	32	1keping
5	Daging lembu	48	1/2keping
6	Nugget	30	2keping
7	Bebola ikan, goreng / Kedondong, jeruk	30	2biji
8	Kentang goreng, medium, fast food	80	1/2paket
9	Garlic bread, fast food	30	1/2keping
10	Kerepok lekor	30	1keping
11	Kek mentega	80	1keping
12	Keju	15	1keping
13	Kerepok ikan	15	2keping
14	Nutmeg, jeruk	65	3keping
15	Biskut (gajus / kacang / tawar/ coklat)	70-130	6keping
16	Kerepek pisang / Biskut (marie / cornflakes)	80-90	10keping

#SedapTakSemestinyaMasin



POINT SODIUM - KIRA



KONDIMEN

PILIHAN MAKANAN / MINUMAN MENGIKUT JUMLAH POINT SODIUM (POINT KIRA)

NO.	MAKANAN / MINUMAN	BERAT (g)	KUANTITI URT	POINT SODIUM
1	Serbuk perencah nasi goreng	30	1 paket	13
2	Kiub stok	12	1 keping	11
3	Garam halus	5	1 sudu teh	10
4	Vegemite	6	1 sudu teh	9
5	Ekstrak yis	9	1 sudu teh	6
6	Belacan	44	1 kotak mancis	4

PILIHAN MAKANAN / MINUMAN YANG RENDAH SODIUM (POINT SEGAR)

NO.	MAKANAN / MINUMAN				
1	Mentega, <i>unsalted</i>				
2	Cuka putih				
3	Serbuk kari				
4	Serbuk kunyit				
5	Serbuk lada putih				

#SedapTakSemestinyaMasin



POINT SODIUM - KIRA



MAKANAN SIAP MASAK

PILIHAN MAKANAN / MINUMAN MENGIKUT JUMLAH POINT SODIUM (POINT KIRA)

NO.	MAKANAN / MINUMAN	BERAT (g)	KUANTITI URT	POINT SODIUM
1	Laksa	630	1 mangkuk	17
2	Tom yam, sup, makanan laut	668	1 mangkuk	13
3	Mee kari	410	1 mangkuk	12
4	Mi udang Pinang	685	1 mangkuk	11
5	Roti John	252	1 keping	10
6	Murtabak	357	1 keping	9
7	Yong Tau Foo, campur, kuah	324	1 mangkuk	9
8	Spageti, kuah bolognaise	250	1 pinggan	8
9	Mi Wonton, masak kicap	335	1 pinggan	7
10	Mee bandung	330	1 mangkuk	7
11	Mee siam goreng	450	2 cawan	6
12	Kacang pool	325	1 mangkuk	6
13	Mi Claypot, sayur campur	502	1 pinggan	6
14	Nasi Ayam, set	330	1 set	6
15	Mi goreng, mamak	170	1.5 cawan	6
16	Kuey teow goreng, ekonomi	200	1.5 cawan	5
17	Nasi tomato	267	2 cawan	5
18	Nasi lemak, telur goreng	210	1 pinggan	4
19	Mi sua, sup	100	1 cawan	4
20	Puri, set, chutney, kari	90	1 keping	3

#SedapTakSemestinyaMasin



POINT SODIUM - KIRA



MAKANAN SEGERA / TERPROSES

PILIHAN MAKANAN / MINUMAN MENGIKUT JUMLAH POINT SODIUM (POINT KIRA)

NO.	MAKANAN / MINUMAN	BERAT (g)	KUANTITI URT	POINT SODIUM
1	Sandwich ayam, fast food	232	1 keping	10
2	Sup cendawan berkrim, tin	248	1 tin	9
3	Instant noodle, any flavour	83.67	1 paket	7
4	Bebola ayam, mentah	190	6 biji	7
5	Burger ayam, fast food	210	1 keping	6
6	Cheeseburger, fast food	163	1 keping	5
7	Instant noodle, seasoning flavour	5.6	1 paket	5
8	Bubur ayam, fast food	350	3.5 cawan	4
9	Pizza, pelbagai perisa, fast food	95	1 keping segitiga	4
10	Sardin, tin, sos tomato	290	1 tin	4
11	Snek mi, perisa ayam	30	1 paket	4
12	Snek jagung, perisa ayam	60	1 paket	2
13	Kacang kacang, garam	110	1 paket	2
14	Snek satay ikan	45	1 paket	2
15	Popcorn, perisa caramel, kon	140	1 paket	2

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POINT SODIUM - KIRA



MINUMAN

PILIHAN MAKANAN / MINUMAN MENGIKUT KEPERLUAN SODIUM (POINT KIRA)

NO.	MAKANAN / MINUMAN	BERAT (g)	1-POINT (200mg) KUANTITI URT
1	Krimer bukan tenusu	250	1cawan
2	Minuman bijirin, 3in1	45	1sachet
3	Jus buah-buahan komersial	490	1.5botol
4	Minuman isotonik, 100 Plus	860	3tin
5	Produk enteral, standard, lengkap	55	6scoop

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Tips Pendidikan Sodium



1. Kenalpasti corak pemakanan individu (ringkas / mendalam)
1. Fokus kepada beberapa jenis makanan yang individu biasa ambil (Karbohidrat, Makanan Terproses, Kondimen, Makanan Siap Masak, Minuman)
1. Cadangkan perubahan corak pemakanan mengikut SMART
 - a) Specific – Pilih 1 jenis makanan
 - b) Measurable – Tentukan sukatan yang hendak dikurangkan
 - c) Attainable – Boleh dilaksanakan
 - d) Realistic – Sasaran boleh dilaksanakan (patient-centered care)
 - e) Time – Pilih 1 hidangan dalam sehari
1. Amalkan setiap hari
1. Kurangkan jumlah point sodium secara berperingkat sehingga mencapai sasaran 8-point sehari.



BACA LABEL



RM2.85 / 80g

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BACA LABEL



to try all of our uniquely delicious flavours

MAKLUMAT PEMAKANAN / NUTRITION INFORMATION

Portion / Serving Size 每份: حجم الحصة 20g ±20
Packs / Servings Per Pack 每包裝含有: عدد الحصص 4

Energy Per 100g / Energy Composition طاقة لكل 100g (kJ/kcal)	Setiap 100g/ Per 100g 100g (g)	Setiap Sajian/ Per Serving كل حصة (g)
Energy (kcal)	493	99
Total Carbohydrate (g)	70.6	14.1
Protein (g)	6.6	1.3
Sodium (mg)	20.5	4.1
Sodium (mg)	296	59

RM2.85 / 80g

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SAMPEL MENU



Jenis	Kuantiti	URT	Sodium (mg)	POINT
SARAPAN PAGI				
1) Nasi lemak, set				
Nasi	1 cawan		172	1
Kacang goreng, Ikan Bilis	1 sudu makan		212	1
Sambal cili	1 sudu makan		255	1
Timun	3hiris		1	
Telur rebus	1/4 biji		20	
2) Teh, dengan gula, kurang manis				
	1 cawan		14	
MAKAN TENGAHARI				
1) Nasi putih				
	2 cawan		11	
2) Ayam masak lemak				
Ayam, tanpa kulit	1 ketul		31	
Kuah lemak	4 sudu makan		194	1
3) Sayur campur				
Lobak merah	3 sudu makan			
Kobis	1 cawan			
Sos tiram	1 sudu teh		271	1
4) Epal merah				
	1 biji		3	



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SAMPEL MENU



Jenis	Kuantiti	URT	Sodium (mg)	POINT
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MINUM PETANG

1) Kuih apam, gula hangus		2 biji	195	1
2) Minuman Kopi		1 cawan		
	Serbuk kopi segera	1 sudu teh	3	
	Susu tepung, rendah lemak	2 sudu makan	31	
	Gula	2 Sudu teh	0	

MAKAN MALAM

1) Nasi putih		2 cawan	11	
2) Kari Ikan				
	Ikan tenggiri	1 keping	62	
	Kuah kari	4 sudu makan	154	1
	Terung	0.5 cawan	3	
3) Sayur bendi goreng				
	Bendi	1 cawan	1	
	Kicap	1 sudu makan	281	1
	Bawang putih	1 ulas	1	
4) Buah tembikai		1 keping	3	



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SAMPEL MENU



ANGGARAN KASAR

POINT KIRA	: 8.0
POINT SEGAR	: 2
JUMLAH POINT	: 10.0

PENGIRAAN SEBENAR

JUMLAH SODIUM	: 1928mg
POINT SETARA	: 9.5 (10-point)



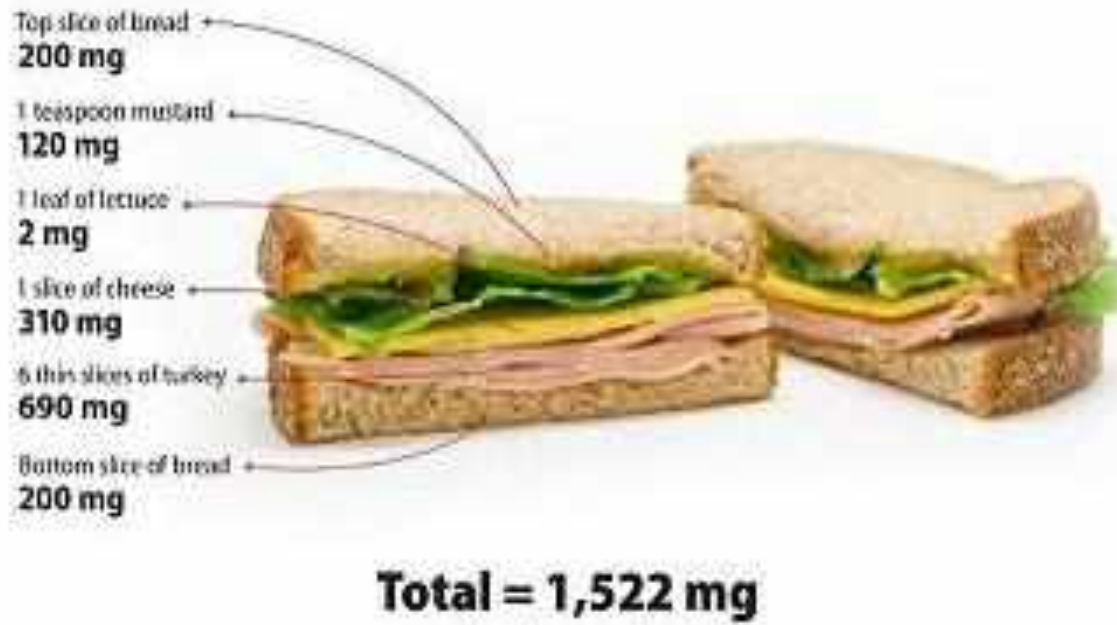
Masih Sedap, ke??

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**Dah lama x makan
dah!!!**

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SOALAN??

**Sekian,
Terima Kasih!!**

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