

# THE RECIPE FOR HEALTHY AGEING

Have 3 servings of meat and others every day. Examples of 1 serving are:



## What's on My Healthy Plate:

- Fill half of your plate with fruit and vegetables
- Fill a quarter of your plate with wholegrains
- Fill a quarter of your plate with meat and others
- Choose water
- Use healthier oils
- Be active



1 palm sized piece of lean meat, fish or poultry (90g)



2 glasses\* of low-fat milk/soy milk (500ml)



2 small blocks of tofu (170g)



5 medium prawns (90g)



2 slices of low-fat cheese (40g)



3/4 cup\*\* of cooked pulses (peas, beans, lentils) (120g)



3 eggs (150g)

All weights listed are for edible portions only.  
\* 250ml glass \*\* 250ml cup

## Consumption guide to fulfil your Calcium intake

1 calcium ★ = 100mg of calcium  
Daily requirement (51 years old and above) is 1000mg of calcium

### How to plan for 10 stars in a day

#### Breakfast:

1 glass of high-calcium low-fat milk (250ml)



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#### Lunch:

1 square piece of taukwa + 3/4 mug of chye sim



★★★

#### Dinner:

3/4 mug of kai lan



★★★

★★★★★★

Calcium Stars (per item)



1 glass of low-fat high-calcium milk (250ml) / 4 scoops milk powder



1 glass of soybean milk with Healthier Choice Symbol (250ml)

★★★★

Calcium Stars (per item)



2 tablespoons of non fried dried ikan bilis (40g)



1 piece of canned low sodium sardine (70g)

★★★

Calcium Stars (per item)



3/4 mug of cooked kai lan (100g)



1 slice of low-fat cheese (20g)



1 small tub of low-fat yoghurt (100-150g)

★★★

Calcium Stars (per item)



1 square piece of taukwa (100g)



1 cup of Edamame (200g)



2 tablespoons of roasted sesame seeds (20g)



3/4 mug of cooked chye sim (100g)



3/4 mug of cooked spinach (100g)

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Calcium Stars (per item)



1 1/2 mugs of cooked broccoli (200g)



1/2 pack of tofu (150g)



1/4 cup of almonds (30g)