

HOW CAN I EAT MORE HEALTHILY?

Getting a balanced, nutritious and delicious meal is easy, as long as you go for the right choices. Here's how.

1 GO FOR THE RIGHT PROPORTIONS

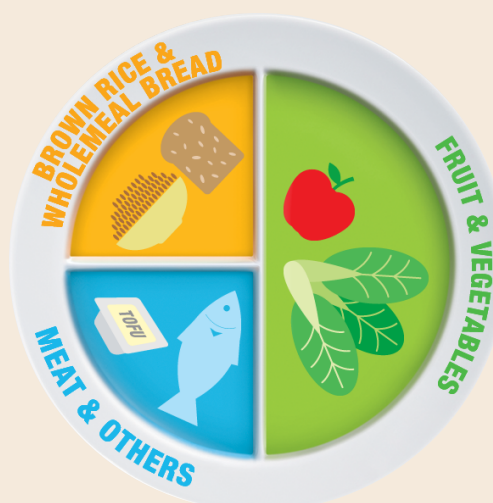
Quarter, Quarter, Half. Follow My Healthy Plate for a balanced and nutritious meal.

Quarter Plate: Wholegrains

Choose brown rice, wholemeal bread, wholemeal noodles/pasta and oats.

Quarter Plate: Protein

Choose lean meat, fish, egg, low-fat milk, cheese, plain yoghurt, tofu, beans and nuts.

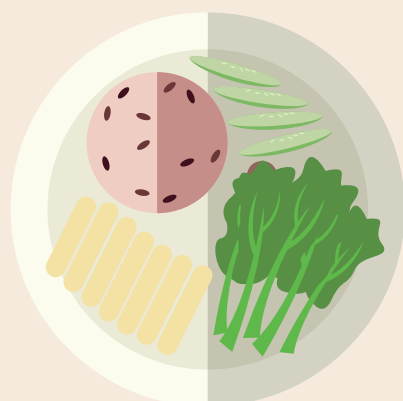


Half Plate: Fruit and Vegetables

Choose fresh fruits and vegetables of different colours. Eat a variety of them daily.

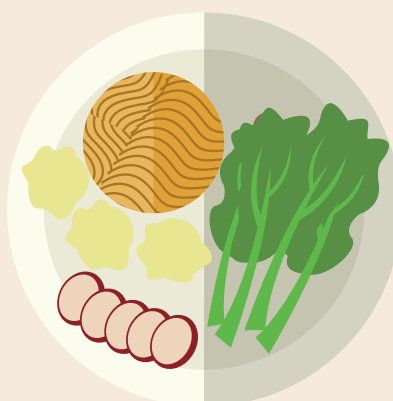
2 GO FOR HEALTHIER OPTIONS

Look out for the Healthier Dining identifiers.



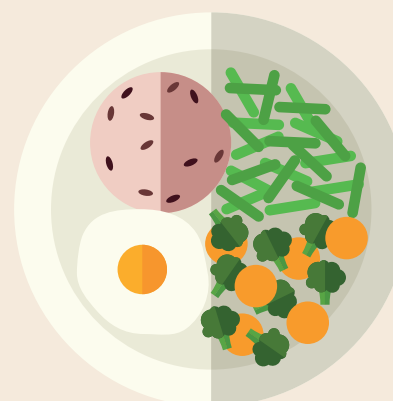
Chicken Rice

Choose lean cuts of meat, brown rice and ask for more vegetables.



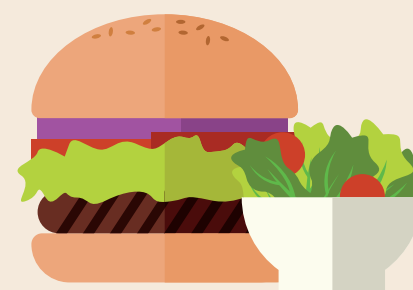
Wonton Mee

Choose wholegrain noodles and ask for more vegetables.



Mixed Rice

Choose 2 vegetable dishes, 1 meat/tofu/egg dish and brown rice.



Burger

Choose a wholemeal bun, grilled lean meat and swap your fries for salad.

