

# Eating out

**It can be challenging to eat healthy when eating out with the wide variety of food and drink options available in Singapore.**

**Some tips on how you can make healthier food choices when eating out:**

- **Plan ahead** – look out for food outlets that are part of the Healthier Dining Programme. These outlets have healthier dishes which are lower in calories, prepared with wholegrains or healthier oil, or lower in sugar. Ordering food when you are very hungry can cause you to order more than you intended to, and overeat. Look at the menu before arriving to better plan your meal.
- **Read the menu with care** – look for menu wordings to check how food is prepared. For example, foods that are described as 'steamed', 'boiled', 'baked' or 'poached' are healthier than foods that are 'fried in oil'. Avoid foods that are also 'rich' and 'creamy' which tend to be high in fat.
- **Eat just enough** – it is okay to not eat everything on your plate. Aim to eat until you are 80% full. To prevent food wastage, request to take away any remaining food to eat later. Do not leave cooked food standing at room temperature for more than 2 hours. Reheat stored cooked food at temperatures above 75°C and make sure it is served piping hot.



## Healthier Dining Programme



Lower in calories



No added sugar



Lower in sugar



Higher in wholegrains



We use healthier oil

Eat all foods in moderation.



Wholegrain options

Eat all foods in moderation.