

Choose healthier options when eating out



For main meals:

- Select **a variety of items** to make up a balanced meal – include one or two vegetable side dishes, and one or two protein-rich items such as tofu, fish, or lean meat
- Select foods that are prepared with healthier cooking methods (e.g., steamed, baked) rather than fried foods
- Rice, bread or pasta – choose wholegrain options (e.g., brown rice, multigrain bread)
- Choose fresh salads with **non-cream based** dressings

For drinks:

- Request for **water**
- Ask for **less ("siew dai") or no added sugar ("kosong")** options
- Choose drinks with reduced sugar or no sugar (e.g., drinks with Healthier Choice Symbol or Nutri-Grade mark A or B)

For desserts:

- Choose **fresh fruits** over fruit juice
- Share desserts to control your intake