



Healthy Meals for a Healthy Child

How healthy is outside food for your child (and you)? Here are some tips on opting for healthier out-of-home meals to cultivate your child's healthy eating habits from young.

Let your child have more of these...

- **Fruits and vegetables.**
- **Wholegrain** (contains more vitamins, minerals, phytochemicals and fibre than refined grains).
- **Calcium-rich/fortified products** (e.g. dairy, calcium fortified soybean milk)



...and less of these

- **Salt and salty processed food** (will increase risk of high blood pressure in adulthood).
- **Sugar** (more calories with little nutritional value and will increase the risk of tooth decay).



Fats are important for your child's growth. Choose healthier fats (e.g. mono and polyunsaturated fats) as they are beneficial for heart health. Reduce your intake of saturated and trans fats to reduce risk of heart disease.



Look out for stalls with the Healthier Children's Meal endorsement:

Health Promotion Board's **Healthier Children's Meal endorsement** meets the 'My Healthy Plate' guidelines and are prepared using healthier ingredients.



Healthier children's meal
available here
Eat all foods in moderation.



Adequate fruits and vegetables.



Healthier cooking oil.



HCS wholegrain products, sauces and/or salt and beverages (with no sweeteners).

For a full list of Healthier Dining Programme (HDP) partners, please

[CLICK HERE](#)



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