

My Healthy Plate Guide to Healthy Eating

My Healthy Plate shows you what to eat in the ideal servings to have a well-balanced and healthy diet

5-7 serves per day

1 serve consists of:



2 slices wholemeal bread



½ bowl wholegrain noodles or beehoon



½ bowl brown rice



2 wholemeal chappatis



1 ½ cups wholegrain cereal



2/3 bowl uncooked oatmeal



4 plain wholemeal crackers

3 serves per day

½ serve from low-fat dairy or calcium-rich foods
1 serve consists of:



1 palm size meat, fish or poultry



2 glasses reduced-fat milk/soymilk



2 small blocks soft beancurd



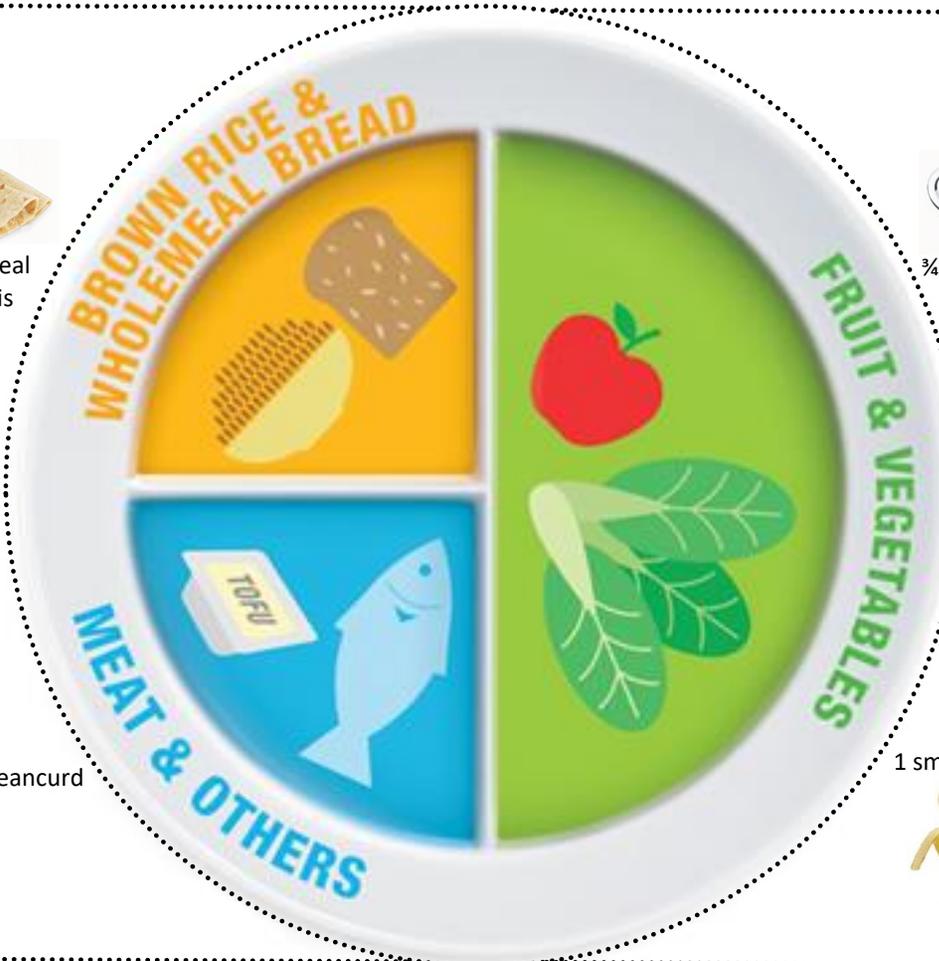
5 medium prawns



¾ cup cooked pulses



3 eggs



2 serves per day

1 serve consists of:



¾ mug cooked leafy vegetables



¾ mug cooked non-leafy vegetables



150g raw leafy vegetables

2 serves per day

1 serve consists of:



1 small whole fruit



1 wedge cut fruit



1 medium banana



1 handful

My Healthy Plate Meal Ideas



Vegetarian

E.g. 2 vegetables with 1 mock meat or fish & rice



Mixed Rice

E.g. 2 vegetables with 1 meat or fish & rice



Noodle Meal

E.g. Yong tau foo



Western

E.g. Salad with grilled chicken & mashed potato



Ethnic

E.g. 2 vegetables with 1 meat or fish & chappati



Sandwich

10 Tips for Healthy Eating

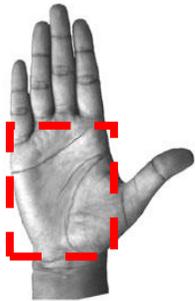


1. Remove skin and trim fats off meat
2. Practice healthier cooking methods e.g. baking, boiling and steaming instead of frying
3. Use healthier oils e.g. olive, canola, sunflower, peanut and soya bean
4. Aim for 2 servings of oily fish per week e.g. salmon, cod, tuna and mackerel
5. Choose wholegrain food e.g. brown rice, wholegrain cereals, wholemeal breads and oats
6. Choose fresh fruit over fruit juice
7. Ask for more vegetables when eating out
8. Ask for less sauces and gravies
9. Choose water over sugar-sweetened drinks
10. Have regular meals

The Plate Concept



1 bowl of rice
(9 to 12
dessertspoons)
*choose brown
rice



Palm size
of protein



1 small
fruit



$\frac{3}{4}$ mug of
vegetables

Use the “*Plate Concept*” to help guide your portion sizes

Please contact Call-A-Dietitian Hotline 983 22 983 if you have any further nutrition-related queries.

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