























# 1200kcal 7 day Sample Meal Plan

	Meal Options	
<b>Breakfast (200-300kcal)</b>	 2 slices of wholemeal bread	 2 teaspoons of margarine/ unsalted & sugar-free peanut butter/ no added sugar jam
	 3 tablespoons of oats + 1 cup of low fat milk/ reduced sugar soy milk	
	 1 bowl of fish/ chicken/ pork porridge	 2 pieces of idli + 1 serve of yogurt chutney <u>or</u> sambar
	 2 pieces of soon kueh (no/ less sauce)	 3 pieces of chwee kueh with chye poh (preserved radish)
	 ¾ bowl* of minced meat/ wanton/ prawn noodle soup/ chicken macaroni^	

\*Ask for less noodles or rice when eating out ^Leave soup or gravy behind

	Meal Options
<p><b>Lunch (300kcal) + 1 serving of fruit</b></p>	 <p>½ bowl* of rice + 1 lean meat/ fish + 2 vegetables (no/ less gravy)</p>
	 <p>Yong tau foo: ½ bowl* of rice <u>or</u> ¾ bowl* noodles + 3 vegetables + 3 pieces of non-fried items^ (e.g. egg/ tofu/ stuffed vegetables)</p>
	 <p>¾ bowl* of mee soto^ + ¾ cup vegetables</p>
	 <p>½ bowl* rice <u>or</u> ¾ bowl* noodles + fish slice soup^ + ¾ cup vegetables</p>
	 <p>Grilled chicken + 2 small roasted potato + ¾ cup salad</p>
	 <p>6-inch sandwich (turkey breast/ chicken breast/ teriyaki chicken) + 150g raw leafy vegetables, low fat dressing</p>
	 <p>¾ bowl* mee rebus^ + ¾ cup vegetables</p>











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	Meal Options
<p><b>Dinner (300kcal)</b> + <b>1 serving of fruit</b></p>	 <p>Grilled fish + ½ cup mashed potato + ¾ cup salad</p>
	 <p>½ piece of thosai (36cm diameter) + 1 serve of dhal curry <u>or</u> 1 palm size of lean meat/ fish curry<sup>^</sup></p>
	 <p>½ bowl* of chicken/ duck rice (change to white rice, remove skin and less sauce) + ¾ cup vegetables</p>
	 <p>¾ bowl* of ban mian soup<sup>^</sup> + ¾ cup vegetables</p>
	 <p>Nasi padang: ½ bowl* of rice + 1 lean meat/ fish + 2 vegetables (no/ less gravy or sambal)</p>
	 <p>1 piece of chapati (18cm diameter) + 1 serve of dhal curry <u>or</u> 1 palm size of lean meat/ fish curry<sup>^</sup></p>
	 <p>¾ bowl* spaghetti in tomato-based sauce and seafood + ¾ cup vegetables</p>

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	Meal Options
<p><b>1 serving of fruit (50-100kcal)</b></p> <p><b>Aim 2 servings a day</b></p>	<div data-bbox="646 289 1188 420"> <p>1 small apple/ orange/ pear</p> </div> <hr/> <div data-bbox="548 495 1334 604"> <p>1 wedge papaya/ pineapple/ honeydew/ watermelon</p> </div> <hr/> <div data-bbox="548 684 883 798"> <p>10 grapes/ longan</p> </div> <div data-bbox="1052 684 1286 798"> <p>½ dragon fruit/ guava</p> </div>
<p><b>Beverages</b></p>	<div data-bbox="571 886 1295 1050"> <p>Sugar-free canned drinks</p> <p>Nutri-Grade Mark Variant - Measures for Nutri-Grade Beverages reproduced from <a href="https://hpb.gov.sg">https://hpb.gov.sg</a> with permission by Health Promotion Board, Singapore</p> </div> <hr/> <div data-bbox="630 1205 1286 1369"> <p>Coffee or tea (no sugar, with optional low fat or evaporated milk)</p> </div> <hr/> <div data-bbox="743 1470 1188 1600"> <p>Pure flower/ leaf teas without sugar (e.g. chrysanthemum/ peppermint tea)</p> </div> <hr/> <div data-bbox="808 1709 1084 1894"> <p>Soda water/ Water</p> </div>

	Meal Options		
<p><b>[Optional]</b></p> <p><b>Snacks</b></p> <p><b>Up to once a day (100-200kcal)</b></p>			
	3 pieces of plain biscuits	1 piece of red bean pancake	
			
	1 handful of unsalted and baked nuts (30g)	1 cup of low fat milk/ reduced sugar soymilk/ Milo kosong	
			
	1 small tub of plain low-fat yogurt	1 cup corn (no butter)	1 roll steamed popiah
			
	1 medium steamed sweet potato/ tapioca/ yam		
			
1 small bowl of tau huay/ gingko beancurd barley dessert/ red or green bean soup (with less sugar)			
			
1 slice of wholemeal bread + 1 teaspoon of margarine/ unsalted & sugar-free peanut butter/ no added sugar jam			

Contributed by Nutrition & Dietetics Service, Allied Health Services

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