
























1500kcal 7 day Sample Meal Plan

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









[^]Leave soup or gravy behind











	Meal Options
<p>Lunch (400kcal) + 1 serving of fruit</p>	 <p>¾ bowl* of rice + 1 lean meat/ fish + 2 vegetables (no/ less gravy)</p>
	 <p>Yong tau foo: ¾ bowl* of rice <u>or</u> 1 bowl noodles + 3 vegetables + 3 pieces of non-fried items[^] (e.g. egg/ tofu/ stuffed vegetables)</p>
	 <p>1 bowl of mee soto[^] + ¾ cup vegetables</p>
	 <p>¾ bowl* rice <u>or</u> 1 bowl noodles + fish slice soup[^] + ¾ cup vegetables</p>
	 <p>Grilled chicken + 3 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>1 bowl mee rebus[^] + ¾ cup vegetables</p>	

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

	Meal Options
<p>Dinner (400kcal) + 1 serving of fruit</p>	 <p>Grilled fish + ¾ cup mashed potato + ¾ cup salad</p>
	 <p>1 piece of thosai (36cm diameter) + 1 serve of dhal curry <u>or</u> 1 palm size of lean meat/ fish curry^</p>
	 <p>¾ bowl* of chicken/ duck rice (change to white rice, remove skin and less sauce) + ¾ cup vegetables</p>
	 <p>1 bowl of ban mian soup^ + ¾ cup vegetables</p>
	 <p>Nasi padang: ¾ bowl* of rice + 1 lean meat/ fish + 2 vegetables (no/ less gravy or sambal)</p>
	 <p>1½ piece of chapati (18cm diameter) + 1 serve of dhal curry <u>or</u> 1 palm size of lean meat/ fish curry^</p>
	 <p>¾ bowl* spaghetti in tomato-based sauce and seafood + ¾ cup vegetables</p>

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

	Meal Options
<p>1 serving of fruit (50-100kcal)</p> <p>Aim 2 servings a day</p>	<div data-bbox="667 289 1203 457">  <p>1 small apple/ orange/ pear</p> </div> <hr/> <div data-bbox="553 489 1344 657">  <p>1 wedge papaya/ pineapple/ honeydew/ watermelon</p> </div> <hr/> <div data-bbox="545 688 886 856">  <p>10 grapes/ longan</p> </div> <div data-bbox="1049 678 1344 856">  <p>1/2 dragon fruit/ guava</p> </div>
<p>Beverages</p>	<div data-bbox="589 884 1284 1052">  <p>Sugar-free canned drinks</p> <p>Nutri-Grade Mark Variant - Measures for Nutri-Grade Beverages reproduced from https://hpb.gov.sg with permission by Health Promotion Board, Singapore</p> </div> <hr/> <div data-bbox="630 1188 1284 1440">  <p>Coffee or tea (no sugar, with optional low fat or evaporated milk)</p> </div> <hr/> <div data-bbox="695 1472 1214 1692">  <p>Pure flower/ leaf teas without sugar (e.g. chrysanthemum/ peppermint tea)</p> </div> <hr/> <div data-bbox="805 1713 1084 1938">  <p>Soda water/ Water</p> </div>

	Meal Options		
<p>[Optional]</p> <p>Snacks</p> <p>Up to once a day (100-200kcal)</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/ ginkgo 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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