























1800kcal 7 day Sample Meal Plan

	Meal Options	
Breakfast (300-400kcal)	 3 slices of wholemeal bread	 2 teaspoons of margarine/ unsalted & sugar-free peanut butter/ no added sugar jam
	 6 tablespoons of oats + 1 cup of low fat milk/ reduced sugar soy milk	
	 1 bowl of fish/ chicken/ pork porridge	 3 pieces of idli + 1 serve of yogurt chutney <u>or</u> sambar
	 3 pieces of soon kueh (no/ less sauce)	 4 pieces of chwee kueh with chye poh (preserved radish)
	 1 bowl of minced meat/ wanton/ prawn noodle soup/ chicken macaroni [^]	

[^]Leave soup or gravy behind











	Meal Options
<p>Lunch (500kcal) + 1 serving of fruit</p>	 <p>1 bowl of rice + 1 lean meat/ fish + 2 vegetables (no/ less gravy)</p>
	 <p>Yong tau foo: 1 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>1 bowl rice <u>or</u> 1 bowl noodles + fish slice soup[^] + ¾ cup vegetables</p>
	 <p>Grilled chicken + 4 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>	

[^]Leave soup or gravy behind

	Meal Options
<p>Dinner (500kcal) + 1 serving of fruit</p>	 <p>Grilled fish + 1 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>1 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: 1 bowl of rice + 1 lean meat/ fish + 2 vegetables (no/ less gravy or sambal)</p>
	 <p>2 piece of chapati (18cm diameter) + 1 serve of dhal curry <u>or</u> 1 palm size of lean meat/ fish curry[^]</p>
	 <p>1 bowl spaghetti in tomato-based sauce and seafood + ¾ cup vegetables</p>

[^]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="641 283 1242 430"> <p>1 small apple/ orange/ pear</p> </div> <hr/> <div data-bbox="527 493 1364 619"> <p>1 wedge papaya/ pineapple/ honeydew/ watermelon</p> </div> <hr/> <div data-bbox="527 693 901 829"> <p>10 grapes/ longan</p> </div> <div data-bbox="1047 693 1315 829"> <p>½ dragon fruit/ guava</p> </div>
<p>Beverages</p>	<div data-bbox="527 892 1323 1071"> <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="625 1197 1291 1375"> <p>Coffee or tea (no sugar, with optional low fat or evaporated milk)</p> </div> <hr/> <div data-bbox="738 1459 1193 1606"> <p>Pure flower/ leaf teas without sugar (e.g. chrysanthemum/ peppermint tea)</p> </div> <hr/> <div data-bbox="820 1711 1079 1900"> <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/ 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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