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	Meal Options	
Breakfast (300-400kcal)	   <p>3 slices of wholemeal bread</p> <p>2 teaspoons of margarine/ unsalted & sugar-free peanut butter/ no added sugar jam</p>	
	 <p>4 tablespoons of oats + 1 cup of low fat milk/ reduced sugar soy milk</p>	
	 <p>1 bowl of fish/ chicken/ pork porridge</p>	 <p>3 pieces of idli + 1 serve of yogurt chutney <u>or</u> sambar</p>
	 <p>3 pieces of soon kueh (no/ less sauce)</p>	 <p>4 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
Lunch (500kcal) + 1 serving of fruit	 <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
Dinner (500kcal) + 1 serving of fruit	     <p>Grilled fish + 1 cup mashed potato + $\frac{3}{4}$ 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) + $\frac{3}{4}$ cup vegetables</p>
	   <p>1 bowl of ban mian soup^ + $\frac{3}{4}$ 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 + $\frac{3}{4}$ cup vegetables</p>

^Leave soup or gravy behind

Meal Options		
1 serving of fruit (50-100kcal) Aim 2 servings a day	<div></div> <div>1 small apple/ orange/ pear</div>	
	<div></div> <div>1 wedge papaya/ pineapple/ honeydew/ watermelon</div>	
	<div></div> <div>10 grapes/ longan</div>	<div></div> <div>½ dragon fruit/ guava</div>
Beverages	<div></div> <div></div> <div></div> <div>Sugar-free canned drinks</div> <div>Nutri-Grade Mark Variant - Measures for Nutri-Grade Beverages reproduced from https://hpb.gov.sg with permission by Health Promotion Board, Singapore</div>	
	<div></div> <div></div> <div>Coffee or tea (no sugar, with optional low fat or evaporated milk)</div>	
	<div></div> <div></div> <div>Pure flower/ leaf teas without sugar (e.g. chrysanthemum/ peppermint tea)</div>	
	<div></div> <div></div> <div>Soda water/ Water</div>	

	Meal Options		
[Optional] Snacks Up to once a day (100-200kcal)	 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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