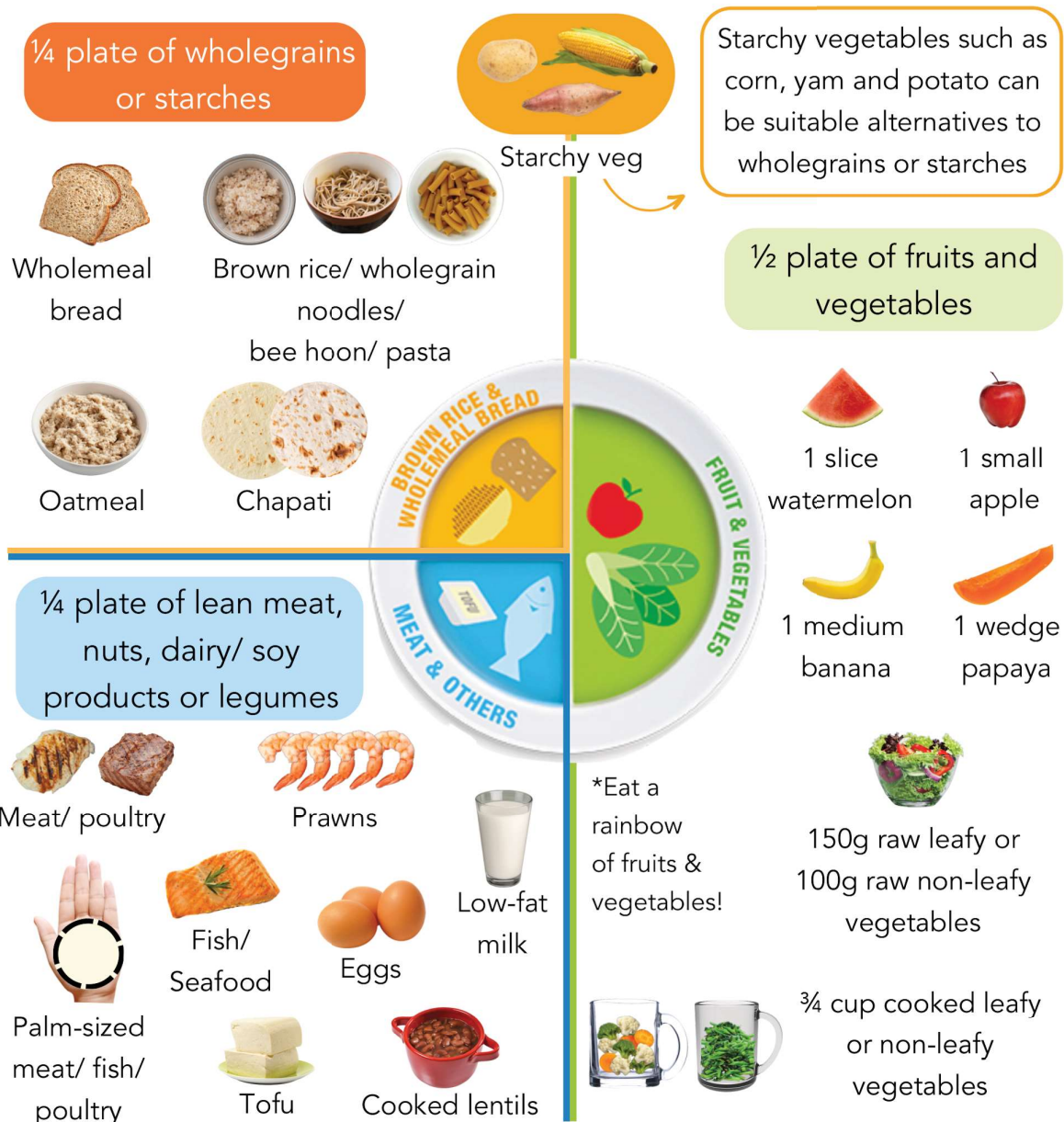


My Healthy Plate Eating Guide

My Healthy Plate is a visual guide created by Health Promotion Board for you to achieve a healthy and nutritionally-balanced diet.



Recommended Sizes



Bowl size:
1 rice bowl

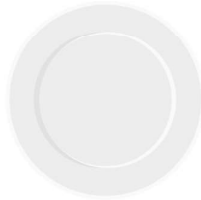


Plate size:
10 inch (25cm) in diameter



Cup size:
250ml

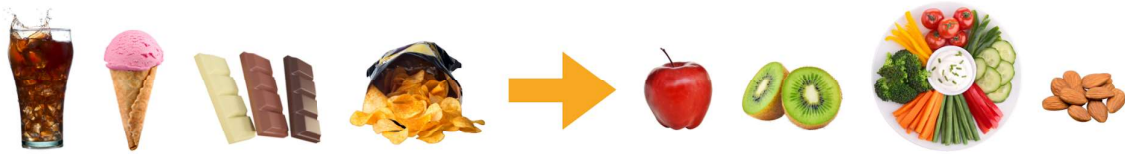
My Healthy Plate Meal Ideas

	<p><u>Indian Vegetarian</u></p> <p>Chapati Lentil dhal Vegetable curry 1 piece of fruit</p>
	<p><u>Malay Mixed Rice</u></p> <p>Brown rice Sambal chicken Bean sprouts Long bean with tempeh 1 piece of fruit</p>
	<p><u>Chinese</u></p> <p>Sliced fish bee hoon soup (with more vegetables) 1 piece of fruit</p>

Tips to Achieve a Well-balanced Diet

1. Choose Healthier Snack Options

- Instead of snacks like potato chips or chocolate, swap them with unsalted nuts, fruits or vegetables



- Choose fresh fruits instead of drinking fruit juices



2. Use Healthier Oils and Spreads



Butter, palm oil

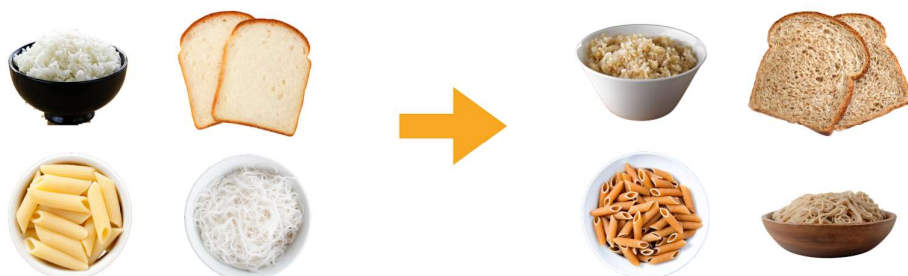
Canola, olive or sunflower oils or spreads



Healthier oils should still be used in moderation as they are high in energy

3. Go for More Wholegrain Options

- Having wholegrain foods in place of refined grains makes you feel fuller for longer
- They are also higher in other nutrients and fibre

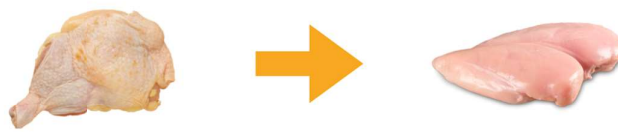


4. Use Healthier Cooking Methods

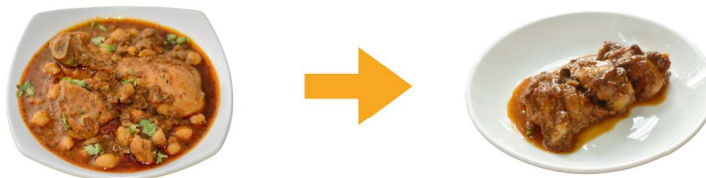
- Boil, steam, stir fry or grill dishes instead of using high-fat cooking methods (e.g. deep frying)



- Remove skin and trim visible fat on meat before cooking



- Reduce intake of gravies and soups as they can be high in fat, sodium and calories



5. Make Water your Drink of Choice

- Choose beverages with no added sugar or honey (e.g. plain water, tea, or coffee)



- Add mint leaves or fruit pieces for a low calorie flavour boost!



Contributed by Nutrition & Dietetics Service, Allied Health Services

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Information shared is accurate as of January 2024 and subject to revision without prior notice.



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