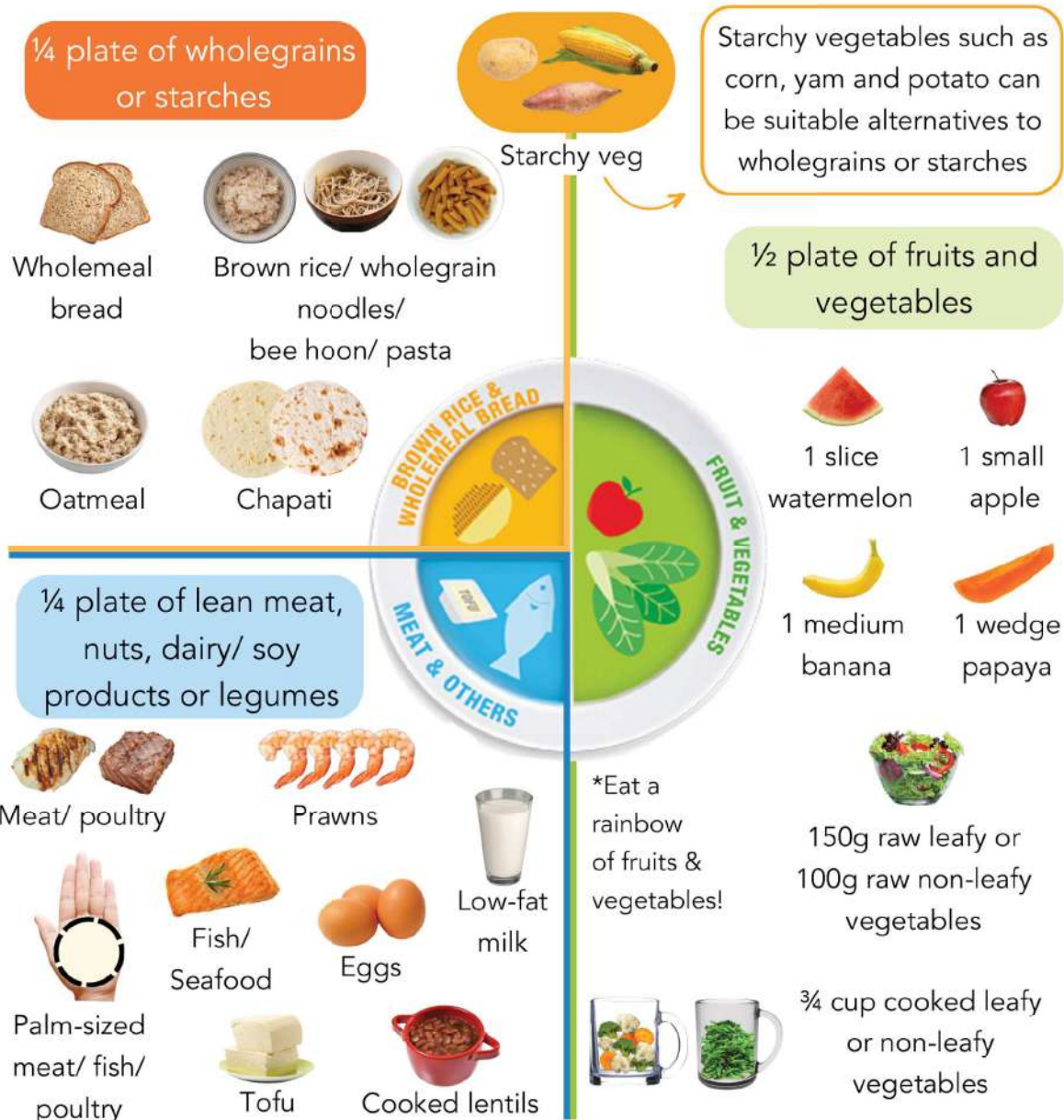


# My Healthy Plate Eating Guide

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

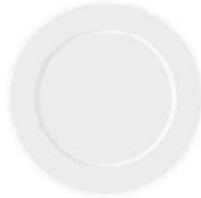


Plate size:  
10 inch (25cm) in diameter



Cup size:  
250ml

## My Healthy Plate Meal Ideas

	<p><b><u>Indian Vegetarian</u></b></p> <p>Chapati Lentil dhal Vegetable curry 1 piece of fruit</p>
	<p><b><u>Malay Mixed Rice</u></b></p> <p>Brown rice Sambal chicken Bean sprouts Long bean with tempeh 1 piece of fruit</p>
	<p><b><u>Chinese</u></b></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

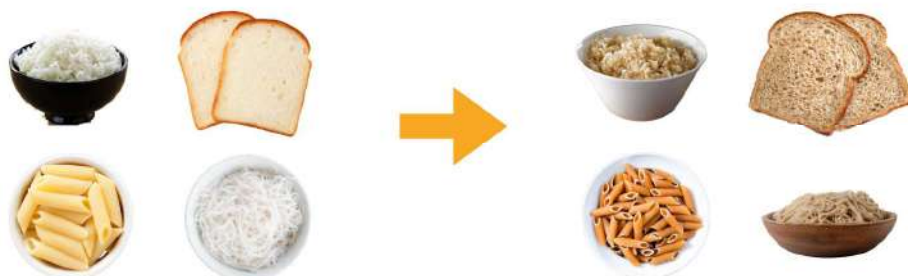
Canola, olive or sunflower oils or spreads



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

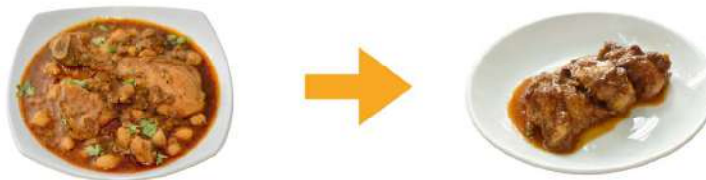
- Boil, steam, stir fry or grill dishes instead of using high-fat cooking methods (e.g. deep frying)



- 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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