

DON'T CHICKEN OUT



Choose healthier protein options such as lean meats, skinless poultry, fish, and eggs – they help to build and repair your body tissues and keep your body healthy.

BE SMART WITH PROTEIN



What's on your plate?

Eat a balanced meal of quarter plate wholegrains, quarter plate meat and others, and half plate fruit and vegetables.

SAY COOL BEANS




TO NON-MEAT PROTEIN

Choose non-meat protein options such as tofu, tau kwa, beans and peas, low-fat cheese, peanut butter, and edamame to step up your health game.

BE SMART WITH PROTEIN



What's on your plate?

Eat a balanced meal of quarter plate wholegrains, quarter plate meat and others, and half plate fruit and vegetables.

CUT DOWN



ON COLD CUTS

Limit your intake of salty processed foods such as meat patties, sausages, hams, and luncheon meats to reduce your risk of heart disease, certain cancers, and high blood pressure later in life.

BE SMART WITH PROTEIN



What's on your plate?

Eat a balanced meal of quarter plate wholegrains, quarter plate meat and others, and half plate fruit and vegetables.