Use My Healthy Plate

Follow "Quarter-Quarter-Half" to include all food groups in the right proportions.

Quarter plate:
Wholegrains (e.g. wholemeal bread, brown rice, wholegrain noodles etc.)

Quarter plate:
Protein-rich foods (e.g. lean meat or poultry, fish, egg, dairy products, tofu, beans and lentils)

Half plate:
Fruit and vegetables



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Scan to learn more about My Healthy Plate!

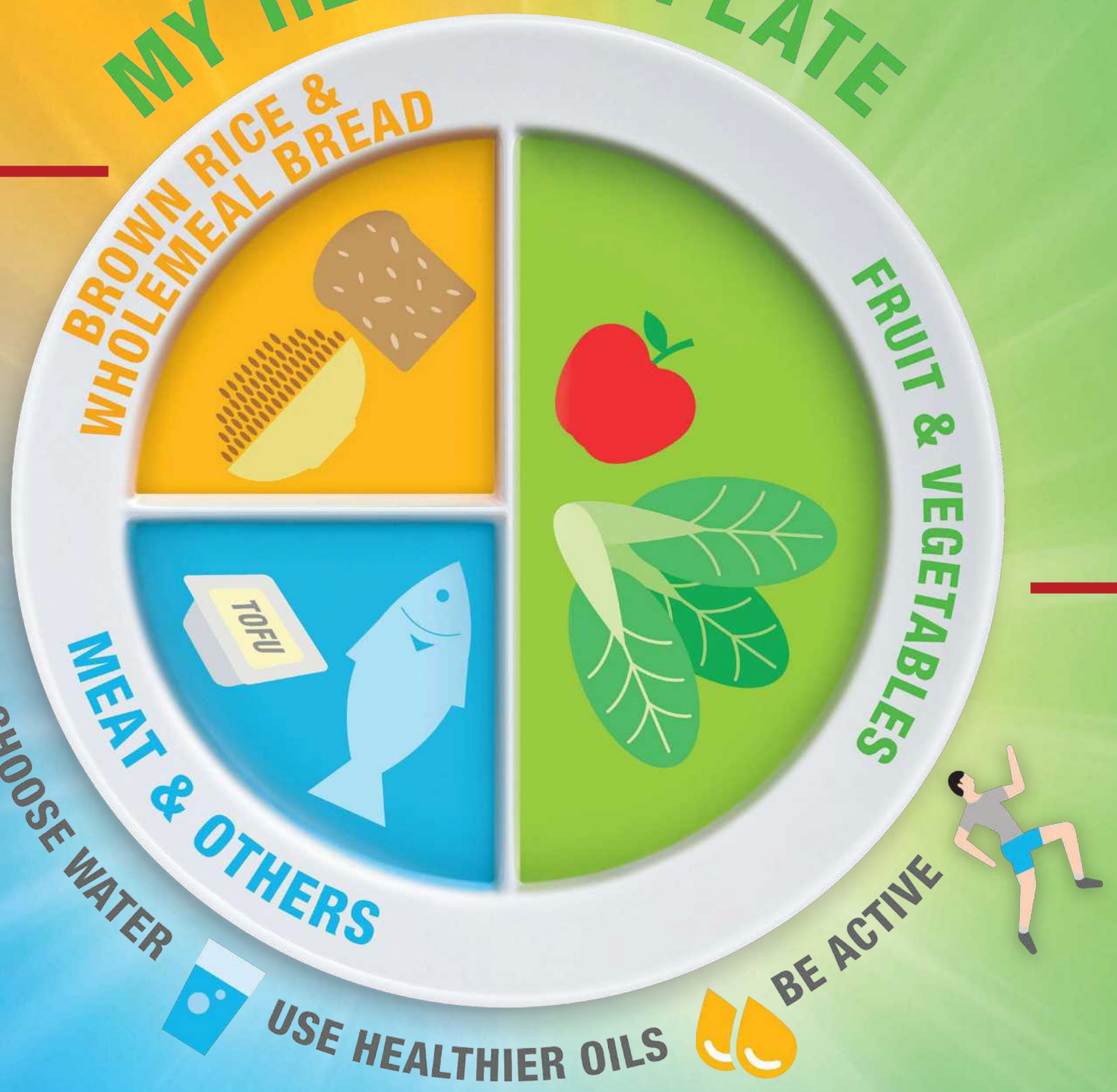
MY HEALTHY PLATE

Quarter, Quarter, Half

is an easy way to remember the right proportions of each food group in a well-balanced meal.

Here's How:

Fill Quarter plate with wholegrains

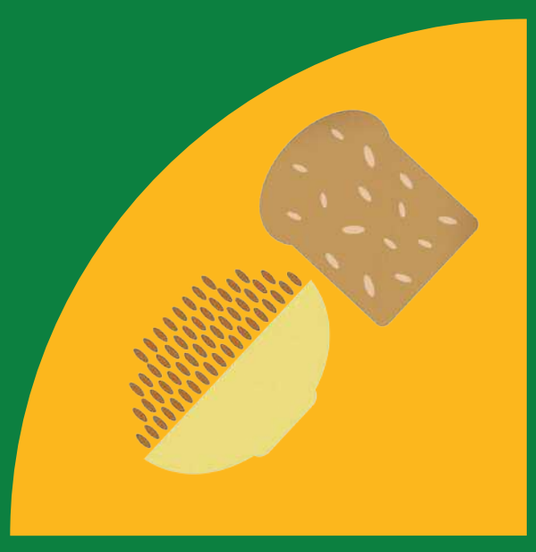


Fill Quarter plate with good sources of protein

Fill Half plate with fruit and vegetables

Note: Recommended plate size is 10 inch in diameter.

MY HEALTHY PLATE



Quarter Plate Of Wholegrains

Wholegrains are rich in nutrients, unlike refined grains such as white rice and white bread which have lost valuable nutrients due to processing.

What Do Wholegrains Provide?



Wholegrains provide you with vitamins B and E, minerals such as iron, zinc and magnesium, phytochemicals and dietary fibre. Eating wholegrains can help you manage your weight by making you feel full for longer. It also helps to reduce your risk of developing heart diseases and diabetes.

What Are Some Examples Of 1 Serving Of Wholegrains?



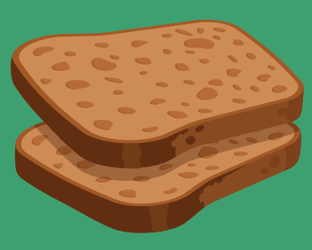
1/2 bowl of wholegrain noodles, beehoon or spaghetti (100g)



2 wholemeal chapatis (60g)



1/2 bowl of brown rice (100g)



2 slices of wholemeal bread (60g)



4 plain wholemeal crackers (40g)

MY HEALTHY PLATE



Quarter Plate Of Protein

Protein-rich foods include both animal-based sources such as meat, seafood, eggs and dairy products; and plant-based sources such as soy milk, tofu, tempeh, nuts, beans and legumes.

What Does Protein Do?



Protein-rich foods are also packed with vitamins and minerals such as iron, vitamin B and zinc. Fish also provide beneficial fats like Omega-3 fatty acids. Protein builds and repairs body tissues and regulates bodily functions to keep your muscles, bones, organs, skin and nails healthy!

Do you know?

Muscle loss tends to start at 40 and accelerates as we age. Seniors should aim to have protein-rich food in EVERY MEAL to keep muscles strong and also include calcium-rich food for stronger bones.

What Are Some Examples Of 1 Serving Of Protein?

1 palm-sized piece of meat, fish or poultry (90g)

3/4 cup of cooked pulses (peas, beans, lentils) (120g)

3 eggs (150g)

2 small blocks of soft beancurd (170g)

2 glass of reduced-fat milk (500ml)

5 medium prawns (90g)

MY HEALTHY PLATE



Half Plate Of Fruit And Vegetables

Fruit and vegetables add colours, textures and flavours to your meals. They protect you against many diseases, such as heart disease, stroke, and certain cancers.

What Do Fruit And Vegetables Provide?



Low in calories, fat and sodium, fruit and vegetables are also rich in dietary fibre, vitamins, minerals, phytochemicals and antioxidants. The high water and fibre content adds volume, filling you up and minimising the urge to overeat.

What Are Some Examples Of 1 Serving Of Fruit And Vegetables?



1 wedge of papaya, pineapple or watermelon (130g)



1 small apple, orange, pear or mango (130g)



1 medium banana



150g raw leafy vegetables



100g raw non-leafy vegetables



1/4 round plate of cooked vegetables

MY HEALTHY PLATE

Lower in Saturated Fat

We use **healthier oil**
Eat all foods in moderation.



Choose Healthier Oils

Keep your heart healthy and lower your total cholesterol levels by limiting intake of saturated and trans fats. Look out for these healthier choice identifiers when grocery shopping or dining out.

Make Water Your Drink Of Choice

Water quenches thirst better than sugar-sweetened beverages. Sugary drinks contain empty calories which may lead to weight gain.

If you want a sweetened drink, opt for one with no added sugar or lower in sugar.



MY HEALTHY PLATE

Choose Healthier Options

Go for healthier choice groceries, meals and drinks. As compared to regular items within the same category, healthier choice options are generally higher in wholegrains, calcium, and lower in sodium, sugar, and saturated fat.

HEALTHIER CHOICE
Health Promotion Board

Eat All Foods in Moderation

HEALTHIER CHOICE
Health Promotion Board

Healthier options available here

Eat A Variety

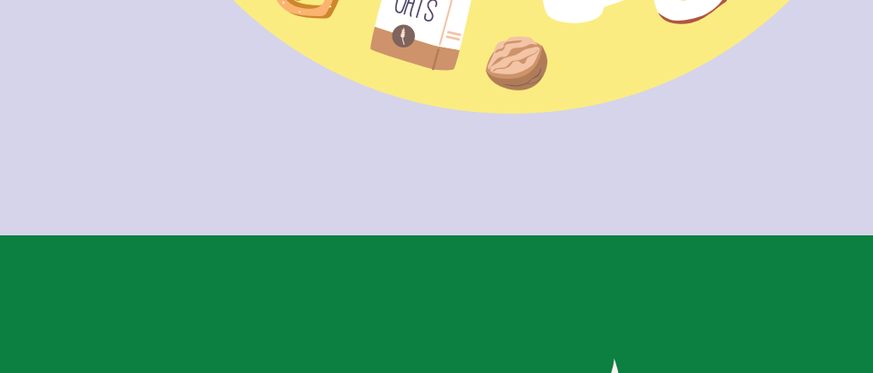
For optimal health, eat from all food groups in the right proportions. Try different wholegrains, protein and calcium-rich foods, fruit and vegetables.



Use Healthier Cooking Methods

Boil, grill, roast, bake, stir-fry and steam instead of deep fry.





Download the Healthy 365 app today and discover programmes and offerings to help you eat healthier!

1



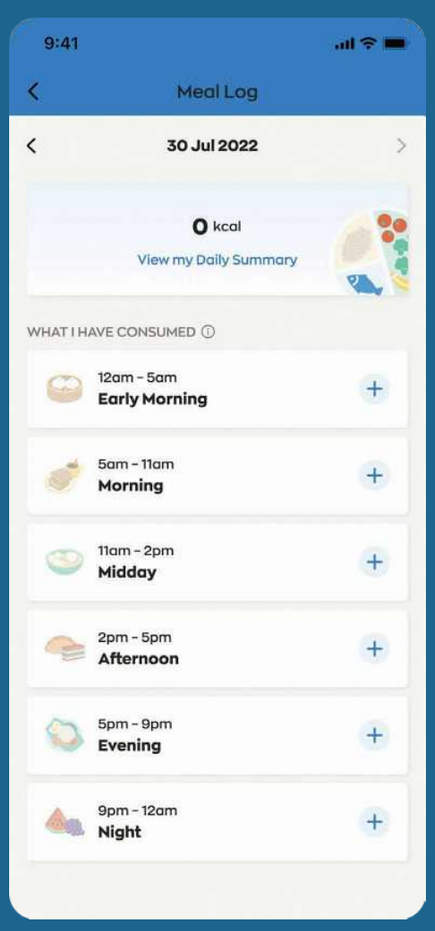
Participate in the Eat, Drink, Shop Healthy Challenge

Earn sure-win rewards for making healthier choice purchases at participating outlets!

Scan to find out more!

Join us at our Wheel of Sure Wins events to enjoy instant rewards! Scan the QR code for our locations!

2



Use the Meal Log Tool

Track your daily calorie intake to understand your eating habits over time, and you can then make necessary changes to improve your diet or reach your target weight!

Scan to learn how you can log your meals!

Savour More Flavours with Less Salt



Did you know?

- 9 in 10 Singapore residents consume close to 2x the daily recommended salt intake
- Choose healthier choice lower-sodium salt, sauces and seasonings - they contain at least 25% less sodium, yet flavours your dishes well
- Add aromatic herbs and spices to allow the natural flavours of your food to shine
- When dining out, ask for less sauces/gravy and refrain from drinking all the soup to reduce sodium intake

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Scan to find out more

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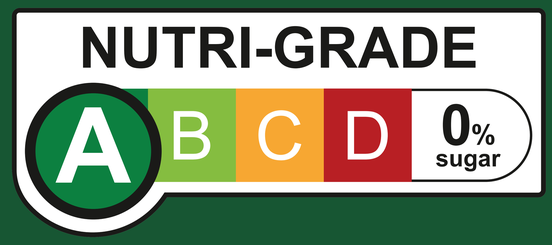
Healthy eating is about having a balanced diet and choosing healthier options. By doing so, you can build a stronger immune system for better physical health.

Healthy eating and cooking can also bring people closer together. Try:

- Cooking with your family or friends
- Learning new recipes
- Eating healthier meals together

All these can create connections, topics for conversation and a sense of togetherness – good for your mental well-being.

KNOW YOUR DRINKS BETTER WITH



Nutri-Grade helps you understand the level of sugar and saturated fat content in your drinks, from Grade A being the lowest to Grade D being the highest.

Scan to find out more about Nutri-Grade

CHOOSING HEALTHIER DRINKS IS AS EASY AS

A	B	C	D
HEALTHIER CHOICE Health Promotion Board Lower in Sugar Lower in Saturated Fat	HEALTHIER CHOICE Health Promotion Board Lower in Sugar Lower in Saturated Fat		
Water, Unsweetened Green Tea, Skimmed Milk	Zero-Sugar Soda, Low-Fat Milk, Coconut Water	Regular Isotonic Water, No Added Sugar Fruit Juice, Full Cream Milk	Regular Energy Drink, Regular Fruit Juice, Regular Soft Drink
SUGAR CONTENT (grams per 100ml)	≤1 and no sweetener	> 1 to 5	> 5 to 10	> 10
SATURATED FAT CONTENT (grams per 100ml)	≤ 0.7	> 0.7 to 1.2	> 1.2 to 2.8	> 2.8

Note: Certain Nutri-Grade C and D drinks may still be required in moderation for those with specific dietary needs, such as full cream milk for children aged 1 to 2 years, and 100% juice for seniors with difficulty in chewing whole fruit.