

Eat leafy greens to be strong from within

**EAT 2 SERVINGS
OF FRUIT AND
VEGETABLES
— DAILY —**

Natural green fruit and vegetables
can keep you from falling sick.

EAT MORE COLOURS



What's on your plate?
Eat a balanced meal of quarter
plate wholegrains, quarter plate
meat and others, and half plate
fruit and vegetables.

Eat rich reds for a healthy heart

**EAT 2 SERVINGS
OF FRUIT AND
VEGETABLES
DAILY**

Vibrant red fruit and vegetables can
keep your heart healthy and strong.

EAT MORE COLOURS



What's on your plate?

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

Eat deep purples for a brain boost!

**EAT 2 SERVINGS
OF FRUIT AND
VEGETABLES
DAILY**

Blue and purple fruit and vegetables can help improve memory and protect your heart.

EAT MORE COLOURS



What's on your plate?
Eat a balanced meal of quarter plate wholegrains, quarter plate meat and others, and half plate fruit and vegetables.

Eat sunshine yellow for eye power

EAT 2 SERVINGS
OF FRUIT AND
VEGETABLES
DAILY

Bright, sunny fruit and vegetables
can keep your eyes healthy.

EAT MORE COLOURS



What's on your plate?

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

**EAT 2 SERVINGS
OF FRUIT AND
VEGETABLES
— DAILY —**

Red	Watermelon Cherries	Red peppers Tomatoes
Yellow Orange	Papaya Oranges Rock melon	Carrots Pumpkin Yellow peppers
Green	Kiwi Honeydew melon	Green leafy vegetables Broccoli
Purple	Plums Purple grapes	Eggplant Purple cabbage

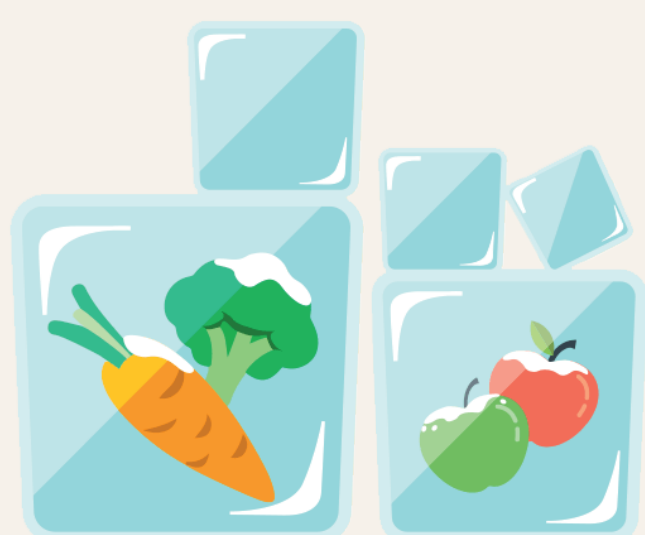
Shop healthy to eat healthy

The next time you follow your moms and dads to the supermarket, be sure to choose healthier options to include in your diet.



Eat a rainbow of fruit and vegetables

Fruit and vegetables offer unique health benefits, including protection from diseases like heart disease or cancer. Treat yourself to the full spectrum for maximum benefits.



Shop for frozen fruit and veggies

Freshness, flavour and nutrients are retained when fruit and vegetables are flash frozen at extremely cold temperatures. This makes frozen produce a nutritious and longer-lasting alternative to fresh produce. To keep the nutrients intact, add your frozen goodies to your cooking pot without any thawing or soaking.



Choose fruit and vegetables for your snack break

Fresh or frozen fruit can make great sweet snacks. Pair vegetables with low-fat condiments to provide a crunchy and fun snack!



Pre-cut and pre-washed fruit and vegetables can help save time.

Pre-cut fruit like pineapple chunks, as well as pre-packed bags of salad greens and other vegetables are convenient alternatives to fresh produce when you want to whip up a quick meal. They also make great healthy snacks on their own. Remember to buy canned fruit carrying the HCS, and to drain the juice before consuming the fruit.

GOT IT FROM THE GROCERY STORE



Drop your picture with your family buying fruit and vegetables at hpb_spd@hpb.gov.sg.