

MY HEALTHY PLATE

01 1/4 Plate of Wholegrains

Choose brown rice, wholegrain noodles, wholemeal bread/biscuits, chapatti or oats.

- Contain more vitamins, minerals and fibres
- Keep you full for longer periods
- Reduce risk of heart diseases and diabetes



Image Credits: HealthHub

02 1/4 Plate of Meat and Others

Choose lean meat, fish, tofu, dairy products (e.g. milk, cheese), nuts, beans and legumes

03 1/2 Plate of Fruits and Vegetables

Eat a variety of fruits and vegetables to gain different nutrients

Help protect against heart disease, stroke, and certain types of cancer