

Healthy Eating Guide with My Healthy Plate



Source: Health Promotion Board (HPB)

My Healthy Plate is Health Promotion Board's (HPB) latest nutrition recommendation for all Singaporeans. You can use **My Healthy Plate** to help you eat healthily and be active.

Fill half your plate with fruits and vegetables



Fruits and vegetables are high in fibre, vitamins and minerals. They are naturally low in fat too. Have a variety of fruits and vegetables as they contain different vitamins and minerals that help to keep you healthy and prevent diseases.

Fill a quarter of your plate with whole-grains



Carbohydrates such as rice, noodles, bread and cereals are our bodies' main source of energy. Choose whole-grain products such as wholemeal bread, brown rice and oats as they have more fibre, vitamins and minerals.

Fill a quarter of your plate with meat and others



It is important to have protein at each meal as protein is needed to build and maintain muscles, and support your immune function (prevent you from getting sick easily). Foods high in protein include lean meat, poultry without skin, fish, beans and bean products. Some foods high in protein are also high in calcium and should be included in the diet every day. Examples of these foods include low fat milk, cheese, yoghurt, and high calcium soy milk.

Use healthier oils



Use healthier oils such as canola, olive, soybean, sunflower and peanut oils. Healthier oils contain mono- and poly-unsaturated fats. These healthier fats may lower your risk of getting heart disease. However, these oils contain the same amount of calories as regular oils and should be used in moderation.

Choose water

Drink water instead of beverages that contain sugar. Having too many drinks where sugar is added may cause you to put on weight.



Eat less salt



Eating too much salt or sodium may lead to high blood pressure. The average healthy adult needs only 2000mg of sodium a day (less than one teaspoon (5g) of salt). Cut down salt and sauces used in cooking and at the table. Avoid processed foods such as canned products, salt-preserved, cured and smoked foods. Choose foods with the Healthier Choice Symbol as they are lower in sodium.

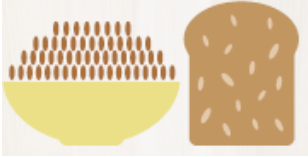



Recommended number of servings per day

My Healthy Plate shows what a healthy meal might look like and the amount of food that should be included in a healthy meal.

Please refer to the recommended number of servings and serving size chart to find out the right amount of foods for you.

Food group	Recommended number of servings per day (according to age)							
	6 months (181 days) - 12 months	1-2 years	3-6 years	7-12 years	13-18 years	19-50 years	51 years and above	Pregnant & lactating women
Brown rice & wholemeal bread	1-2	2-3	3-4	5-6	6-7	5-7	4-6	6-7
Fruit	½	½-1	1	2	2	2	2	2
Vegetables	½	½	1	2	2	2	2	3
Meat & Others	2	2	2	3	3	3	3	3 ½
of which Dairy Foods or Calcium-Rich Foods	1 ½	1 ½	1	1	1	½	1	1

What is an example of 1 serving?

Food Group	Examples of one serving
<p>Brown rice and wholemeal bread</p> 	<p>½ bowl* of rice (100g) ½ bowl* of noodles or beehoon (100g) 2 slices of wholemeal bread (60g) 4 pieces of wholemeal crackers (40g) 2 wholemeal chapatis (60g) 1½ cups** whole-grain breakfast cereal (40g) ⅔ bowl* of uncooked oatmeal (50g)</p>
<p>Fruits</p> 	<p>1 small apple, orange, pear or mango (130g) 1 wedge of papaya, watermelon or pineapple (130g) 10 grapes or longans (50g) 1 medium banana (80g) ¼ cup** of dried fruit (40g)</p>
<p>Vegetables</p> 	<p>¼ round plate+ of cooked vegetables 150g raw leafy vegetables 100g raw non-leafy vegetables ¾ mug** cooked leafy vegetables (100g) ¾ mug** cooked non-leafy vegetables (100g)</p>
<p>Meat and others</p> 	<p>1 palm-size amount of meat, fish or poultry (90g) 5 medium prawns (90g) 3 whole eggs (150g) 2 glasses** of milk (500ml) 2 small blocks soft beancurd (170g) ¾ mug** of cooked pulses (peas, beans, lentils) (120g)</p>

* 1 bowl = 1 rice bowl

** 1 cup/ glass/ mug = 250ml

+ 10 inch plate

Healthy Eating Tips

1. Eat deep-fried food not more than twice a week.
2. When cooking at home, use less oil. Use healthier cooking methods such as steaming, boiling, grilling and pressure cooking.
3. When eating out, choose soupy, steamed, stir-fried or grilled foods.
4. Do not ask for extra gravy and leave the soup behind when eating out.
5. Choose water or beverages with less or no sugar.
6. Have at least 6-8 glasses of water per day.
7. Include fruits and vegetables at each meal.
8. Eat regular meals. Do not skip any meals as skipping meals may cause you to overeat later on.
9. Start your day with breakfast (choose high fibre foods such as whole-grains).



Always remember to

- ✓ Eat a **variety** of food
- ✓ Have a **balanced** diet
- ✓ Eat all food in **moderation**

Less alcohol

Drinking too much alcohol is harmful to your body.

For healthy adult Singaporeans,

- men should not drink more than two standard drinks a day
- women should not drink more than one standard drink a day

A standard drink is:

- one can (330ml) of regular beer with 5% alcohol content
- half glass (100ml) of wine with 15% alcohol content
- a shot (30ml) of spirits with 40% alcohol content



Image courtesy of HPB at hpb.gov.sg

Be active

Being physically active is an important part of healthy lifestyle that helps in maintaining good health and achieving a healthy weight. Adults should aim for 150 minutes of physical activity each week.



Source: *My Healthy Plate, Health Promotion Board.*

Birth to 18 Years, Dietary Tips for Your Child's Well Being, Health Promotion Board.