Khoo Teck Puat Hospital
NHG Health

Yishun Community Hospital
NHG Health

Adding Years of Healthy Life

Department of
Nutrition & Dietetics

My Healthy Plate



Wholegrains

5-7 serves per day

1 serve consists of:



2 slices wholemeal bread



½ bowl wholegrain noodles or beehoon



½ bowl brown rice



2/3 bowl uncooked oatmeal



1 ½ cups wholegrain cereal



2 wholemeal chappatis



4 plain wholemeal crackers

Meat & Others

3 serves per day

½ serve from low-fat dairy or calcium-rich foods
1 serve consists of:



1 palm size meat, fish or poultry



2 glasses reduced-fat milk/soymilk



2 small blocks soft beancurd



5 medium prawns



¾ cup cooked pulses



3 eggs

Vegetables

2 serves per day

1 serve consists of:



¾ mug cooked leafy vegetables



¾ mug cooked non-leafy vegetables



150g raw leafy vegetables

Fruits

2 serves per day

1 serve consists of:



1 small whole fruit



1 wedge cut fruit



1 medium banana



1 handful

Meal ideas



Vegetarian
E.g. 2 vegetables with 1 mock meat or fish & rice



Mixed Rice
E.g. 2 vegetables with 1 meat or fish & rice



Western
E.g. Salad with grilled chicken & mashed potato



Noodle Meal
e.g. Yong tau foo



Ethnic
E.g. 2 vegetables with 1 meat or fish & chappati



Sandwich

10 Tips for Healthy Eating

1. Remove skin and trim fats off meat
2. Use healthier cooking methods like baking, boiling and steaming instead of frying
3. Use healthier oils like olive, canola, sunflower, peanut and soya bean
4. Aim for 2 servings of oily fish per week like salmon, cod, tuna and mackerel
5. Choose wholegrain food like brown rice, wholegrain cereals, wholemeal breads and oats
6. Choose fresh fruit over fruit juice
7. Ask for more vegetables when eating out
8. Ask for less sauces and gravies
9. Choose water over sugar-sweetened drinks
10. Have regular meals



The Plate Concept



Use the "***Plate Concept***" to help guide your portion sizes



1 bowl of rice (9 to 12 dessertspoons)
*choose brown rice



Palm size of protein



1 small fruit



¾ mug of vegetables

Please contact KTPH & YCH Dietitian at 6602 2420 if you have any nutrition related questions.

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ND.PE.29.0126