Khoo Teck Puat Hospital
NHG Health

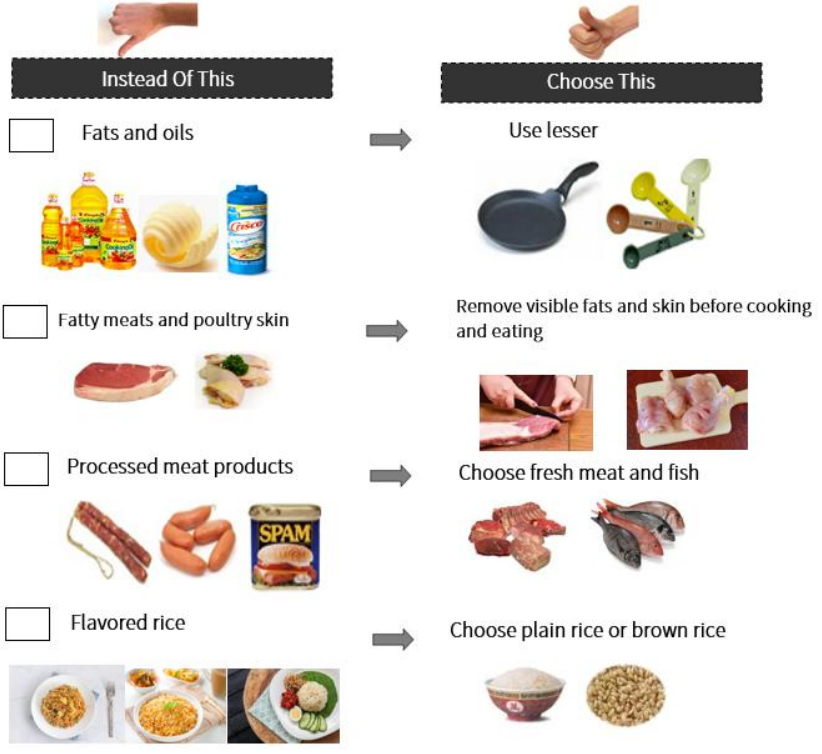
Yishun Community Hospital
NHG Health

Adding Years of Healthy Life

Department of
Nutrition & Dietetics

Identifying Fats in your Diet

Fats give you the most energy **(1g fat = 9 calories).** They have twice as many calories as the same amount of carbohydrates or protein. So, eat less fat.





Instead of this



Choose This

☐ Fried noodles



➡ Choose soup noodles



☐ Roti Prata



➡ Chapati, Idli, Plain Those



☐ Deep fried foods



➡ Limit to twice a week

☐ Gravies and sauces



➡ Ask for lesser

☐ Coconut milk



➡ Use low fat evaporated/ low fat milk or reduced fat coconut milk



☐ Full cream dairy products



➡ Choose low fat dairy products



☐ Creamer in beverages



➡ Use low fat milk



Instead of this		Choose This
☐	Biscuits and cookies 	*Choose plain biscuits 
☐	Cake and pastries 	*Choose plain sponge cake 
☐	Tidbits and snack foods 	*Limit intake 
☐	Creamy desserts 	*Choose plain desserts 

* Although these foods are healthier choices, they still have many calories.

* Limit how much you eat to less than 2 times per week.

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

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