



LET'S EAT!

Here's how to fill your healthy plate with mouthwatering food

✓ Eat all kinds of vegetables



Cabbage



Mixed Vegetables



Bok Choy



Spinach



Broccoli, Carrots & Celery



Asparagus



Cucumber



Mixed Green Salad

✓ Have 2 portions of fruit per day



1 medium Apple



1 small Pear



10-15 Grapes



1 small Banana



1 wedge of Watermelon

FOOD MYTHS & FACTS

Flip over for more



✓ Choose whole fruit over fruit juice



✓ Eat more wholegrains



Oats



Chapati



Wholemeal Bread



Brown Rice



Yam



Corn



Sweet Potato



Potato

Starchy vegetables are also considered carbohydrates. If consumed, identify portions and substitute for other starches in your meal.

Eat less refined grains



White Rice



White Bread

Vegetables & Fruit

Carbo-hydrates

Protein

✓ Choose lean meat, plant protein & dairy products



Tofu



Fish



Chicken

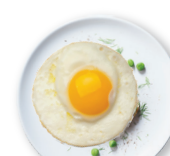


Beans & Legumes



Dairy Products

Beans & legumes and some dairy (milk, yogurt) should be counted as part of your carbohydrate intake.



Egg



Choose healthier unsaturated oils, such as Olive, Canola and Sunflower oil.



Choose steamed or boiled food over fried options

More on:

HealthXchange.sg



Blood Glucose Tracker is now on:



Health Buddy



SingHealth **DukeNUS**
ACADEMIC MEDICAL CENTRE

Diabetes Centre