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*Eat
Healthy!*



**Eat Healthy with
a Balanced Diet**

While most food contains all kinds of nutrients, you should not have only one type of food as the source of your daily nutrient intake. In food selection, factors such as nutritional value, freshness should be taken into account. With a balanced diet and moderate exercise, you can stay healthy and prevent food-related diseases, e.g. hypertension, heart disease, stroke, osteoporosis and cancer.

Nutritional experts have been promoting the Food Pyramid as the standard of daily nutritional intake since 1992, and further developing as "Choose My Plate". To start a healthy eating habit, you can follow the Food Pyramid or a simple concept of "Choose My Plate" as promoted by the US's Department of Agriculture and Department of Health and Human Services.

Principles of Healthy Eating

- Eat a variety of food. Do not be picky with food
- Grains or cereals should be a major part of your diet
- Eat more vegetables and fruits
- Eat a moderate amount of meat, poultry, fish, eggs, dry beans and dairy products
- Eat less high-fat, high-salt, high-sugar and pickled foods
- Drink 6 to 8 glasses of fluids (e.g. water, tea, fruit juice and soup) every day
- Have regular meal pattern

Adults Food Pyramid



Food Pyramid is divided into four tiers (by order of proportion in a balanced diet):

1st Tier

Grains and Cereals, e.g. rice, noodle, oats, steamed bun and bread (eat the most)

2nd Tier

Vegetables and Fruits (eat more)

3rd Tier

Meat, Poultry, Legumes, Soy Products and Dairy Products (in moderation)

4th Tier

Oil, Salt and Sugar (consume less)

You can have a balanced diet by referring to the Food Pyramid in your food selection. Variety in diet keeps you healthy.

Fat / Oil, Salts and Sweets

Eat sparingly



Dairy Products

1 to 2 glasses (daily)

1 glass = 240 ml

Meat, Poultry, Fish, Eggs, Legumes and Soy Products

5 to 8 tael (daily)

1 tael of meat = 1 table tennis ball in size



Vegetables

At least 6 tael (daily)

6 tael = 1½ bowls of cooked vegetables

Fruits

At least 2 portions (daily)

1 portion = 1 medium-sized orange or apple



Grains and Cereals

3 to 8 bowls (daily)

1 bowl = 300 ml

Drink 6 to 8 glasses of fluid every day, e.g. water, tea, fruit juice and soup, etc.

Food Types

Eat the most – Grains and Cereals

Grains and cereals contain mostly carbohydrates. They are rich in starch with a small amount of vitamin B and plant proteins. Wholemeal grains and cereals (e.g. brown rice, oatmeal), wholemeal bread, have high amounts of dietary fibre.

Source: Vermicelli, noodles, rice, oatmeal, breads, biscuits, etc.

Tips: Choose wholemeal grain food.

Choose red rice, brown rice, vermicelli, Shanghai noodles, macaroni, oatmeal, wholemeal breads and biscuits.

Eat less oily flat noodles, instant noodles, pastries, cakes and sandwich biscuits, fried rice and noodles.

Eat more – Vegetables and Fruits

Vegetables and fruits are rich in vitamin C, folate, beta-carotene, minerals, antioxidants and dietary fibre.

Sources: All kinds of vegetables, gourd, mushrooms and fruits

Vegetables

Tips: Choose dark green or orange yellow vegetables because they are rich in beta-carotene and vitamin C, e.g. Chinese cabbages, spinach, carrots, pumpkin, tomatoes, etc. Avoid overcooking to minimise the loss of nutrients.

Consume more fresh vegetables and mushrooms and include 5 different colours every day.

Eat less pickled vegetables, e.g. pickled cucumbers, pickled mustards, pickled vegetables, etc.

Fruits

Tips: Choose fresh fruits, especially orange yellow fruits as they are rich in vitamin C and beta-carotene, e.g. oranges, papayas, mangoes etc. You can also choose non-pickled dried fruits, such as raisins, prunes, etc.

Consume more fresh fruits and fresh fruit juices.

Consume less canned fruits, sweetened fruit juices and sweetened dried fruits.

Eat a moderate amount of – Meat, Poultry, Fish, Eggs, Legumes, Soy Products and Dairy Products

Meat, poultry, fish and eggs are rich in protein. Red meat and liver are rich in iron. Dry beans contain large amount of protein, non-saturated fatty acid, calcium, iron, vitamin B and dietary fibre. Dairy products are rich in calcium, protein, vitamin B2. Most dairy products are fortified with vitamin D.

Sources: Meat, such as pork, beef, lamb and poultry; fish and seafood; eggs, legumes and soy products, such as bean curds (tofu), soy beans, white beans, black-eye beans, red beans, mung beans; dairy products, such as milk, cheese, yogurt etc.

Meat, Poultry, Fish, Eggs, Legumes and Soy Products

Tips: Trim off fat, choose lean meat and eat less organs. Vegetarians should eat more dry beans, grains and cereals to increase protein intake.

Choose more lean meat, skinless poultry, fish, legumes, soy products, e.g. tofu and vegetarian chicken.

Choose less fatty meat, chicken skin, chicken feets, chicken wings, ribs, organs, canned meat, roasted meat, salted meat, fried bean curd and bean curd puff.

Dairy products

Tips: Choose low-fat or skimmed milk to reduce fat intake. If you do not consume dairy products, you may choose calcium-fortified soy milk instead.

Consume more low-fat / skimmed milk, low-fat cheese and calcium-fortified soy milk.

Choose less full cream milk and full cream dairy products.

Consume less – Fat / Oil, Salt and Sugar

Sources: Vegetable or animal fat, such as canola oil, peanut oil, corn oil, coconut oil, fatty meat, butter, different sauces and seasonings, candies, soft drinks, etc.

Tips: Choose low-fat, low-salt and low-sugar food. Use less oil while cooking, e.g. the food should be steamed, stewed, simmered, boiled, scalded, etc.

Use more natural seasonings, such as ginger, spring onion, garlic and pepper.

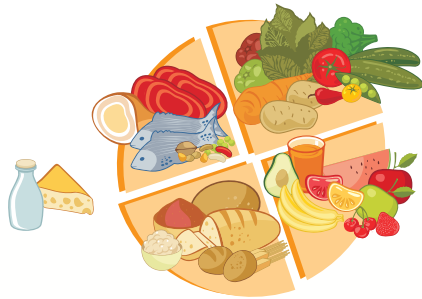
Eat less fried food, e.g. French fries, doughnuts; pickled food, e.g. preserved bean curds, salted egg, salted fish and processed meat; candies, cakes, soft drinks, sweetened beverages, ice cream and desserts.

Drink 6 to 8 glasses of fluid every day

Sources: Water and different types of beverages, such as tea, fruit juices, milk (preferably skimmed milk), soup, etc.

“Choose My Plate” is adopted by many countries as the guidelines of nutritional intake after Food Pyramid. The concept is simple: keep half of your plate for fruits and vegetables (more vegetables than fruits) and another half for grains and proteins (more grains than proteins). You should also have a cup of dairy beverages to supplement calcium intake.

Choose My Plate



How to keep a balanced diet? What are the right proportions of different types of nutrients? You can come up with a proper combination by following “Choose My Plate”:

1. Fill $\frac{1}{4}$ of the plate with red, orange or deep green vegetables, e.g. tomato, green / red / orange pepper and broccoli. Try to have fruits or dried fruits as snack to achieve more than half of daily intakes as vegetables and fruits.
2. Half of daily carbohydrate intake should come from whole grain food, e.g. wholemeal bread, wholemeal spaghettis, wholemeal biscuits, whole grain breakfast cereal, brown rice, red rice, etc. Check nutrition label and try to purchase high-fibre foods, i.e. more than 6g of fibre per 100g solid food.
3. Fish, meat and dry beans are rich in protein. Choose lean meat instead of fatty meat, e.g. chicken wings and ribs. Consume omega-3 fatty acids containing seafood twice a week, e.g. salmon, tuna, mackerel and oyster.
4. Dry beans are also rich in protein. Consume more dry beans to increase the intake of fibre, iron, magnesium and zinc. Vegetarians should eat dry beans (except green peas, green beans and lima beans). While non-vegetarians should eat dry beans as your vegetables or protein sources.
5. Drink 1 to 3 glasses of low-fat / skimmed milk or calcium-fortified beverages every day for calcium intake, or you can replace the milk with other high-calcium foods, e.g. low fat yoghurt and cheese, etc.

Less Fat, Sugar and Salt

Both the Food Pyramid and the "Choose My Plate" guide us to choose food with less fat / oil, salt and sugar. Yet most people like to have foods that are rich in taste and contain excessive amount of sugar, salt and saturated fat. Excessive salt may lead to high blood pressure. Too much sugar and fat is the major cause of obesity and increased risk of diabetes and cardiovascular diseases. That is why we should keep "3 lows", i.e. low on salt, sugar and fat by simply following the rules as follows:

1. A can of soft drink contains 40g or 8 teaspoons of sugar. Reduce sugar intake and replace with water or tea.
2. Choose fruits for dessert. Reduce intake of desserts which are high in sugar content.
3. Choose 100% pure juice, and avoid those with sugar added (1 glass of pure juice is equivalent to 2 servings of fruits).
4. Choose the low-salt or less sodium pre-packaged food (low salt is less than 120mg sodium per 100g of solid food).
5. Cook with herbs, garlic and natural seasonings instead of salt.
6. Avoid food that are high in saturated fats, e.g. cakes, cookies, ice cream, sausages, pork belly, ribs and fatty beef slices.
7. Choose more fish, lean meat, skinless poultry and beans as major sources of protein. Use skimmed or low-fat dairy products, e.g. skimmed milk, low-fat cheese, low-fat yoghurt which are rich in protein and calcium.
8. Cook with olive oil, canola oil and peanut oil, which contain mainly monounsaturated and polyunsaturated fats. If you want to control your weight, control the oil intake to no more than one teaspoon per meal.

What is your Daily Food Intake?

Types of food	1 to 2 years old	3 to 5 years old	6 to 11 years old	12 to 17 years old	Adults	Elderly
Grains and cereals	1 to 2 bowls	2 to 3 bowls	3 to 4 bowls	4 to 6 bowls	F: 3 to 6 bowls M: 4 to 8 bowls	3 to 5 bowls
Fruits	½ to 1 portion	>1 portion	>2 portions	>2 portions	>2 portions	>2 portions
Vegetables	>½ bowl (2 tael)	>¾ bowl (3 tael)	>1 bowl (4 tael)	>1½ bowls (6 tael)	>1½ bowls (6 tael)	>1½ bowls (6 tael)
Meat / Protein	1 to 2 tael	2 to 3 tael	3 to 5 tael	4 to 6 tael	F: 5 to 7 tael M: 5 to 8 tael	5 to 6 tael
Dairy products	2 glasses		2 glasses		F: 1 to 2 glasses M: 2 glasses	1 to 2 glasses
Water / Fluids	3 to 4 glasses	4 to 5 glasses	6 to 8 glasses	6 to 8 glasses	6 to 8 glasses	6 to 8 glasses
Oil, fat and sugar	Eat less. No recommendation is necessary as they are available in most food and dishes.					

F: Female M: Male

The daily calorie and nutritional intake varies from individuals, depending on wide-ranging factors like age, gender, height, weight, physical activity and health. You should also take note of the food labels to understand the nutrition content and the proportion of each food group in your diet based on the Food Pyramid or "Choose My Plate". You can find all kinds of essential information in the food labels, e.g. servings of food, ingredients and nutrients. Choosing those with high nutritional value will definitely keep you healthy.

Portion Exchange:

100 gram = 3.5 ounces = 2.5 tael
 1 cup/glass = 240 ml = 8 fluid ounces
 1 bowl = 300 ml = 10 fluid ounces
 1 ounce = 28 gram
 1 tael = 40 gram