



FEASTive Eating Tips

Eating more **healthily** and **mindfully** this Festive season



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EATING MINDFULLY

Appreciate your food and focus on how the food makes you feel

When you are eating, be attentive to the colour, texture, smell and the sounds of different foods make as you chew your food



Chew thoroughly

Chew 20 to 40 times depending on the food until you can taste the flavours and essence of the food

Eating slowly. Pause and enjoy your food slowly

Devote at least **5 minutes** to mindful eating before you chat with your tablemates

Applying the 80/20 rule

STOP eating when you are 80% full. Choose healthy foods 80% of the time. Include wholegrains, fruits, vegetables, lean protein, less oil and salt in your diet.



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CHOOSE HEALTHIER FESTIVE FOOD

Opt for sugar free or less sugar beverages

Contains 60-120kcal lesser compared to 250ml of regular sweetened beverages



Healthier snacks options:

Visit healthhub.sg and hpb.gov.sg for more information

Choose these instead



Kueh bangkit

3 pieces provides ~45kcal



Kueh bahulu

3 pieces provides ~102kcal



Mandarin orange

1 orange provides ~60kcal



Melon seeds

1/3 bowl (30g) provides ~150kcal

Less of this



Bak kwa

1 piece provides ~370kcal

Pineapple tarts

3 pieces provides ~246kcal



Kueh Lapis

1 piece provides ~237kcal

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CHOOSE HEALTHIER FESTIVE FOOD



Choose snacks and drinks with healthier choice symbol
These snacks/drinks are usually lower in sugar, fat or salt



Healthier meal times options

Steamboat

Choose **less processed meat** such as sausages, seaweed chicken and meat balls;

Include **more fresh products** such as vegetables, fresh meat and fish slices.

Yu Sheng

Less oil, plum sauce and flour crisps; **More Vegetables**

