

DEPARTMENT OF
NUTRITION & DIETETICS

Healthy Eating Guidelines



What is My Healthy Plate?

How Do I Use My Healthy Plate?



WHAT IS MY HEALTHY PLATE?

My Healthy Plate shows what a balanced and healthy diet should look like and can be used by everyone. However, those with medical conditions should talk to their doctor/dietitian before using My Healthy Plate.

Your plate should include:



Whole Grains



Meat and Others



Fruits and Vegetables



Healthy Oils

HOW DO I USE MY HEALTHY PLATE?



Fruits and Vegetables should fill $\frac{1}{2}$ of the plate.



Meat and Others should fill up $\frac{1}{4}$ of the plate.



Whole Grains should fill up $\frac{1}{4}$ of the plate.

WHOLE GRAINS / FRUITS & VEGETABLES / MEAT & OTHERS

WHOLE GRAINS

- ⊙ Whole grains provide energy for your body.
- ⊙ Whole grains (brown rice, whole meal bread) are healthier than refined grains (white rice, white bread).
- ⊙ Examples of whole grains are:



Brown Rice



Whole Meal Bread



Chappati

FRUITS AND VEGETABLES

- ⊙ Fruits and vegetables help to prevent constipation, heart disease, strokes and some cancers.
- ⊙ Fruits and vegetables are rich in vitamins and minerals.
- ⊙ Examples of fruits and vegetables are:



Banana



Cabbage



Carrot



Grapes



Beans



Apple



Cauliflower

MEAT AND OTHERS

- ⊙ Meat and others help to build muscles and heal wounds.
- ⊙ Examples of meat and others are:



Fish



Chicken/Meat



Legumes



Yoghurt/Curd



Milk



Egg

CHOOSE HEALTHIER OILS / IMPORTANCE OF CALCIUM

CHOOSE HEALTHIER OILS

⊙ Choose unsaturated oils such as:



Peanut Oil



Olive Oil



Canola Oil



Sunflower Oil



Soya Bean Oil

IMPORTANCE OF CALCIUM

⊙ Calcium helps to build strong bones and teeth as well as prevent osteoporosis.

⊙ Foods high in calcium include:

Eating sardines with edible bones increases calcium!



Milk / Soy Milk



Dark, leafy green vegetables (e.g. spinach)



Yoghurt/curd



Calcium-Fortified Orange Juice



Almonds



Fish e.g. Sardines, Ikan Bilis



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