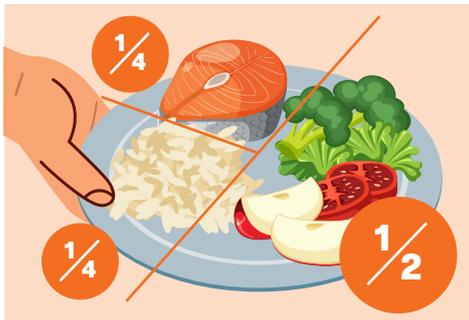


GOOD NUTRITION

# EATING OUT & EATING WELL

## Guide to Healthy Eating When Dining Out



### Follow 'My Healthy Plate'

- Fill your plate: 1/2 fruits and vegetables, 1/4 whole grains, 1/4 protein
- Select dishes cooked with healthier oils



### Reduce Sugar Intake

- Choose plain water instead of sweetened drinks
- Opt for food and drinks with less or no sugar
- Enjoy desserts as occasional treats – share them too!



### Reduce Salt Intake

- Ask for less gravy and sauces
- Cut down on processed food and fast food
- Spice up your dishes with natural herbs and spices. Choose fresh, whole ingredients such as fruits, vegetables, grains and fresh meat, instead of processed foods.

## Smart Grocery Shopping for Better Health



Choose **unsaturated oils** (such as canola oil, olive oil, sunflower oil) instead of saturated fat (such as ghee, butter, palm oil).



Choose **wholemeal, wholegrain or unpolished products**.



Choose products which are **lower in sugar, saturated fat and salt, and higher in fibre and calcium**.



Look out for products with the **Healthier Choice Symbol**. Choose beverages with **Nutri-Grade A or B**.



### STEP 1

Take this Quiz to test your knowledge!  
[for.sg/quiz-goodnutrition](https://for.sg/quiz-goodnutrition)



### STEP 2

Visit the Health Library for more tips & resources.  
[for.sg/ht-health-library](https://for.sg/ht-health-library)