

Healthy Eating

Easy Read Material



This booklet has been produced with permission from Health Promotion Board, and is aligned with HPB guidelines as well as our nutritionist's recommendations.

Should you have any questions, please contact us at
info@happeeheart.com



When we see the doctor, they take our height and weight.

This helps to calculate our **Body Mass Index (BMI) score.**

BMI Scores

extremely obese	more than 35	not healthy
obese	30-34.9	not healthy
overweight	25-29.9	not healthy
normal	18.5-24.9	healthy
underweight	less than 18.5	not healthy

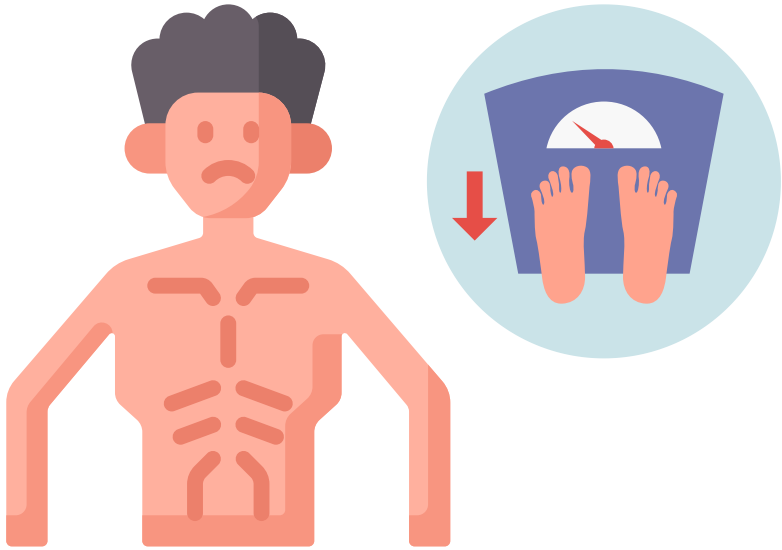
A healthy BMI shows us how healthy our body is.

Waist Size



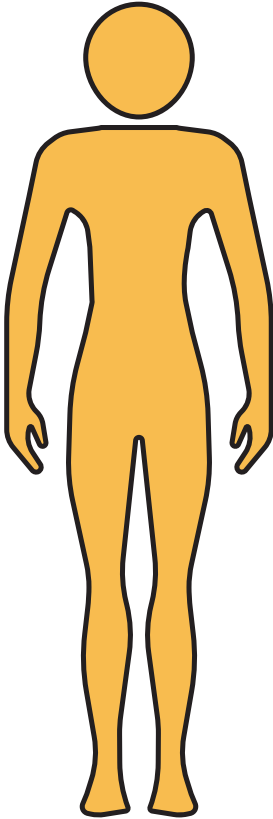
Measuring the size of our waist can also show whether your body size is healthy.

Too big or too small is not good.



Being **underweight** means that a person weighs **less than** what is healthy for their height.

It can happen if someone doesn't eat enough food, gets very sick, or has other health problems.

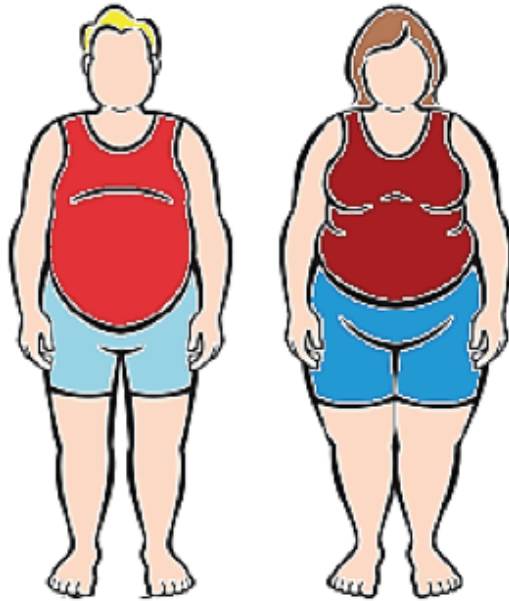


When you are
underweight, you may
have:

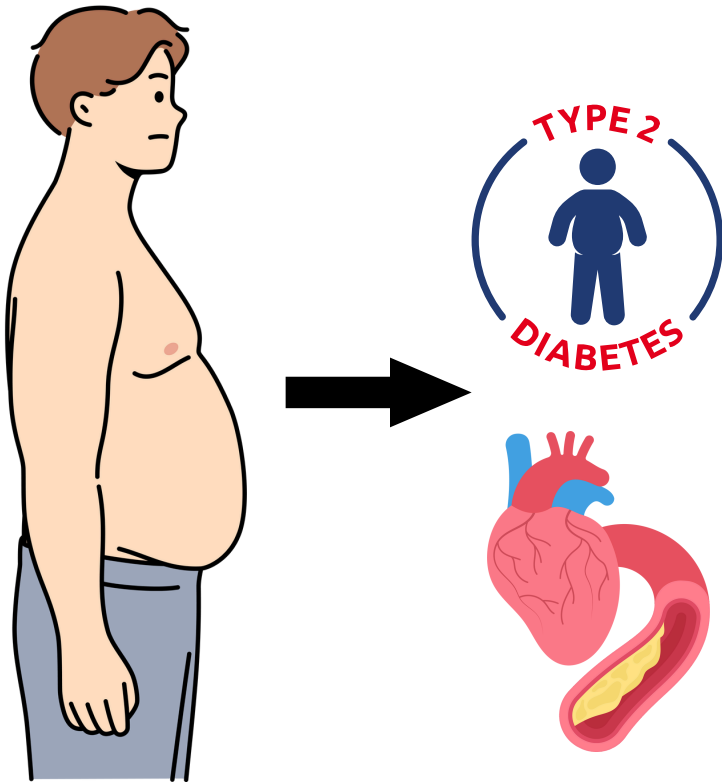
weak bones from not
having enough vitamin D
and calcium.

You can get sick more
easily.

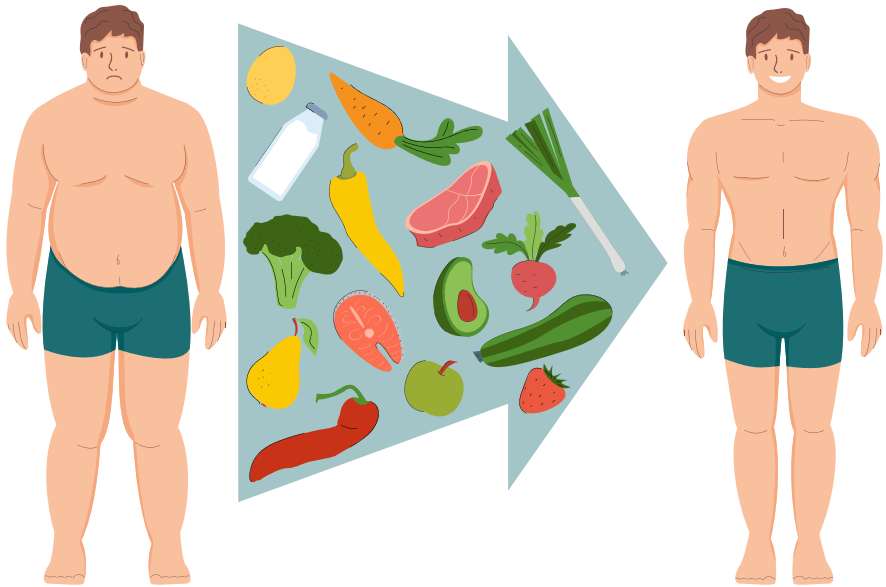
There can be more
problems during surgery.



Being **overweight** or **obese** is when there is **too much fat** in the body.



This can lead to more health problems—
like **diabetes, heart problems and**
make it hard for you to move around.



Being underweight or overweight
can make it hard for your body to
be strong and healthy.

What you eat is important.

Eating well



Eating healthy means to **eat just enough**.

Do not overload your plate with food,
a **dietician** can help you plan the right
amount.

A dietitian is a professional who
helps people eat healthy.

A Healthy Plate

“Quarter, Quarter Half”



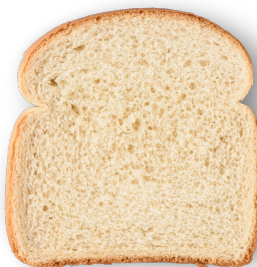
The recommended plate size is 10 inches in diameter.

There are **three groups of food** we must eat to have a balanced meal. This is how much of each type of food you should eat.

First, there are two types of grains:
refined and whole grains.

It is better to choose whole grains.

Refined Grains



These are **refined grains**. Some parts of the grain is removed, which means less nutrients and less fibre.

They are **less healthy**.

Switch to wholegrains

brown rice



oats



wholemeal pasta



wholemeal bread



quinoa

Wholegrains contain the all parts of the grain.
The body takes longer to break it down,
and helps you feel full for longer.
This is **healthier**.

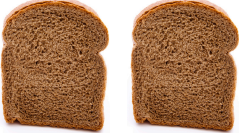

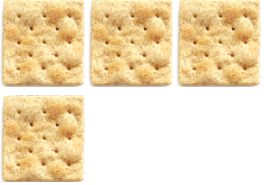





Wholegrains

This gives you energy.

1/4 plate each meal

Some examples of portion sizes:

 <p>2 slices wholemeal bread</p>	 <p>1 bowl wholegrain noodle</p>	 <p>4 wholemeal crackers</p>
 <p>4 wholemeal chapatis</p>	 <p>1 bowl brown rice</p>	 <p>3 cups wholegrain cereal</p>

Proteins



Beans and legumes

Nuts and seeds

Protein is one of the main food groups.
Proteins help **build and repair** your body.

Eating protein is important for **staying strong**.



Meat and Others

This helps to grow muscle.

1/4 plate each meal

Some examples of portion sizes:



**1 palm-size
meat/fish**



**5 medium
prawns**



**3/4 cup
cooked beans**



3 eggs



**2 blocks
soft tofu**

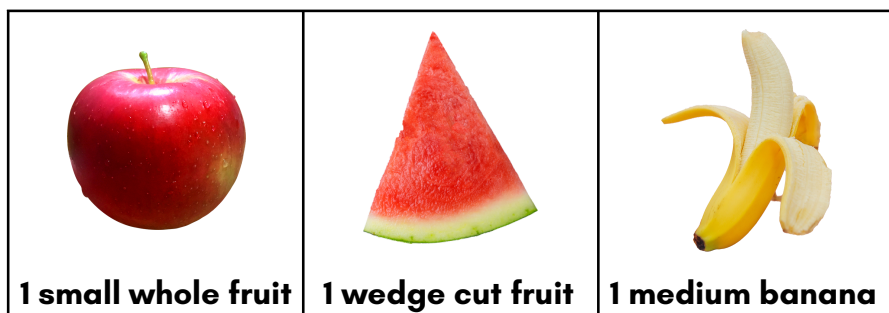


**2 cups
low-fat milk**



Fruit and vegetables (Protection) 1/2 plate each meal

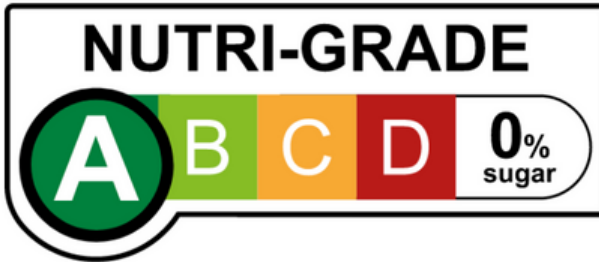
Some examples of portion sizes:



Some examples of portion sizes:



Nutri-Grade Labels



Nutri-Grade helps you understand how much sugar and saturated fat are in your drinks. Grade A is the lowest, and Grade D is the highest.

Water is the best choice as it contains no sugar or saturated fat.

Nutri-Grade Labels

The infographic is divided into four quadrants representing different Nutri-Grade categories. Each quadrant has a background color and a header with a letter and a 'HEALTHIER CHOICE' logo. The logo consists of a red triangle with a white circle inside, containing the text 'HEALTHIER CHOICE' and 'Lower in Sugar' and 'Lower in Saturated Fat'.

- Grade A (Green background):** Labeled 'A' with the 'HEALTHIER CHOICE' logo. Examples include Water, Unsweetened Green Tea, and Skimmed Milk.
- Grade B (Light Green background):** Labeled 'B' with the 'HEALTHIER CHOICE' logo. Examples include Zero-Sugar Soda, Low-Fat Milk, and Coconut Water.
- Grade C (Orange background):** Labeled 'C' with a checkmark icon. Examples include Regular Isotonic Water, No Added Sugar Fruit Juice, and Full Cream Milk.
- Grade D (Red background):** Labeled 'D' with an 'X' icon. Examples include Regular Energy Drink, Regular Fruit Juice, and Regular Soft Drink.

In the center, a white box contains the text 'CHOOSE BETTER WITH NUTRI-GRADE' and a diagram showing a checkmark over 'A' and 'B', and an 'X' over 'C' and 'D'.

Order drinks that are “Kosong and Siew Dai”



When ordering drinks at a drink stall, ask for less sugar (siew dai) or no sugar (kosong).

Use Healthier Oils



We use
healthier oil

Eat all foods in moderation.



Lower in Saturated Fat

When grocery shopping or dining out,
look out for these labels.

Keep Active



Staying active is important for our physical health.

Find an exercise you enjoy and do it at least **three times a week.**



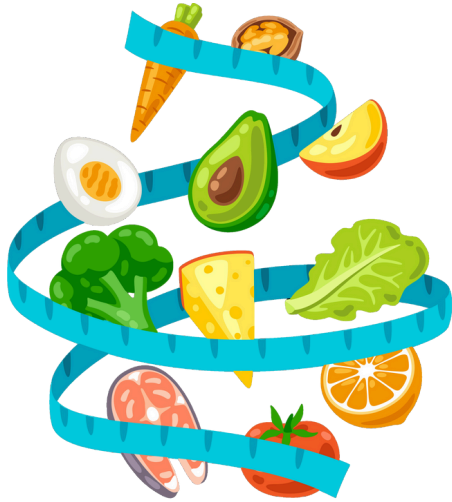
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Healthy Eating Workbook



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A Healthy Plate

“Quarter, Quarter Half”



The recommended plate size is 10 inches in diameter.

Learning to build a healthy plate is important whether you are eating at home, or dining out.

Connect the dots and match the food groups.

PROTEIN



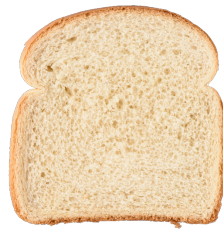
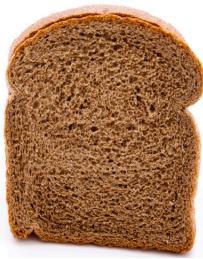
WHOLEMEAL GRAINS



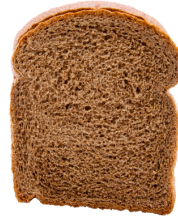
FRUITS & VEGETABLES

Wholegrains are healthier than refined grains.

Circle the healthier option:



Circle all the different types of protein.



When cooking at home, what should you choose?

Circle the healthier option:



More Salt



Less Salt



More Sugar



Less Sugar



**All food is delicious,
but some are healthier than others.**

These are healthier ways of preparing your food.



Boil,
Steam,
Bake,
Grill,

These are less healthy.



Fried,
Oily,
Lots of fat
and processed items

Who is making a healthier choice?

Check the box with the healthier the order.

Fried noodles,
add fried
dumplings
please!



Noodles,
soup please!



Who is making a healthier choice?

Check the box with the healthier the order.

Less gravy,
more vegetables
please!



More sauce, and
extra meat
please!



All oils are 100% fat.

Eating too much fried food adds more fat than needed to your meal.

However, there are healthier options. Look for the this symbol the next time you're out at the supermarket.



Circle the healthier oil symbol:



Lower in Saturated Fat

**When stir-frying, use 1-2 tablespoons
of oil per meal**



Colour in the recommended amount of oil

Match the nutrigrade label:



Eating Out



Singapore has lots of good food everywhere!

Making healthier choices when we eat out is important for weight management.

Caifan (菜饭) or Nasi Padang stalls sell different dishes that make it easier to create a **Healthy Plate.**

Choosing Portions



Circle the image that represents the recommended food portions.

Choosing Portions



Circle the image that represents the recommended food portions.



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