HOW TO EAT?

GUIDE TO HEALTHY EATING

Student Life PSB Academy

MY HEALTHY PLATE

Use My Healthy Plate to achieve a balanced diet. Our body needs proper and sufficient nutrition from various sources to build up our immunity and prevent risks of chronic diseases such as heart disease.

Image from www.healthhub.sg

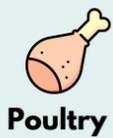**FILL A QUARTER OF YOUR PLATE WITH WHOLEGRAINS**

Replace refined grains (eg. white rice, noodles, white bread) with whole grains (eg. brown rice, wholemeal bread, rolled oats).

Benefits of Wholegrains

Healthy weight   Control diabetes

FILL A QUARTER OF YOUR PLATE WITH MEAT AND OTHERS

Source of protein can be gathered from meat and other products including

Poultry   Seafood   Eggs   Nuts   Beans   Dairy Products

Cook meat in a variety of ways: stir-fry, roast, steam, in soup, grill.

FILL HALF YOUR PLATE WITH FRUIT AND VEGETABLES

Fruit and vegetables are low in fat and high in dietary fibre, vitamins and minerals. Eat a combination of various colours as they provide you with different nutrition!

Cook vegetables in a variety of ways: stir-fry, roast, steam, in soup, sauté.

Planning your meals with My Healthy Plate:
https://bit.ly/healthhub-myhealthyplate

Recommended dietary guidelines:
https://bit.ly/healthhub-healthyfood

CHOOSE HEALTHIER OIL

Choose healthier unsaturated fats and oils (eg. such as canola oil, soybean oil or olive oil) and consume in moderation!

CHOOSE WATER

Water quenches thirst better than sweetened drinks. Besides, too much sweetened drinks can lead to weight gain.

PRACTICE MINDFUL EATING

"Paying attention to why, when, what and how much we eat"
Being mindful of what you eat helps you to rethink your food choices.

BEFORE you eat

✅ Eat when you feel physically hungry (eg. low in energy, growling stomach)

❌ Avoid reaching for food when you are not hungry.
Figure out why - Are you bored or upset? Is that a need or want?

WHEN you eat

✅ Savour the food (eg. Chew slowly, taste the fragrance & feel the crunch)

❌ Feeling full? Put down your cutlery and stop eating. Your brain takes 20 minutes to send out signals that you are full!

💡 If you are right-handed, switch to using cutlery with your left hand!

AFTER you eat

✅ Feeling bloated after a plate of chicken rice? Reflect & observe how you feel after eating

✅ Opt for fruits instead of sweetened desserts