HEALTHY EATING BEGINS AT HOME



The whole family should eat healthily based on the guide to healthy eating

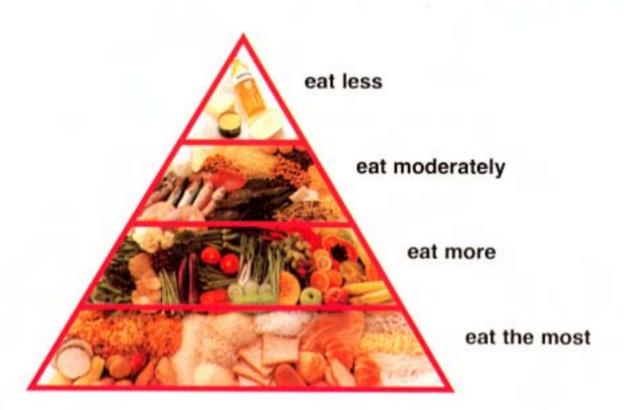
- Eat a variety of food.
- Eat more cereals, legumes, fruits and vegetables.
- Balance food intake with physical activities.
- Choose foods that are low in fat, cholesterol, salt and sugar

 Drink at least 6 - 8 glasses of water a day.



 Prepare, serve and eat clean and safe food.

FOOD PYRAMID

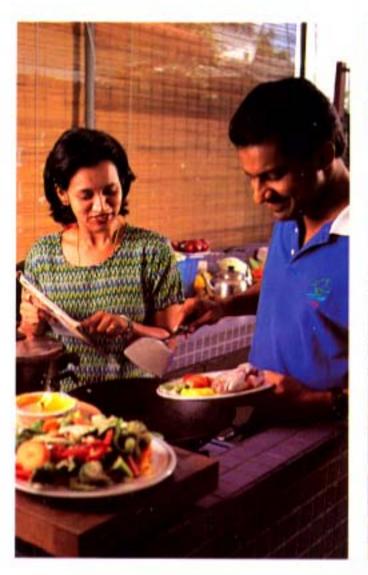


Use the FOOD PYRAMID as a guide.

Plan your family meals together

Spend some time to plan meals for the whole family taking into consideration the different kinds of food and methods of cooking.

- Take into consideration the needs of all family members, especially babies, pregnant mothers, the elderly and those with special nutritional needs.
- Serve hot meals and in an attractive way (with combination of colours) to make it appealing to the family members.
- Always keep dry food that are easily prepared (bread, mee, eggs and anchovies) if you have limited time.
- Involve all family members in the preparation and serving of meals.







Inculcate healthy eating habits at home

Adopt these practices in your family:

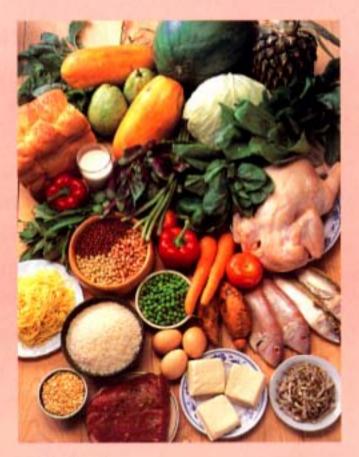
- Start your family's day with a good breakfast.
- Do not skip meals. Take your meals on a regular basis.
- Have your meals at a dining table or at allocated places only.



Eating together enhances family ties

Help your children to eat healthily:

 Give them milk, fruit juices or plain water instead of sweet flavoured drinks.



 Train them to eat healthy food which are normally disliked by



children such as vegetables and fruits.

- Serve them fresh fruits as desserts or snacks.
- Consume fast food only occasionally.

A Family That Eats Together Always Stays Together



