

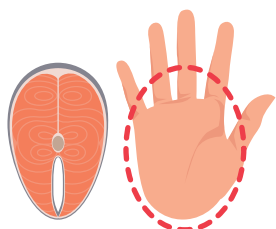
THE RECIPE FOR HEALTHY AGEING

What's on My Healthy Plate:

- Fill half of your plate with fruit and vegetables
- Fill a quarter of your plate with wholegrains
- Fill a quarter of your plate with meat and others
- Choose water
- Use healthier oils
- Be active

Have 3 servings of meat and others every day to keep your muscles strong.

Examples of 1 serving are:



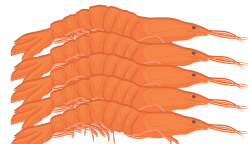
1 palm sized piece of lean meat, fish or poultry (90g)



2 glasses* of low-fat milk/soy milk (500ml)



2 small blocks of tofu (170g)



5 medium prawns (90g)



2 slices of low-fat cheese (40g)



3/4 cup** of cooked pulses (peas, beans, lentils) (120g)



3 eggs (150g)

Have 1 more serving of these calcium-rich foods a day to keep your bones strong:



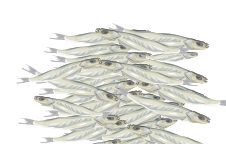
1 glass of high calcium low-fat milk (250ml)



1 glass of soybean milk with Healthier Choice Symbol (250ml)



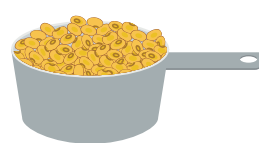
2 pieces of canned low-sodium sardines (140g)



2 tbsp of non-fried ikan bilis



2 square pieces of taukwa (200g)



1 cup of cooked soy beans (180g)



1 small tub of low-fat yoghurt (150g)



2 slices of low-fat cheese (40g)

All weights listed are for edible portions only.
*250ml glass/**250ml cup

