

Small Changes Make Huge Differences

1. Choose fresh food

- Choose fresh fruits, vegetables and lean meats
- Reduce consumption of processed foods, such as:

Tinned food (examples)	Processed / pickled food (examples)
<ul style="list-style-type: none"> ● Luncheon meat, corned beef, sliced pork in Szechuan style ● Preserved mustard green, preserved mustard root and shredded pork 	<ul style="list-style-type: none"> ● Ham, bacon, sausage ● Pork sausage, crab stick, meat balls ● Fermented cabbage, pickled vegetables ● Salted eggs, salted fish, Cantonese cured sausage

2. Choose low-fat food

- Lean meat and skinless poultry
- Low-fat and skimmed plain dairy products
- Non-fried plain soy products

3. Choose healthy cooking methods

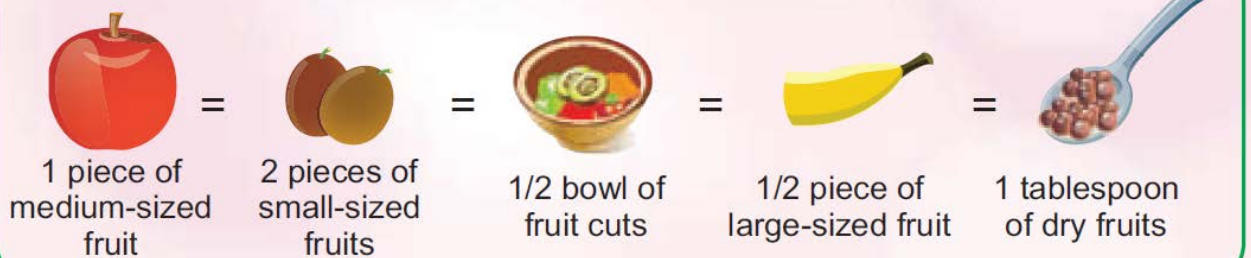
- Boiling, steaming, poaching, bain-marie (water bath), baking, grilling, quick stir-frying, pan-frying
- Limit the consumption of cooking oil to 2 teaspoon max. per person in each meal

4. Eat 2 servings of fruit every day

1 Serving of fruit is...

- ✓ 2 small fruit (e.g. 2 kiwi fruit, 2 plums); or
- ✓ 1 medium size of fruit (e.g. a fist-sized apple, orange); or
- ✓ ½ bowl of diced fruits (e.g. diced watermelon, dragon fruit, melon); or
- ✓ 1 tablespoon of dried fruit without added sugar, salt or oil (e.g. raisins, apricot)

1 serving of FRUIT equals to



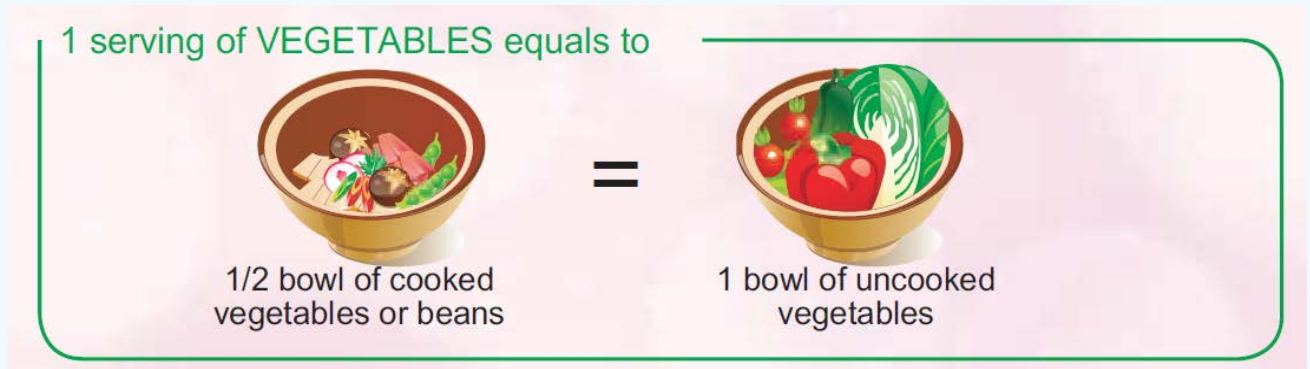
1 serving of fruit

Remark: 1 Tablespoon = 15 ml, 1 Bowl = 250-300 ml

5. Eat 3 servings of vegetables every day

1 Serving of vegetables is...

- ✓ ½ Bowl of cooked vegetables; or
- ✓ 1 Bowl of salad vegetables



1 serving of vegetable

Remark: 1 Bowl = 250-300 ml

6. Choose more wholegrain / wholewheat products

- e.g. brown rice, oat, wholegrain bread

7. Eat fish at least twice a week

- Fish is rich in omega-3 fatty acids, which can help lower blood cholesterol level and protect against heart diseases

8. Choose more non-fried plain soybean products

- Soybean contains no cholesterol; yet very rich in protein, iron and folate
- Non-fried soy products include: tofu, fresh soymilk film, dried tofu, low-sugar soy milk

9. Consider plain water as your main source of fluid intake

- Water is the healthiest choice for quenching your thirst at any time
- If you want some drink other than plain water, choose low-sugar and low-fat beverages

Low-sugar	Low-fat
✓ < 5g sugar per 100 ml	✓ < 1.5 g fat per 100 ml

10. Do not skip main meals (breakfast, lunch and dinner)

- Sticking to regular mealtimes
- Limit to only one healthy snack if you feel hungry between main meals

Start with small changes, to experience the powerful significant change.