

THE HEALTHY LIFESTYLE CHALLENGE

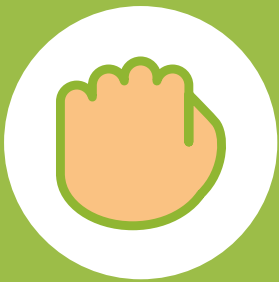


SERVING SIZE

You can use your hands to estimate serving sizes.



The secret to serving size is in your hand



A FIST = 1 serving of cooked rice
1 serving of cooked noodle
1 serving of fruit
(e.g. apple)
1 serving of vegetables
(e.g. green beans)



PALM = 1 serving of lean meat
1 serving of fish



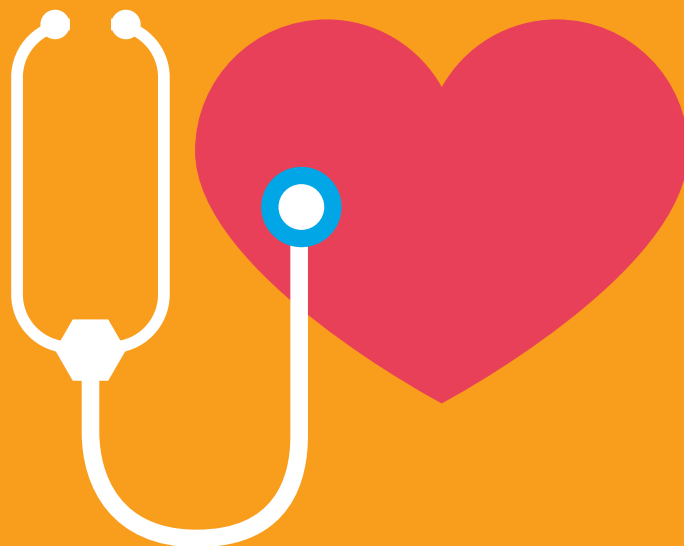
THUMB TIP = 1 teaspoon
3x THUMB TIPS = 1 tablespoon
(=3 teaspoons)

FATS & OILS

WHO recommends eating less than 30% of total the total energy consumed in a day from fats, and less than 10% in the form of saturated fats.



Replacing saturated with unsaturated fats and removing trans fats from the diet helps reduce the risk of cardiovascular diseases, type 2 diabetes and obesity.



FATS & OILS

Adults should limit their consumption of total fats and oils to 67 g per day for a 2000 kcal diet. For children aged 4–12 years, the limit varies from 41–67 g.



Reduce your fat intake:

- choose healthier cooking oils (e.g. sunflower, canola, olive oil);
- remove visible fats from all types of meat;
- boil, steam or bake rather than fry;
- avoid foods high in saturated fats such as cheese, ice cream, fatty meat;
- choose foods high in unsaturated fats (e.g. salmon, avocados, natural peanut butter and nuts).

Stop consuming processed foods that contain trans fats, by checking on the food labels.

One teaspoon holds about 3.5 g of oil.



FRUITS & VEGETABLES

WHO recommends consumption of at least 400 g (5 portions) of fruits and vegetables a day.



Fruits and vegetables are an important source of vitamins, minerals and fibre. Eating a variety of fruits and vegetables helps ensure that vitamins and minerals required for your body are available. A high fibre diet can help reduce the risk of overweight and diabetes.



FRUITS & VEGETABLES

One serving of fruits or vegetables is approximately a handful, which means a child's serving is smaller than an adult's. Eat five handfuls per day, or more.



You can eat more fruit and vegetables by:

- always including vegetables in your meals;
- eating fresh fruits and raw vegetables as snacks;
- eating fresh local fruits and vegetables in season; and
- adding fruits and vegetables of at least three colours in your plate (e.g. red, yellow, green, purple and white).



SUGARS

WHO recommends reducing consumption of sugars to less than 10% of the total energy consumed in a day. Less than 5% brings additional health benefits.



Since sugars are one of the main contributors to excess calories in a diet, reducing sugar consumption can help prevent overweight, obesity and related diseases such as heart disease and type 2 diabetes.

It can also significantly reduce the risk of dental caries and other dental diseases.



SUGARS

Adults should eat less than 12 teaspoons (50 g) of sugars per day, considering a 2000 kcal diet. For children aged 4-12 years, the limit varies from 8-12 teaspoons (30-50 g).



The limit of 12 teaspoons applies to sugars added to foods and beverages by the manufacturer, cook or consumer, and also sugars naturally present in honey, syrups, fruit juices and fruit juice concentrates.

12



- Watch out for hidden sugars in processed foods and drinks, such as breads, sauces, dressing, soups and alcohol.
- Choose water instead of sugary drinks.
- Choose fresh fruits as snacks instead of fruit juices and sugary snacks.

Did you know that 330mL of fruit juice can contain 9.5 teaspoons of sugar?

WATER

WHO recommends the consumption of 1.4 to 2 litres of water per day for adults. More should be consumed in hot climates and due to sickness or exercise.



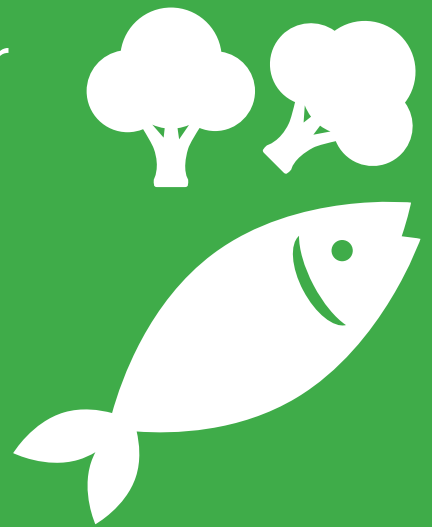
Safe drinking water can prevent diarrhoea and other infectious diseases. It is also crucial for the body to perform its functions, including supplying nutrients to the cells and removing waste.

Sugary drinks should be replaced with water as the source of hydration.



IRON

The WHO recommendation for iron varies according to sex, age, body weight and your typical diet composition. For example, women over 18 years old with an average weight of 62 kg and a diet rich in meat and dairy should consume 19.6 mg of iron/day.



Eating iron-rich foods helps prevent anaemia. In its severe form, anaemia causes fatigue, dizziness and drowsiness, and affects child development. Pregnant women and children in particular should pay extra attention to iron-rich foods.



IRON

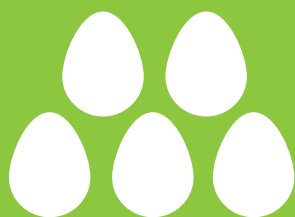
To reach the recommended iron intake for your sex, age and body weight, eat plenty of iron-rich foods.



Iron-rich foods include:

- green leafy vegetables (e.g. broccoli, spinach, kale, collards);
- legumes (e.g. beans);
- nuts (almonds, cashew nuts, hazelnuts);
- seaweed, sea mustard;
- whole grains (wheat, oats, rice); and
- animal products such as meat, eggs, liver, oysters, clams, anchovy, shrimp, salmon and tuna.

The presence of meat, poultry and fish in the diet improves iron absorption.



SALT

WHO recommends consumption of less than 5 g salt (2 g sodium) per day for adults.



Limiting salt (sodium) consumption can help reduce the risk of hypertension, which in turn reduces the risk of cardiovascular disease and stroke.



SALT

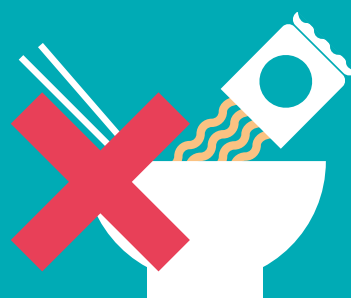
The limit of 5 g of salt per day represents less than 1 teaspoon.



Watch out for salt/sodium in processed foods, such as instant noodles, processed meat and salty snacks, and even soft drinks.

- Choose fresh foods rather than processed foods.
- Use herbs instead of salt, soy sauce or fish sauce for seasoning.
- Remove the salt shaker from the dining table.

Eat fresh fruits and vegetables as snacks.



FOR MORE INFORMATION

HEALTHY DIET FACTSHEET

<https://www.who.int/news-room/factsheets/detail/healthy-diet>

