

GUIDE TO reducing sugar intake

- Replace sweet drinks, syrup, cordial and carbonated drinks with plain water
- Replace sweet cakes, biscuits, candies or chocolates with fresh fruit
- Choose foods with less sugar. Read label for sugar content
- When ordering drinks, request for less sugar or sweetened condensed milk



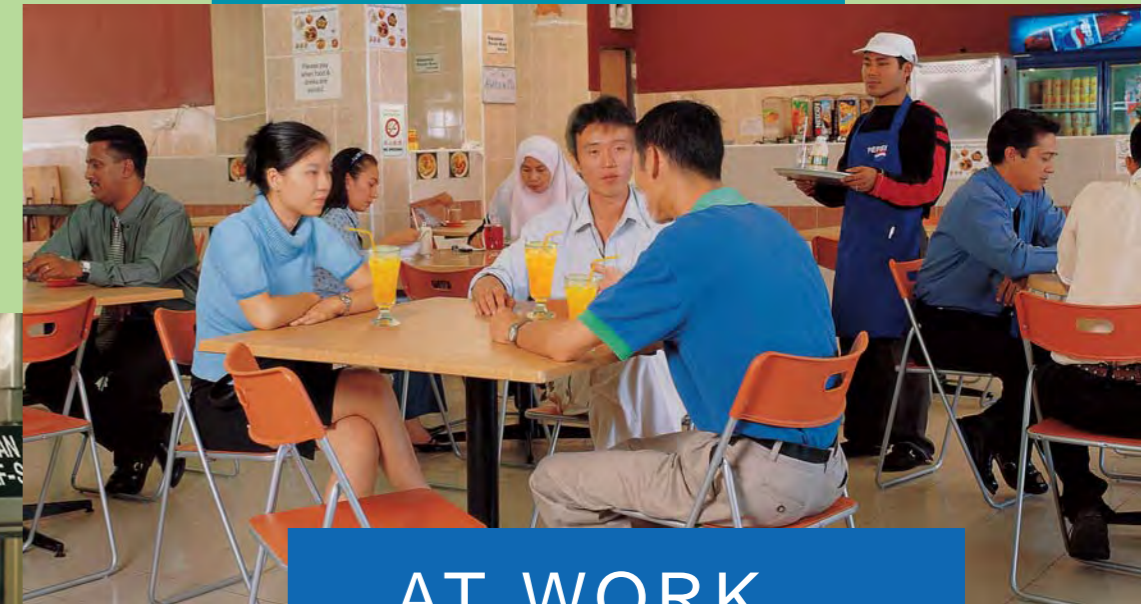
GUIDE TO choosing safe food

Choose a clean eating place	Make sure food handlers practise good personal hygiene	Make sure the food is clean and safely handled	Avoid eating contaminated foods
Choose fresh or freshly cooked foods	Avoid eating burnt food	Make sure the food packaging, box and tin are in good condition	Limit the intake of food containing preservatives
Limit the intake of food containing artificial colouring	Avoid foods fried using oil that has been repeatedly used		



INFORMATION FOR WORKERS

GUIDE TO HEALTHY EATING

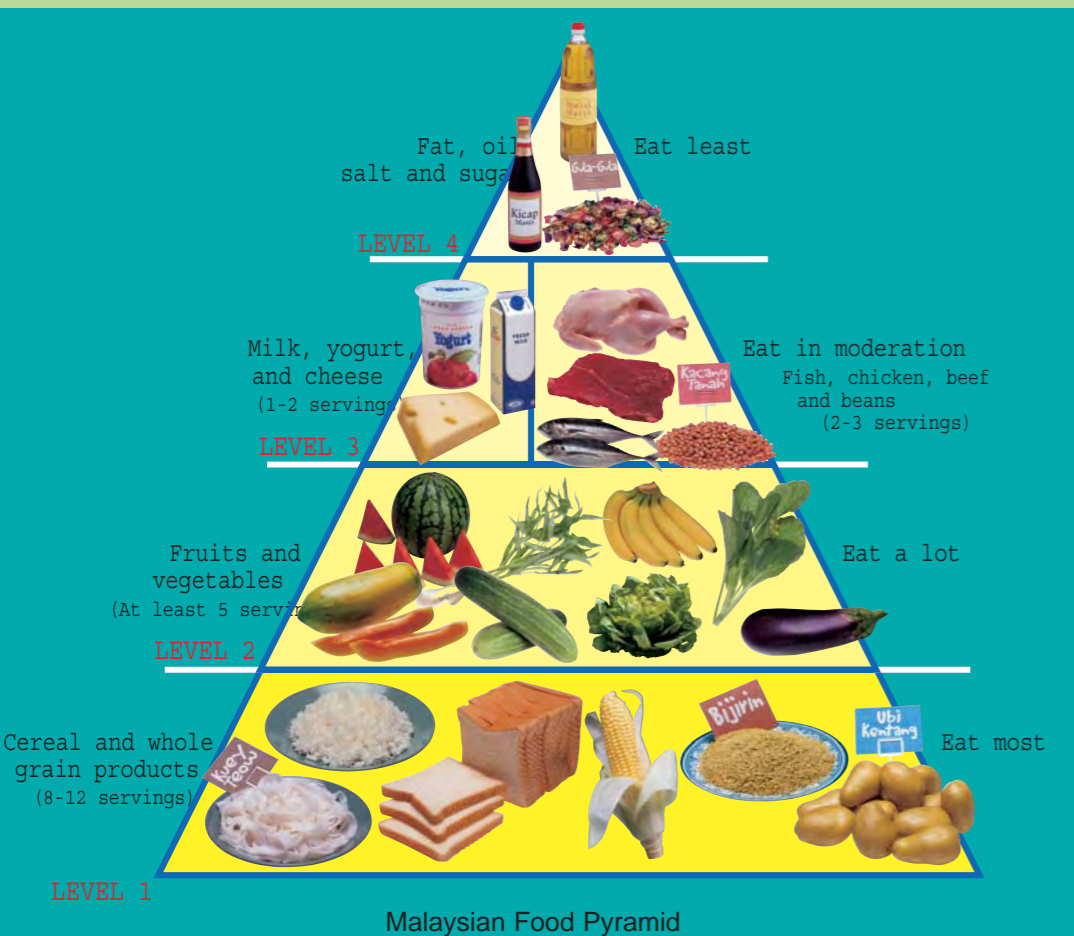


AT WORK PLACE

Eat Right, Work Right

GUIDE TO enjoying a variety of foods

- Eat foods based on the Malaysian Food Pyramid
- Vary the types of food from each level of the Food Pyramid
- You are encouraged to select different menus each day
- Try eating foods that you don't normally eat



GUIDE TO enjoying more fruit and vegetables

- Eat at least 1/2 cup of vegetables during each meal
- Eat at least one type of fruit during each meal
- Eat different types of fruits
- Choose meals with fruit and vegetables (Examples : nasi kerabu, nasi ulam, fruit pudding, fruit/vegetable salad, vegetable salad with peanut sauce)
- Eat fruit as a snack
- Eat salad and ulam with your meal



GUIDE TO reducing fried and fatty foods

- Choose white rice instead of nasi beriani, nasi minyak and nasi lemak
- Choose roasted, baked, steamed or boiled foods instead of fried foods
- Reduce the intake of oily gravy by removing excess oil
- Limit the intake of internal animal organs (liver, brains, lungs, spleen, stomach) and egg yolk
- Eat lean meat and skinless chicken
- Choose foods that do not contain coconut milk
- Use less butter or margarine on bread/ biscuit/corn
- When ordering food, request for less butter/ margarine



GUIDE TO enjoying whole grains, legumes, nuts and seeds

- Eat whole grain based foods for breakfast like oats, corn and capati
- Choose bread, pita bread and whole grain breakfast cereals and biscuits
- Replace or mix white rice with brown rice
- Eat legume based food like bean curd, soya bean cake and baked beans a few times a week
- Eat nuts/seeds a few times a week (Example : basil seed in drinks or cakes sprinkled with sesame seeds)

Sources of whole grains, legumes, nuts and seeds

	WHOLE GRAINS <ul style="list-style-type: none"> • Brown rice • Oats • Corn • Wholemeal bread/biscuits with rye, wheat, oat, corn and barley
	LEGUMES <ul style="list-style-type: none"> • Mung beans • Dhal • Chickpeas • Red bean • Soya bean
	NUTS <ul style="list-style-type: none"> • Peanut • Chestnut • Cashew nut • Almond • Pistachio
	SEEDS <ul style="list-style-type: none"> • Sesame seed • Dried seeds (watermelon/pumpkin/sunflower seeds) • Lotus seed • Basil seed

EAT RIGHT, WORK RIGHT