

# Eating out at fast food outlets



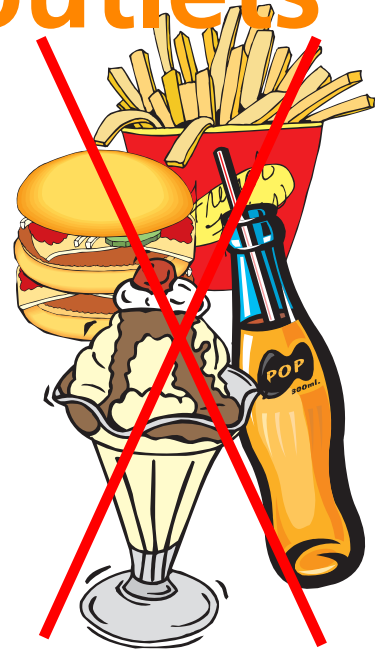
## Tell your child to:

### Choose these

- ✓ Small hamburger
- ✓ Small fries
- ✓ Fruit juice
- ✓ Plain water
- ✓ Fried chicken without skin
- ✓ Mashed potatoes
- ✓ Pizza with vegetables
- ✓ Fresh fruit
- ✓ Frozen yoghurt

### Avoid these

- ✗ Large hamburger
- ✗ Large fries
- ✗ Milk shake
- ✗ Soft drink
- ✗ Fried chicken with skin
- ✗ French fries
- ✗ Pizza with meat/cheese
- ✗ Apple pie
- ✗ Ice-cream sundae



# Eating out at hawker centres

Teach your child to select wisely when eating out.

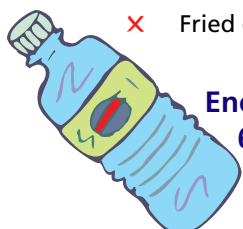
## Have these dishes more often

- |                          |                         |
|--------------------------|-------------------------|
| ✓ Soto ayam              | ✓ Stir fried vegetables |
| ✓ Mee siam               | ✓ Baked rolls           |
| ✓ Noodle soup            | ✓ Fishball noodles      |
| ✓ Rojak                  | ✓ Mee soto              |
| ✓ Meat and fish porridge | ✓ Yong tau foo          |
| ✓ Gado gado              | ✓ Steamboat             |
| ✓ Bean soup              | ✓ Prawn soup noodles    |
| ✓ Plain spring rolls     | ✓ Lean char siew rice   |
| ✓ Fresh fruit            | ✓ Soya beancurd         |
| ✓ Plain rice             |                         |



## Have these dishes less often

- |                         |                       |
|-------------------------|-----------------------|
| ✗ Curry noodles         | ✗ Roti prata          |
| ✗ Mee rebus             | ✗ Fried kway teow     |
| ✗ Lontong               | ✗ Soup kambing        |
| ✗ Tau suan              | ✗ Fried prawn noodles |
| ✗ Cream cakes           | ✗ Laksa lemak         |
| ✗ Chendol               | ✗ Deep fried chicken  |
| ✗ Fried noodles         | ✗ You tiao            |
| ✗ Fried rice            | ✗ Bubur chacha        |
| ✗ Fried oyster omelette | ✗ Pastries            |
| ✗ Briyani rice          | ✗ Chocolates          |
| ✗ Fried carrot cake     |                       |



Encourage your child to drink 6-8 glasses of plain water a day, instead of soft drinks.