

Eating out at **fast food outlets**



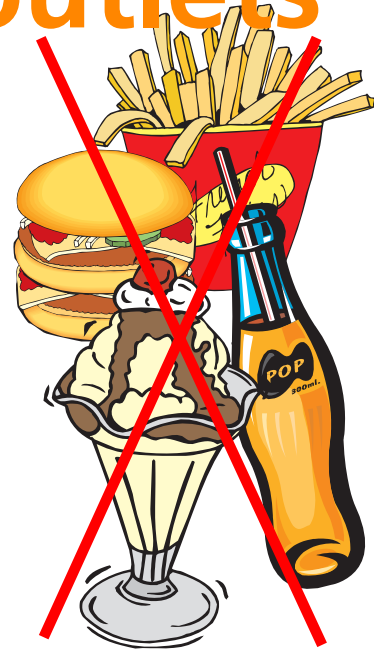
Tell your child to:

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.

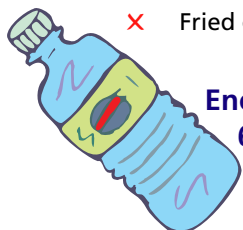
Have these dishes more often

- | | |
|--------------------------|-------------------------|
| ✓ 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.