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

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Eating out at **hawker centres**

Teach your child to select wisely when eating out.

**Have these dishes more often**
- Soto ayam
- Mee siam
- Noodle soup
- Rojak
- Meat and fish porridge
- Gado gado
- Bean soup
- Plain spring rolls
- Fresh fruit
- Plain rice

- Stir fried vegetables
- Baked rolls
- Fishball noodles
- Mee soto
- Yong tau foo
- Steamboat
- Prawn soup noodles
- Lean char siew rice
- Soya beancurd

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

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