

Eat Smart!
Follow the
Healthy Eating

Food Pyramid!



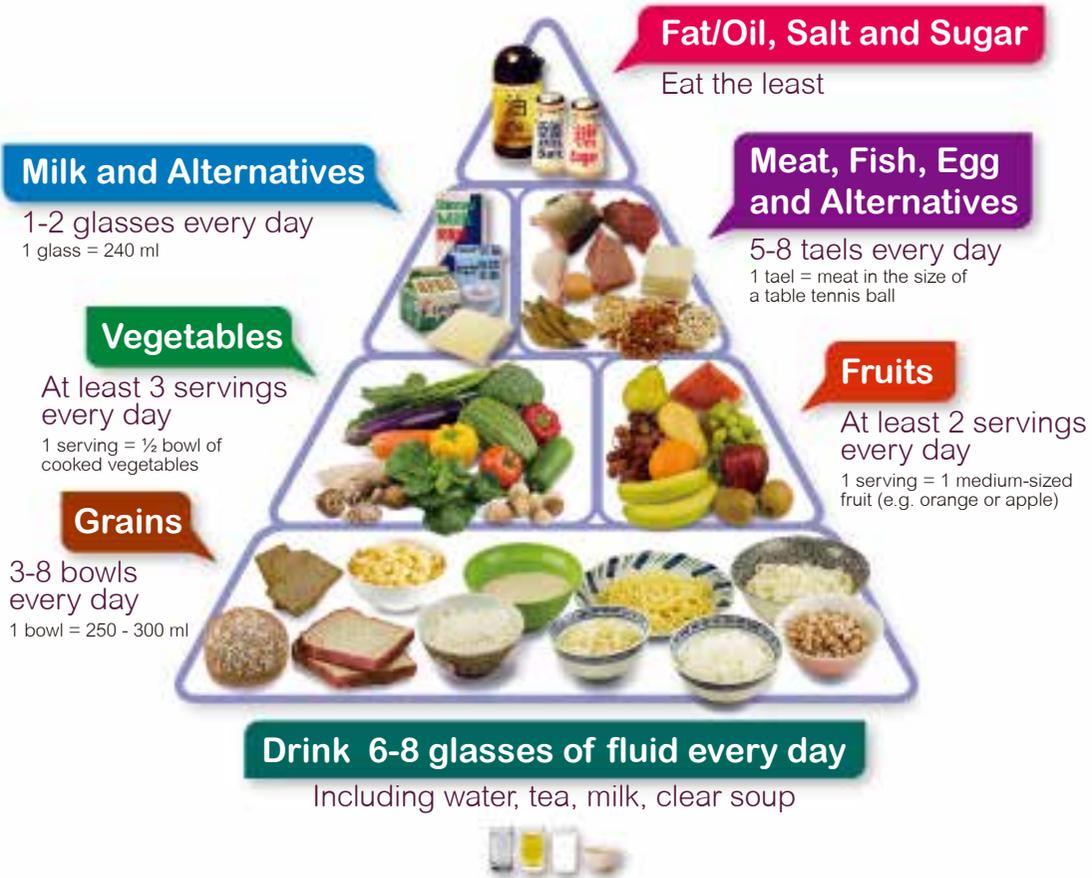
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Department of Health

Food contains various types of nutrients to keep us healthy. For the sake of health, the nutritional value, functions, freshness and hygiene condition of food should be taken into account when we choose what we eat. As we cannot get all the nutrients we need from one single kind of food alone, it is necessary to have a balanced diet to keep us healthy. Eating according to the Healthy Eating Food Pyramid would ensure balanced nutrition. The combination of a healthy diet and regular physical activity can maintain a healthy body weight, thus benefiting our health and preventing diet-related diseases such as hypertension, heart disease, stroke, osteoporosis and cancer.

Principles of Healthy Eating:

- Eat a variety of food and avoid picky eating
- Eat most - grains
- Eat more - fruits and vegetables
- Eat moderately - milk and alternatives, meat, fish, egg and alternatives (including dry beans)
- Eat less - fat/oil, salt and sugar
- Drink an adequate amount of fluid (including water, tea, clear soup, etc.) every day
- Have regular meals

Healthy Eating Food Pyramid (Adults)



Food Groups

Eat most Grains

Food sources:

Congee/porridge, rice noodles (vermicelli), noodles, rice, Chinese buns, breakfast cereals, bread, biscuits, etc.



Grains are rich in carbohydrate which is the main source of energy. They contain traces of vitamin B1, B6 and vegetable protein. Wholegrain foods (e.g. oatmeal and wholemeal bread) have a high content of dietary fibre as well.

Tips: Choose low-fat (e.g. non-deep fried) and wholegrain foods.



More - Rice noodles (vermicelli), Shanghai noodles, mantou, macaroni; red rice, brown rice, oatmeal, wholemeal bread, biscuits, etc.



Less - Oil noodles (Yau Mien), instant noodles, pastries, cakes, sandwich biscuits, etc.

Eat more Vegetables and Fruits

Food sources:

All kinds of (leafy) vegetables, gourds, beans, mushrooms; fruit, dried fruit, etc.

Vegetables

Tips: Choose dark green or bright orange vegetables because they are rich in beta-carotene and vitamin C. Examples: Chinese flowering cabbage (choy sum), spinach, carrot, pumpkin, tomato, etc. Avoid overcooking to minimise nutrient loss.



More - Seasonal fresh vegetables



Less - Preserved vegetables (e.g. pickles, preserved mustard)

Vegetables and Fruits are rich in vitamin C, folic acid, beta-carotene, minerals, antioxidants and dietary fibre.



Fruits

Tips: Pick fruit in bright orange color (e.g. orange, papaya, mango) as they are rich in beta-carotene and vitamin C. Choose dried fruit without added sugar or salt (e.g. raisin, prune)



More - Fresh fruit and dried fruit without added sugar or salt



Less - Canned fruit in syrup, sweetened fruit juice, preserved (sweetened) dried fruit, etc.



Eat moderately Meat, Fish, Egg and Alternatives

Food sources:

Meats (e.g. pork, beef, lamb) and poultry; fish and seafood; eggs; dry beans (e.g. bean curd (tofu), soybean, white bean, black-eyed bean, red bean, mung bean); nuts, seeds (e.g. peanuts, cashew nuts, sesame), etc.

Meat, poultry, fish and eggs are rich in protein and vitamin B12. Red meat, liver and eggs from this category are rich in iron. Dry beans, nuts, seeds and soy products like bean curd, dried bean curd and bean curd sheets (also known as tofu skin) are rich in protein, unsaturated fatty acid, iron and dietary fibre.

Tips: Choose lean meat and trim away the fat. Reduce the use of offal. Vegetarians should eat more dry beans and nuts to increase protein intake.



More - Lean meat, fish, dry beans, bean products (e.g. bean curd, fresh bean curd sheets), etc.



Less - Fatty meat, chicken skin, chicken feet, offal, canned meat, processed meat (e.g. sausage, luncheon meat), BBQ meat, preserved meat, fried bean curd, bean curd puff, etc.

Eat moderately Milk and Alternatives

Food sources:

milk, cheese, yogurt, calcium-fortified soy milk, etc.

Tips: Choose low-fat or skimmed milk to reduce fat intake. Those who cannot tolerate milk may choose calcium-fortified soy milk.

Milk and alternatives are rich in calcium, protein, vitamin B2, and most of the milk have been fortified with vitamin D.



More - Low-fat / skimmed milk, low-fat cheese, calcium-fortified soy milk, low-fat plain yogurt, etc.



Less - Full cream milk, full fat cheese, sweetened dairy products (e.g. condensed milk, chocolate milk, papaya milk, ice-cream, yogurt drinks), etc.



Eat the least Fat/Oil, Salt and Sugar

Food sources:

Animal fat or vegetable oil (e.g. canola oil, peanut oil, corn oil, butter); edible salts, sauces and flavourings; sugars (e.g. white sugar and honey), syrup, candies, soft drinks, etc.

Tips: Choose foods that are low in fat/oil, salt and sugar. Choose low fat cooking methods such as steaming, stewing, braising, boiling, blanching, etc.



More - Natural herbs and spices (e.g. ginger, spring onion, garlic and pepper)



Less - Fried/deep-fried food (e.g. French fries, deep-fried Chinese oil sticks (youtiao)); preserved foods (e.g. preserved bean curd, salted eggs and salted fish); candies, cakes, soft drinks, sweetened beverages, ice-cream, desserts, etc.

Drink 6-8 glasses of fluid every day

Sources:

Water and beverages (e.g. tea, milk (preferably skimmed milk), clear soup).



How much food do you need every day ?

Food groups		Grains	Fruits*	Vegetables*	Meat, fish, egg and alternatives	Milk and alternatives	Fat/oil, salt and sugar
Age							
2-5 years		1.5-3 bowls	at least 1 serving	at least 1.5 servings	1.5-3 tael	2 glasses	Eat the least (no recommended amount of intake is specified as they can be obtained from other food groups)
6-11 years		3-4 bowls	at least 2 servings	at least 2 servings	3-5 tael	2 glasses	
12-17 years		4-6 bowls	at least 2 servings	at least 3 servings	4-6 tael	2 glasses	
18-64 years	Males	4-8 bowls	at least 2 servings	at least 3 servings	5-8 tael	2 glasses	
	Females	3-6 bowls	at least 2 servings	at least 3 servings	5-7 tael	1-2 glasses	
65 years or above		3-5 bowls	at least 2 servings	at least 3 servings	5-6 tael	1-2 glasses	
Remarks		1 bowl of cooked rice = Cooked noodles, 1¼ bowls = Bread, 2 slices	1 serving of fruits = Medium-sized apple, 1 piece = Kiwi, 2 pieces	1 serving of vegetables = Cooked vegetables, ½ bowl = Raw vegetables, 1 bowl	1 tael of meat = Egg, 1 piece = Silky tofu, 1 piece	1 glass of milk = Low-fat cheese, 2 slices = Low-fat plain yogurt, 1 pot (150ml)	

Note: 1 bowl = 250-300 ml ; 1 glass = 240 ml

*The amounts of fruits and vegetables specified in the above list is the minimum recommended daily intake only. A larger intake is always advisable for all age groups.

The daily amount of energy and nutrients we need varies from person to person, and also varies with age, gender, body height, body weight, activity level and health conditions. Apart from checking the Healthy Eating Food Pyramid for the right portion size and ratio of food items, attention should also be paid to food labels that contain information on the ingredients and nutrients of food. For better health, choose food items of a high nutritional value.



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