A HEALTHIER YOU STARTS WITH A HEALTHY DIET

sata CommHealth

A balanced diet is key for well-being. Here are some tips:

1 SWAPS FOR WHOLEGRAINS & NUTRIENTS

Use HCS and Nutri-Grade (A-D) marks. These help you find healthier options!

2 Limit 1 tsp a day

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- Fresh meat > Processed.
- Less curry sauce = less hidden salt.
- Use herbs, spices, lower-sodium salt.

3 EVIDENCE-BASED CHOICES: MEDITERRANEAN DIET SAMPLE

- Sample Mediterranean Meal.

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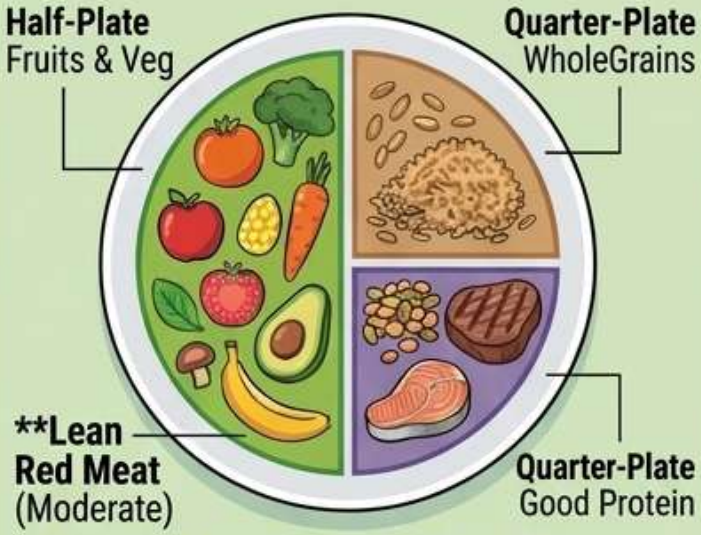
- Rich in: Vegetables, Fruits, Whole Grains, Seafood, and Olive Oil.
- Good evidence for health.
- Focus on diverse, plant-rich foods.

4 SG: My Healthy Plate



Quarter, Quarter, Half - Easy Balance!