

Healthy Eating Principles



Healthy eating contributes to good health, boosts immunity and manages body weight



Have a regular diet and choose a variety of food to obtain necessary nutrients



Ensure grains, vegetables and meat (and its alternatives) taken at lunch and dinner are in the ratio of 3:2:1 by volume



Consume more high-dietary fibre grains, eat less food high in fat, salt or sugar, as well as preserved and processed food



Eat adequate fruit and vegetables every day



Drink enough fluid every day, among which water is the best choice



Perform hand hygiene before meal

