



THE EASY WAY TO EAT RIGHT

Good things in life don't come easy, but eating right doesn't have to be one of them.
By Priscilla Lee

#1

AVOID DRINKING YOUR CALORIES

According to the Health Promotion Board's (HPB) Healthy 365 app, a cup of milk tea is approximately 153 kcal, 229 kcal if sugar is added.

"Drinking such empty calories can spoil your appetite. Instead of sweetened drinks, opt for plain or fruit-infused water," says a HPB spokesperson.

If you enjoy socialising over drink with friends, set a limit. For women, it's best not to have more than two drinks a day. A standard drink is a can (330ml) of beer, 100ml of wine or 1 nip (30 ml) of spirits.

#2

MODERATION IS KEY

Even celebrities like Beyoncé and Gigi Hadid have their off-days too. Beyoncé treats herself to pizza on most Sundays, while Hadid's motto is "eat clean to stay fit, eat a burger to stay sane."

It's important to accept that health is a journey, and healthier habits have to be cultivated over time, not through fad diets.

"The more one tries to limit their diet, the more likely they are to drop out of the health regime and succumb to temptations," shares Ujjwala Baxi, medical nutrition therapist and founder of Poshan Cure thru Diet.

It's okay to indulge in some dark chocolate or a glass of wine every now and then, but do try to limit sugary food to only twice a week at most.

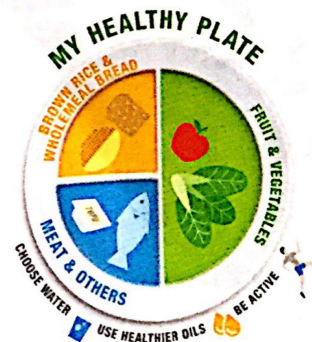
"It's important to accept that healthier habits have to be cultivated over time, not through fad diets."

#3

PAY ATTENTION TO YOUR MEALS

Given our time-strapped lifestyles, it's often easier to opt for hawker takeaways, and end up consuming more calories than necessary.

Short of prepping every meal yourself, HPB recommends using "My Healthy Plate" (below) to visually plate our meals whenever possible. This simple infographic shows the correct proportions of different food groups needed in our daily meals to make up a healthy, well-balanced diet.



#4

KEEP YOUR GROCERY SHOPPING LIST CLEAN

Leave processed food items like cup noodles, hot dogs and white bread on the shelves. Snacks like granola bars might seem healthy, but they are packed with refined sugar. Opt for fresh fruits, Greek yoghurt and baked nuts such as almonds and pistachios instead.

If you're overwhelmed by choices, HPB recommends going for products that are labelled with the Healthier Choice Symbol when you shop.

These products are, in general, higher in whole grains and calcium, and lower in sugar, fat, saturated fat and sodium."

#5

OPT FOR HEALTHIER ALTERNATIVES

You don't have to avoid hawker food altogether. Instead, HPB recommends hacks like not adding evaporated milk to fish bee hoon (it is full of unneeded sugar and calories), and not drenching your mixed-rice dish in any thick gravy or sauces. As far as possible, also opt for brown rice and whole wheat toast.

Whole-grain foods contain vitamins, minerals, phytochemicals and dietary fibre, which can reduce the risk of heart disease and diabetes, and keep you fuller for longer so you don't over-eat. ELLE