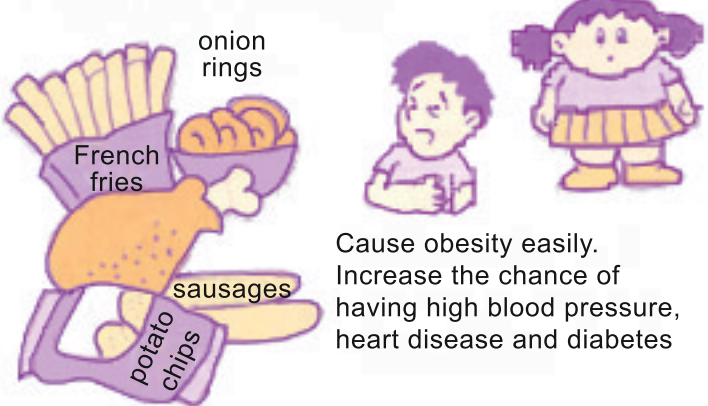


Snacks to be avoided

-Food with high sugar content



-Food with high fat or high salt content



-Food sold by unlicensed hawkers



Dirty food causes diarrhea, vomiting and abdominal pain easily

Suggested menu for children's birthday parties

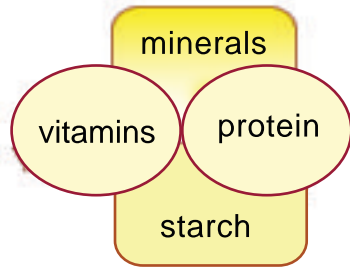
Healthy Food	Unhealthy Food
<ul style="list-style-type: none"> -water -plain tea -fresh fruit juice -plain soymilk, low sugar soymilk -low fat milk/skimmed milk -pure green tea 	<ul style="list-style-type: none"> -soft drinks -milkshake -fruit drink in paper packs -lemon tea in cans /paper packs
<ul style="list-style-type: none"> -baked potatoes/roast sweet potatoes -baked chestnuts -cornflakes with nuts or raisins -boiled corn on the cob -butter bean cakes, red bean cakes -assorted fruits -bean curd dessert -low fat yoghurt, skimmed yoghurt -fresh fruit salad with vegetables -cherry tomatoes -tomato and egg sandwiches -tuna fish sandwiches -vegetable salad -high fibre biscuits -sushi -wheat bread -steamed buns -cheese sandwiches 	<ul style="list-style-type: none"> -potato chips/French fries -prawn crackers/prawn flavoured sticks -fried cheese rings -butter cookies -candies/chocolates -ice cream -instant noodles, cup noodles -preserved fruits -fried chicken legs/chicken wings -sausages -siu mai -fish balls -spring rolls -prawn on toast -deep fried dumplings -French toasts

CHOOSE and Enjoy

Healthy Snacks



Benefits of healthy snacks



- Replenish physical strength - Replenish nutrients

Wisdom of eating snacks



Eat regularly and between two meals

Don't eat just before a main meal as it would affect the appetite



Snacks should be light, don't eat frequently throughout the day

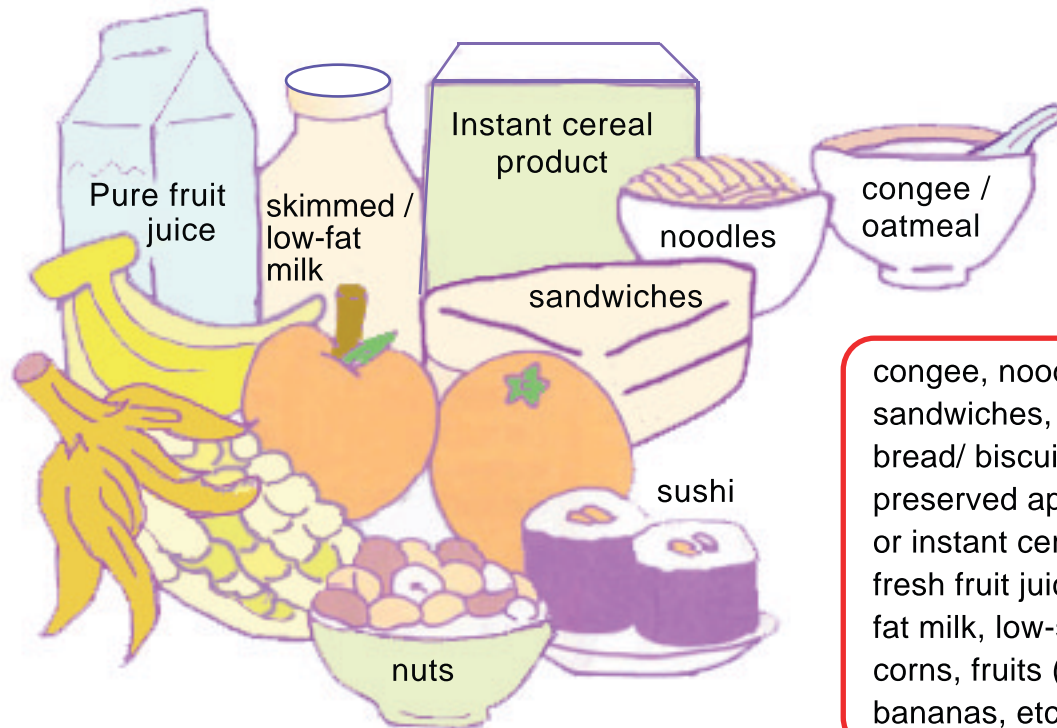
Options for healthy snacks

- When feeling thirsty...



water, plain tea

- When feeling a little hungry...



congee, noodles in soup, sandwiches, whole-wheat bread/ biscuits, nuts, raisins, preserved apricots, oatmeal or instant cereal products, fresh fruit juice, skimmed/ low-fat milk, low-sugar soymilk, corns, fruits (apples, oranges, bananas, etc.), sushi