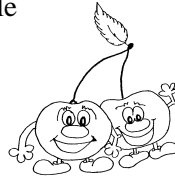


Lunch is usually a meal eaten in a hurry in the middle of a busy day. We tend to choose foods that are quickly prepared and convenient to eat. However, lunch can still be delicious as well as healthy. It depends on your choice. The following are some tips for a healthy and enjoyable lunch.



### **A Balanced and Healthy Diet**

#### **why ?**

- maintain optimal nutritional status
- basis for growth, repair and other body functions
- prevent chronic illnesses such as hypertension, heart diseases, diabetes and obesity

#### **how ?**

- eat a variety of food
- follow the food pyramid and eat the right amount of food
  - a lot of cereals or grain products
  - more vegetables and fruits
  - moderate amount of lean meat/poultry/fish/egg/bean/dairy product
  - less sugar, salt and oil
- drink 6-8 cups of fluid (including water, milk, fresh juice, clear soup and tea) each day
- choose cooking methods wisely
  - grill, steam, poach, boil or microwave methods are better than frying
  - frying in non-stick pan requires less oil
- minimize or avoid animal fat such as lard, butter for cooking. Use vegetable oil e.g. rapeseed oil, olive oil instead



	<b>Choices for Western Style Lunch</b>	
	<b>choose more often</b>	<b>choose less often</b>
salad	<ul style="list-style-type: none"> <li>• fresh vegetables and fruits</li> <li>• roast meat slices with skin removed and visible fat trimmed</li> <li>• chicken pea, kidney bean</li> <li>• low fat dressing / vinegar / lemon juice (to have dressing serve separately)</li> </ul>	<ul style="list-style-type: none"> <li>• canned fruits, preserved vegetables such as pickles</li> <li>• preserved meat such as bacon, sausage, ham</li> <li>• butter fried crouton</li> <li>• thick salad dressing made of cream, cheese and egg</li> </ul>
soup	<ul style="list-style-type: none"> <li>• split pea, lentil or lean meat in a non-cream based soup such as broth, borsch or minestrone</li> </ul>	<ul style="list-style-type: none"> <li>• cream based soup such as clam chowder and cream of chicken</li> </ul>
potato	<ul style="list-style-type: none"> <li>• boiled, baked potato</li> </ul>	<ul style="list-style-type: none"> <li>• french fries, hash brown potato</li> </ul>
vegetables	<ul style="list-style-type: none"> <li>• fresh vegetables such as cauliflower, asparagus, broccoli, brussels sprout, cabbage, carrot, pea, bean, tomato</li> </ul>	<ul style="list-style-type: none"> <li>• pickled, preserved or canned vegetables</li> <li>• cooked with butter/margarine or served with thick sauce</li> </ul>
cereals	<ul style="list-style-type: none"> <li>• brown rice, red rice, oatmeal or bran cereals with skimmed milk</li> </ul>	<ul style="list-style-type: none"> <li>• instant noodles, pasta or rice in thick cream sauce/gravy</li> </ul>
sandwich	<ul style="list-style-type: none"> <li>• wholemeal bread, bagel and pita bread</li> <li>• fresh vegetables e.g. lettuce, tomato and cucumber</li> <li>• hard-boiled egg /egg white</li> <li>• roast meat, for example, chicken, turkey, beef, with visible fat trimmed</li> <li>• tuna in water-pack</li> </ul>	<ul style="list-style-type: none"> <li>• pastry, croissant</li> <li>• butter/margarine/mayonnaise</li> <li>• fried egg/scrambled egg</li> <li>• luncheon meat, sausage, bacon</li> <li>• tuna in oil-pack</li> </ul>
meat/poultry/fish	<ul style="list-style-type: none"> <li>• roast meat or poultry with skin removed and visible fat trimmed</li> <li>• meat substitutes, for example, pea, lentil, bean, tofu</li> </ul>	<ul style="list-style-type: none"> <li>• chicken wing, deep fried fish finger</li> <li>• preserved meat such as bacon, sausage and luncheon meat</li> </ul>
dairy product	<ul style="list-style-type: none"> <li>• low fat / skimmed cheese, low fat / skimmed yoghurt</li> <li>• skimmed milk, low fat milk</li> </ul>	<ul style="list-style-type: none"> <li>• full cream cheese, full cream yoghurt</li> <li>• whole milk, evaporated milk, condensed milk</li> </ul>
dessert	<ul style="list-style-type: none"> <li>• sorbet</li> <li>• fresh fruit</li> </ul>	<ul style="list-style-type: none"> <li>• ice-cream</li> <li>• cheese cake</li> </ul>
drinks	<ul style="list-style-type: none"> <li>• unsweetened fresh fruit juice, water, low fat / skimmed milk</li> </ul>	<ul style="list-style-type: none"> <li>• sweetened juice, soft drink</li> </ul>

## Healthy Snacks

- snacks are sometimes helpful in meeting the energy and nutrient requirement of the day
- choose snacks which are nutritious and with as little fat, salt and sugar as possible
- it is preferable to have snacks at least 2 hours before meal-time and about the same time every day
- make sure that snacks do not take away your appetite for more nutritious meals



Healthy snacks	Unhealthy snacks
whole wheat cracker	cake, cookies, wafer, cream-crackers, cream-filled biscuits
cereal bar, sandwich with lettuce and tomato	instant noodle, cup noodle, doughnut, croissant
baked potato	hash brown, french fries
hard boiled egg	deep fried chicken wing, sausage, samosa
green salad, fruit salad (with little sauce)	pudding
High-calcium low-sugar soya bean milk or skimmed milk / low fat milk	milk shake
low fat / skimmed yoghurt, sorbet	ice-cream
unsalted nut, raisin, fresh fruit	candies, chocolate
low fat popcorn, non-sweetened breakfast cereal	chips

## Conclusion

Healthy eating is the cornerstone of good health. Healthy lunch and snacks can be achieved by eating the right kind and the right amount of food. If packing your own lunch is not practicable, healthy options may be available in school canteens and fast food shops. Be determined and get started to have healthy lunch and snacks!

