

Healthy Tips for CHINESE NEW YEAR CELEBRATIONS



ADD VEGETABLES



1. Leek or "suan" which sounds like "counting" in Chinese which symbolise greater fortune ahead
2. Lettuce or "sheng cai" which sounds like "creating wealth"
3. Raddish or "cai tao" in Hokkien which means a good sign

SNACK LESS

A good way to limit your snacking is NOT to visit on an empty stomach!

By eating a healthy snack like fruits before visiting will prevent overeating during your visit and increase overall fibre intake to meet daily need.



Higher in Wholegrains

SWAPPING INGREDIENTS

Healthier festive food using ingredients and food items with the Healthier Choice Symbol



CONSUME SLOWLY

Chew thoroughly to reduce the tendency to binge, ease the digestion process and enjoy your meal to the fullest!

STAY ACTIVE



Plan a workout schedule and stick to it. If you foresee you are not going to have time (or discipline) to stick to it, aim for a 30-minute walk on most days.

TIPS: Do this first thing in the morning so that any distraction during the day will not stop you!

CALORIES CHEAT SHEET

Food	Serving Size	Calories
Bahulu	3 pcs (25g)	100
Love letters	4pcs (50g)	210
Peanut cookies	4pcs (40g)	200
Pineapple tarts	4pcs (30g)	140

