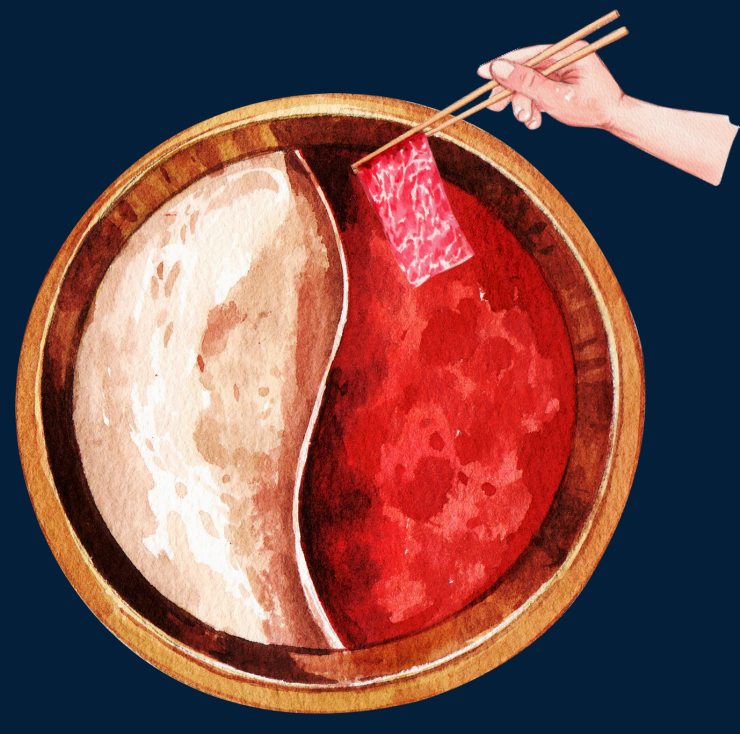


Healthy Ways to Start the NEW YEAR



FRESH FOOD OVER PROCESSED FOOD

- Choose healthier snacks like fruits!
- Use more fresh ingredients such as lean meat and skinless poultry over processed food items like fish balls during steamboat!



WATCH OUT FOR PORTION SIZES

- Limit your snacking to just 1 or 2 pieces per snack.
- When it comes to meal time, opt for a smaller plate to pace yourself and limit your intake.



EXERCISE WHILE YOU VISIT

- House visiting is an opportunity to exercise! Everyone can walk a short distance to the next destination and benefit from being active!
- And if it is not too daunting, take the stairs instead of the lift.



DON'T VISIT HUNGRY

- When you are famished, it will cause you to consume a whole load of high-calorie festive treats!
- This healthy eating tip will help you muster the discipline you need in face of temptation!



GO EASY ON THE DRINKS

- Where you can, request for beverages which have reduced sugar or those with the Healthier Choice Symbol while also avoiding soft drinks and alcohol!

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