

FUELING YOUR

VICTORY

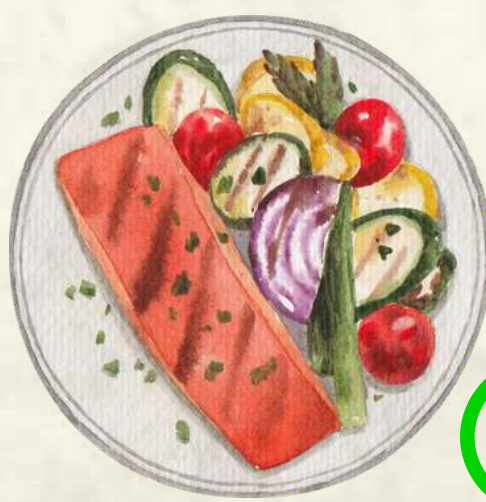
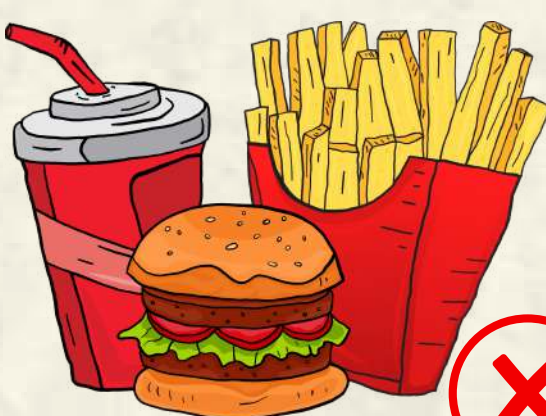


SWEETS VS FRUITS / NUTS

1

Sugary snacks only offer a quick energy boost.

Instead, consume fruits or nuts for energy! Fruits has natural sugars, while nuts offer healthy fats and protein.



FAST FOOD VS STEAMED FOOD

2

Fast food consist high level of unhealthy fats and simple sugars.

Opt for home-cooked steamed fish, vegetables, fruits, and nuts to sustain energy levels.



SUGARY DRINKS VS WATER

3

Soft drinks are high in sugar which contain artificial additives that pose health risks.

Take water or natural electrolyte drinks to maintain healthy hydration levels.



CEREAL VS OATMEAL

4

Cereal is high in sugar, low in fiber, contain artificial ingredients and may lead to blood sugar spikes.

Oatmeal is a good replacement of cereal as it is low in sugar, high in fiber, rich in nutrients and it can provide stable energy levels!

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