









# DIET BULLETIN

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## EATING OUT, EATING HEALTHY

Home-cooked meals are the best but there may be times when you're too busy to prepare meals. Eating out may then be unavoidable, yet there are options to make the experience healthier, nutritious and enjoyable.

DISH	HEALTHIER OPTIONS
Fried noodles	Noodle soup 
Roti canai	Naan, cappati, or tosai 
White bread	Wholemeal bread 
Fried chicken	Skinless roasted or steamed chicken 
French fries	Mashed or baked potatoes 
Fried rice, ghee rice, or beriyani rice	White rice Or brown rice 
Curry puff or banana fritters	Spring roll, steamed bun, or steamed apam 
Carbonated or syrup drinks	Plain water or fresh fruit juice without added sugar 

### DID YOU KNOW?

There is no "safe" guideline when it comes to the frequency of eating **FAST FOODS**. But a simple rule of thumb is not to allow yourself to indulge too frequently and don't associate fast food as a reward.

If you go to fast food outlets, choose healthier alternatives. Pick sandwiches instead of burger and choose healthier side dishes like salads and swap carbonated drinks with plain water.

And always remember that you should not use fast foods as an easy way out when you don't have time to prepare healthy meals.

**prevention is better than cure**