Gradual Changes in Diet, Easier Weight Management

1. Choose low-fat foods

- Lean meat and skinless poultry
- Low-fat and skimmed plain dairy products
- Non-fried unflavoured soya products

2. Choose healthy cooking methods more often

- Blanching, steaming, simmering in broth, braising, roasting, baking/grilling, stewing, stir-frying with less oil, pan-frying with less oil
- Limit the use of cooking oil to less than 2 teaspoons per person per main meal

3. Eat more whole grains, fruit and vegetables

- Whole grains: brown rice, wholemeal bread, oatmeal, etc.
- Eat at least 2 servings of fruit every day

  Examples of "1 serving of fruit":

  - 2 pieces of small-sized fruit(s)
  - 1 piece of a medium-sized fruit
  - ½ piece of a large-sized fruit
  - ½ bowl of fruit cuts or a mini-sized fruit

  Note: 1 tablespoon = 15 ml, 1 bowl = 250-300 ml

- Eat at least 3 servings of vegetables every day

  Examples of "1 serving of vegetables":

  - 1 bowl of uncooked vegetables
  - ½ bowl of cooked vegetables
  - ½ bowl of cooked melons/squashes/gourds

  Note: 1 bowl = 250-300 ml

4. Limit the consumption of free sugars

- Replace sugary drinks with plain water or carbonated water with sliced fresh fruit.
- Replace sugary snacks (e.g. chocolate, cakes and ice-cream) with fresh fruit or dried fruit without added sugar (e.g. raisins and dried apricots)
- When buying pre-packaged foods and drinks, it is recommended to read the nutrition labels and choose products lower in fat, salt and sugar.

(Revised in 2025)